



Trim Healthy Podcast with Serene and Pearl

Episode #338 – Slow Learning is Good Learning

(AIR DATE:07/19/2023)

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

S = Serene · P = Pearl · D = Danny

00:00:00

- P This is the PODdy with Serene and Pearl.
- S Get it right, P-O-D-D-Y.
- D Welcome to the hottest podcast in Prim Springs, it's the Trim Healthy Podcast. Hey, gals.
- S We're so hot because of our hot background, is that why?
- D Oh yes. Yes, the budget is clear in this building. It's, hey, guys, we've got ten bucks, and we want you to really knock the set out of the park.
- P Exactly.
- D You know, we spent 40 million on the recording gear, so we've got ten bucks left on the set. Hey, I want you to tell me if I'm neurotic.

00:00:36

- S Yes.
- D I was in the grocery store yesterday, and this is the first time [overtalking].
- S Get your phone away from me.
- D This was the first time I went, full send, on this.
- S Yes.
- D I've always done it a little, okay. With the bananas I'm, 59 cents regular, 69

organics.

P Right.

D I'm getting just a little bit.

P Yes.

D I'll go organic, you know. Then, I'm, apples, they've got a wrapper built in, we'll get those. But yesterday, for this first time, I was, if organic's more because they really don't have pesticides on them, which seeps into the food, and then I eat pesticides, and I give pesticides to my kids, I have to get all organic. And it has to be a law in my life. And that's what food costs now. It's not expensive food. It's just food costs this and chemicals cost that. Am I neurotic because [overtalking]?

00:01:31

S No, I mean... Can I just throw a few sentences in? I think it's different for everybody. I've had to get... I've had to be smart about it because my brain is altruistic. It's a brain that says organic is the best, so that's the only thing. But then I wouldn't be able to feed by children adequately, right? Because I have a tribe.

D Do you have to get less food, do you mean?

S Yes, I would have to get less food if I was going to do organic.

P And you would have to get less veggies overall.

S Yes.

P And is that better?

S So, basically, I choose. Greens are going to be organic. No matter what I will always choose organic. I often go to a restaurant, yes, and have a salad. That's fine, I'm not going to freak out about it, but if I buy it, it's definitely going to be organic.

P Let's say why.

00:02:13

S Apples, yes, organic.

P Why? and all that stuff.

S Because I like to eat a peel of an apple, right? Banana, no. I'm just going to buy regular bananas because you're going to peel that thick skin off of it. If I'm going to buy coconut oil, I'm just going to buy regular. Why? Because that big, huge, giant husk [overtalking].

P You don't buy organic, virgin coconut oil?

- S It's virgin, I don't know. There are some that are organic, and they're five bucks more, and I'm, I'll save that, so I can buy my organic apples. Grapes I'm going to buy organic because thin skin and things like that.
- P Thin skin.
- D Thin skin.
- S But I don't buy everything organic because I think that I would be limiting vegetables to my family, so I pray over a lot of stuff.
- P I think it's better to eat more veggies even if they're not organic than less what they are.

00:02:56

- S My teenage boys need a good four to six eggs every morning, so I can't... We've got our own chickens now, that's great, but a few months back our dog ate all of our chickens, so we had to go back.
- P Why am I snickering?
- S My point being is I do grass-fed, pastured eggs for my toddlers and my husband and I because we eat a normal number of eggs. But the teenage boys, I buy regular eggs for them because they need them to grow stronger.
- P No, you buy God Bless ones from ALDIs.
- S Yes, the ALDIs, they have a scripture verse when you open up.
- P So, it's all fine.
- S It's fine.
- P Actually, those eggs look pretty good. They've got more organicer centres.
- S We know a lot of purist families who are really, really skinny, and their teenage boys could put some girth on. And it's because they're only allowed one point something eggs each per day.

00:03:48

- D Because they're going full organic.
- S Yes.
- P Here's what I think though, if you can swing it. I like to do organic whenever I can, but sometimes it's [overtalking].
- D But it comes down to price.
- P Blueberries, okay. So, yes, I'd rather do blueberries, but I want blueberries every day, and I can't afford organic every day.
- S Did you know blueberries aren't sprayed?
- P I probably can.

- D So, that's what I'm kind of getting to [overtalking].
- S They're fertilized, but they're not sprayed. So, maybe, the fertilizer that they're put on.
- P Well, this is what I told Autumn, they're not sprayed, blueberries are fine. And she showed me, and she said Mum, no, they are sprayed. Serene's wrong. So, she showed me the studies and some blueberries are sprayed.
- S Well the blueberry farm that we go pick from is not organic, and he's, well, we don't spray blueberries, nothing comes for them.
- P I'd rather eat blueberries every day than not eat them and only eat them a couple of times a week because I only want to do organic.

00:04:34

- D You know, I wonder what the math really comes to per month extra. And not to be this guy, but at the same time, I've got Netflix and Hulu and Disney Plus and ESPN Plus, and they're bundled. There's a bundle package, you can get all three for 12.99 a month.
- P You cut it.
- D Huh?
- P You cut it. That is hard-core.
- D Cut what?
- P You cut those. You don't have those streaming.
- D No, I've got them.
- S He's saying if he can do that why can't he do organic?
- P Oh, okay.
- D I'm just saying I'll spend 200 a month on entertainment. It's, in some ways, therapeutic, but I'm just saying am I being neurotic?

00:05:13

- S No, I don't think so. I think each to their own. I want to have a lot of hospitality in my house. I want my children's friends to come over and not be, I can't ask for a banana. So, I just buy bunches of the good, old regular stuff and just pray over it.
- P She does. When you go to her house, by bunches, I mean there are 30, 40 bananas in a bowl.
- S And that's how I'm going to roll. So, to me, it's still more expensive than 12.99 more. Do you know what I mean? Just going organic with all of that would be hundreds of dollars more. So, I've made a choice to choose certain things that will only be organic and then just pray over the rest.

P And if you've got a smaller family, one or two children, I can see why organic is what you do.

D Oh, yes.

P But you have a medium to large fam. You've got a four, a foursies.

D Yes, we have a total of six souls on board, but still, I'm sort of testing it out. I want to see if we go broke and have to go live in a tent.

P Yes, I like it.

S Test it out. Hey, I wish that we could all go to organic because that way we'd be supporting it too. There's something about supporting organic farming.

D Yes, because it'll get cheaper if more [overtalking].

S I've got something to say, kind of, little.

00:06:19

D Yes.

S I really needed just to flush it out. I had this idea, and I wanted to flush it out, but I didn't get a chance to flush it out. I don't know if you've listened to last week's... Are they going in order, John? Producer John, our Poddy's, will Pearl's Book Club be the one?

P Usually.

S You heard about my UTI. Well, we're recording this the same day.

P And the same clothes.

S Yes, and I just was feeling too ratty to kind of work this Poddy up. So, you're just going to get us on the fly about this stuff. But I had this idea...

P I'm just going to put some lipstick on because I ate your bread.

S The idea is based on kind of a personal thing. I feel like whatever I learn I will be able to retell somebody. And it's kind of the way I love to learn. I love to learn slow. I love to read slow. It'll take me a good month sometimes to get through a book because I'm not going to move on to the next sentence until I understand the sentence before. And oftentimes, then what comes with understanding comes musing. Then, I'll sit, and I'll stare, and I'll think about that whole concept and how it applies to something else.

00:07:29

D Do you do the same with story-style books or just teaching-style books?

S Teaching. Teaching-style books.

D Okay, because I sometimes do that with stories.

S But oftentimes with stories because I really want to understand the emotion and make sure I kind of got their motive too, you know. So, I've got to go back [overtalking].

- D I do it because I rabbiteer a lot in my brain and my eyes will go through words, but I will not be reading. So, I'll be, I didn't read that and [overtalking].
- P I will typically read books fast, as fast as I can, but you retain more out of them. I've noticed that.
- S But anyway, I've been thinking about it. And I was listening to something this morning, not even on the subject of learning. And it was actually just a devotional by Graham Cooke. I get his podcast and I love Graham Cooke. And he was just talking about... He just mentioned it. He just said slow learning is great learning. And I'm, I love that line. And it kind of goes with the fact that I really put emphasis on slow when it comes to learning for me, and I really don't care how long it takes for me to get something because I want to keep that something. I want to be able to share that something and if I don't take it slow, I won't be able to re-share.

00:08:33

- P And the other way is... Because when I read something or learn it I do it fast, but then I have to go back. So, they say, right? Slow learning is great learning because you're retaining more because the average person has to relook at something to restudy it or reread it six times before they get it. So, maybe, if we just go slower... If I went slower, maybe, I wouldn't have to go other five times [overtalking].
- S And this is another funny, interesting thing. We were at our parent's house the other day, and we were having a conversation about people who listen to learning podcasts when they're learning something, and they'll speed it up.
- P Oh, yes.
- S And I'm, no, no, no, I couldn't do that because I'm always thinking of the sentence behind the one that they're already saying because I'm not only listening to it and trying to put it in my brain, but I also try and use that information in other areas as they're teaching it.
- P I would like to know... You know you guys sometimes comment on the Facebook groups about our podcasts. I would like to know how many of you listen at one and a half, or double speed, or triple speed to us because that would be super annoying, wouldn't it? The three of us on steroids talking over one another at three times the pace. I don't know how anyone could deal with that.

00:09:37

- D I don't think that my brain is built to handle it.
- S So, I told Pearl I want to do a poddy about slow learning is great learning, and I have a point. First, let me just say the point, and then we'll say all this information, and then we'll go to the point at again at the end, and round it out. But the point is that so many people think, I'm not great at Trim Healthy the plan, I don't get it. It's taken me a long time to get it. I thought I'd be able to understand it after just reading the book through once or just get it within a week, but I can't. I just don't get it. And I'm here to say that is so awesome that you don't get it because the things that you learn slowly you will retain, and you'll even be able to teach other people. You

don't have to be a fast learner at your health journey to really get truth that's going to set you free. So, that's the point.

P Serene and let me butt in to say that because recently we've put out our Protein Nerd Party, and we kind of put it out in parts and little bits. Why? We were learning it ourselves.

S Yes.

P And it took us a first year, a year and a half to start to really get this information settled into our hearts. We couldn't have gone and learned about this new thing about protein and then the next day given you a full podcast. We didn't have that information.

00:10:52

S Exactly.

D I bought the protein because of that podcast.

P Did you?

D Well, I had been just delaying. I had been wanting it, but [overtalking].

P The Optimized Plant Protein.

D But because there's the optimized sticker.

P Yes.

D Okay, could I just ask a quick question about that protein?

P Yes, it's ugly, yes.

D I didn't realise this. I guess I missed it if you said it, but it's 15 grams of protein on the back.

P 16, yes.

D 16, but it says the equivalent of 48 bio something.

00:11:20

P Yes.

D Can you explain that and why and what's going on?

S That is kind of not five minutes, but...

P Yes, but it's a good question.

S It's a good question.

D Is there a two-sentence explanation?

S No, but we will answer it.

D Okay, give me a yes or no. I'm working out, and I want to get 30 grams of protein, but there's only 15 on the back of the bag.

P 16, yes.

D 16.

P You can count it as 48.

S Yes.

D That's it. That's good enough.

P Your body... Your muscles use it like 48 grams of protein.

S But I can tell you something? I would choose our optimized whey, when it comes out, over the plant for post-workout if you want to be geeky and nerdy. If you only have one type of protein, and it's the optimized plant, great, it can work wonderfully after a workout because it does have the trigger leucine that triggers muscle synthesis. It has the other essential amino acids that are going to help the little minions on the job and build that muscle tissue from that trigger telling them to do it. Yes, it's all there, but it's just that whey is even more speedy, which you need after post-workout.

P Well, you're just getting the double, but I don't mind at all. The optimized plant protein helps me, in many meals, get that leucine.

S Yes.

P But after a workout, I don't mind using it. Serene's right that if you do essential amino acids straight or with whey it is kind of more...

S On steroids.

P It's like steroids for your post-workout if you're really geeking out, but optimized plant protein is fantastic after a workout.

D Are dairy-sensitive people going to be okay with the whey?

00:12:47

P Yes, that is what I am saying, for dairy-sensitive you're going to be perfect.

S Some dairy-sensitive are fine on the whey because it is isolated.

D Okay.

S And it does not have any of the lactose in it.

D Oh, nice.

S But people that are extremely sensitive...

D Yes, not a drop of dairy.

S Yes, then they can do the optimized plant. And I want to say, why about this equivalence? And let me just give you a few examples to help.

D I'm sorry I took us...

S Talking about chemotherapy. So, we talk about chemotherapy when we talk about plant supplementation, plant protein, but it's a good example. And I know this because my son, he battled Hodgkin's lymphoma, he's a total victory. He's brilliant. He's healed today, but we investigated lots of different types of chemo. And there is a way of doing chemotherapy that's called IPT, Insulin Potentiated Therapy. So, they take only 10% of the dose of chemotherapy, and they do it with insulin, right? With a little bit of a sugar kind of substance in there with the IV, so the cancer cells have more glucose receptors than regular cells and some [overtalking].

D So, it's more bioavailable?

00:13:57

S So, they only need 10%.

P You get less with more.

S Like the 16 grams of protein, right? But it's 100% to cancer cells.

D Are they doing this in the US?

P But I don't know if that's a very good example because Insulin Potentiated Therapy is good for certain cancers and not others. So, it's not a broad paint stroke.

S No, but I'm not talking about oncology and cancer overall. I'm saying some things you can use less, but they can be potentiators. So, we potentiated those 16 grams of protein, we potentiated them with certain trigger amino acids and certain proprietary ingredients that help flush them into the muscle cells. So, we potentiate 16 grams, so it has a bioavailability of 48. Like IPT, it potentiates to make it 100% to a cancer cell.

D Wow.

P It's kind of like pepper does with certain supplements. Do you see BioPerine on supplements? If you see BioPerine that means black pepper. That means it's gone in to take whatever is that supplement [overtalking].

00:14:53

S Not normal black pepper, but the extract of black pepper.

D Yes.

P And make it so much more bioavailable in your body.

D I see it in mushroom supplements.

S Yes, and also turmeric or however they say it here in America.

P Yes, so that's that. Go back to what you were doing.

- D Got it.
- S Okay, so I'm, slow learning is great learning. I love it. So, I looked up, on the internet.
- D Another rabbit trail.
- L No, literally, the topic was slow learning. And then we went to the speediest lesson about bioequivalent. And then she went, so, back to slow learning.
- S That is funny. Okay, there might be some learning you need to do on the run, right? So, that's fine, but...
- S I looked up on the internet, so some of this is not in my own words because I was feeling so nauseated from the antibiotics, I'm taking for this UTI that I just thought, just let me put this information down quick. So, these are some of the things I found on the internet. The secret to retaining 90% of information is slow learning. When it comes to knowledge acquisition faster is not always better. Most people, these days, forget almost everything they learn. The average modern person retains only 10% of what they learn in a year.
- P That's why you jolly retain stuff, your slowness.
- 00:19:01
- D The secret.
- S I know. So, what you learn slowly sticks. And then I got sick of writing it long haul, and I did a fast thing, and I copy and pasted. Okay, in his book, Thinking Fast and Slow, Daniel Kahneman says intelligence is not only the ability to reason. Intelligence. Intelligence is also the ability to find relevant material in the memory. What's the point of learning if you can't use it later in life or apply it when it matters most? You have to learn in a way that makes it stick. Learning and understanding are two different things. Many people confuse the two and think they need to be fast learners. If your aim is knowledge retention it pays to slow down. And I've got some great information for anyone ADD, Dan, as we go along.
- D Huh?
- S In reality, slow learners have found that when they learn at a slower pace, they retain information better. They think through ideas better, which enhances retention. And that is what I find too when I slowly go through stuff. It was not that I was geared naturally to slow learning. I just stumbled across slow learning.
- P Really?
- 00:20:13
- S Because I felt like I wanted to learn so that I could bring it to other people and to do that I had to think about the one sentence and understand.
- D Yes, you learn because you had to teach.

S And that's what we've had to do too, Pearl, when we study Science and research out there, it sounds like Russian in the study, but you kind of have to think, what are they saying? Let's break it apart. Let's de-assemble it and put it back together in our brains. I'm always de-assembling and putting it back together.

P Yes, you are, and you're very good at it. My issue is I get so excited about knowledge. I got a new book, and I get so excited I speed read, and I'm, giving me food now, now and quicker, chomp it, chomp it.

S I think that's fantastic, but like you said, you go back.

P I have to go back. I don't retain it all, yes.

S I think that's fine as long as there is a time when you do it slowly because you're noticing that this. It's fun for them, open the Christmas stocking, let's do it fast, but you realize that if you're going to retain it, you're going to have to go slow at a certain point, and you do and that's great. But I really want to continue reading just a couple of these little things here.

S Slowness of thought is not necessarily a handicap but could be a signature of optimal brain function according to research on the rediscovery of slowness. Learning slowing might be worth your time. If you slow down, you will retain more and enjoy the process of learning. And this doctor says I learn slow learning to read great non-fiction books and learn new skills. I make notes. Pearl, you are a slow learner. Highlight ideas and underline important insights.

00:21:49

P I do make notes.

S There is not one book Pearl reads that is non-fiction without it being absolutely underlined. She can't read without a pen.

P I can't.

S In fact, you've said to me, where's a pen? And I'm, why do you need a pen? I can't read without a pen she says.

P I don't know how to read without a pen.

D It's a reading tool.

P And I feel like I love my books when I dog-ear them.

D Show us The Edge because you've dog-eared every page. It's the same as not dog-earing any.

P This is just... You must. I mean that's what I do this is my love language for my books. I would hate a book if I didn't touch it and mess with it and wreck it.

00:22:26

S I know.

D Have you ever seen people's Bibles and every word is highlighted?

P Yes.

S Oh, yes.

D It's the same as highlighting no words.

P I guess that's true.

S I know, but I must do it. My Bible is crazy. And I hate everybody else's Bible because it's not mine.

D It's dirty.

S Yes.

D You like dirty Bibles.

P Man, I've finally gone to the Bible on my phone.

D Don't do it, Pearl.

P No, I had to walk around with glasses and that was annoying. And then I wouldn't get my reading done in the morning because I was too lazy to go find my glasses. So, now I just pull out my phone and I read there.

00:23:02

D Full grandma mode.

P Yes.

S When you slow down to read a book or learn something new you rarely miss valuable knowledge. Slow learners rarely repeat the process several times in the future. Your learning is likely to lead to mastery if you learn to slow down. And then, let me see what else I wrote, I quickly copy and paste. Try the slow in-short-bursts approach if you want to become wiser over time. Take your time, take notes, and allow your brain to accumulate wisdom slowly. Done effectively, slow learning can help you focus better, understand more, and stack knowledge for life. It's a better approach to move knowledge from your working memory to your long-term memory bank. And how do you do that? Slow.

P Okay, I'm convinced.

S Yes, and I don't know if I want to keep reading.

P No, you don't need to, we're convinced. Now tell us how it applies.

S But this is interesting, I want to read this.

D Hurry up and tell us.

S This one doctor says, how often have we heard someone say she's a fast learner? Implying that.

00:23:59

P You can't, on a poddy, say, this one doctor. What's her jolly name?

S Well, I'm going to read it down here. I don't even know if I copied and pasted that.

Oh, Parisa Rouhani.

P Okay.

S Okay, she said how often have you heard that statement, she's a fast learner? Implying, in their statement, that faster means smarter. But after Dr Parisa Rouhani has been studying how the brain learns, she was thinking that that assumption that smart means they pick it up fast was wrong. So, she tested it out on a group of Ninth Graders for her discussion, and she recently spoke her findings at this...

P Good job, you're doing great.

S I'm brilliant at this copy and paste.

D You're killing it right now.

S Anyway, she found out that it was a myth, and that speed does not predict ability. Students who progress through the course more quickly did not necessarily perform better. So, just because you may not be picking up this Trim Healthy journey fast, I want to bring it back to that. Just because you're, I just don't really get it, girls. I don't understand. It's okay, you are going to understand it, and it's going to get there.

00:25:13

P Let's just say you got the book or one of our books and you kind of sped read it. You needed the information, just fix me, help me, so you're going through it, I'm going to read this, and you didn't get it. It didn't really sink into your heart and mind and soul. I think it's okay, even if you did do the slow, to go back and redo it because, either way, whether it's returning six times or reading it slowly and actually getting it, the main thing is getting it.

S But the thing is is when you say, returning six times, those times are obviously going to be slower because you're, okay, this is when I'm going to slow down.

P Yes.

S But I think it is okay to just open that Christmas present fast and rip the wrapping off.

P It is.

S I think that's okay, and I do that from time to time. I'll speed ahead, and I'll skip forward chapters and everything just in the opening. But when I sit down to actually use the gift, use the present that I've opened you're going to have to do it slowly.

00:26:08

P And we learn in so many ways. Sometimes, we can read something, but it's not until we do practical life application that it cements inside ourselves.

S And I want to talk about that practical.

P Yes.

S How slow is fantastic with that. And I love that verse in the Bible, where is it? It's Proverbs 4:18, the path of the righteous shines brighter and brighter [overtalking].

P That is your favorite verse.

S And shines more and more into the perfect day. And I often think to myself it's an instinct to think, of failure when I anecdotally experience something I should've known already. Like when I eat past full, and I'm, well, I learned last time that I get this awful stomach-ache that lasts for the rest of the day.

D Yes.

S Why didn't I remember that? I'm a slow learner in this, and I feel such a failure. It's okay. The path of the righteous shines brighter and brighter. I have more data now in my brain. I have a new study that tells me I definitely get a stomach-ache after eating past full. That's brilliant, more data means the knowledge is more cemented. So, if you feel like you're a failure in your Trim Healthy journey, that you're so slow on it, getting your grips around it and getting your steady feet, that's okay, you're collecting more data.

00:27:23

S More data of information that cements the truth of the information in your head, so it's okay. As Pearl said, it's not just reading knowledge, it's also experiencing knowledge. If you've experienced a lot of failure in Trim Healthy Mama, you have learned a lot too and that's great.

D Yes, that's really good.

P I learn so much through what doesn't work as to what does. I mean, so many things. The reason why I went on hormones in the end was because I tried so many other things for my hot flashes or for all that I was going through. And I realized in the end, they're bioidentical hormones. They might be this supplement and this black cohosh and this plant steroid or whatever, it wasn't my natural hormone.

S And you have a lot of anecdotal data now to share with the world and say this is what happened, and it cemented the truth of why you like bioidentical hormones so much now because you've got so much. You've got a foundation in it that's stronger because your path may have been slower, but boy have you learned. You learned the lesson.

00:28:25

P Yes. I always say to you, Serene, well, I wish that I'd gone... I said, last PODdy, I wish I'd gone on hormones sooner and wouldn't have had my word recall loss, and I wouldn't have lost muscle mass, and I had to get it all back and all those things. But part of me loves that I had to learn the hard way because it got me researching. And once I restored them it got me so passionate because without experiencing hardships... Sometimes, if you just go, and you never experience the hardship of something you don't have the appreciation for what good feels like.

S Yes.

P And when I went through menopause, for me, it was very hard. Some women just sail through. It was very hard on my body. I was what you call a super-hot flasher.

S Can I just interrupt there? Just if you don't have a hard time going through menopause it doesn't mean you don't come out the other side tanked.

P No, it doesn't mean that, but you just don't feel it.

S And that tanked is not protected.

P You don't feel it as much. I felt it, oh, my goodness. But because I sunk that low, when I got back, I was, oh, my goodness, this feeling.

S You'll never take it for granted.

P No. It's like when you don't have a bathroom or something. Something that you just usually have, and you're on a bus somewhere and all you long for is just your bathroom, right?

00:29:42

S Just the padded toilet seat with a bidet.

P A private toilet. And then you finally get one, and you're, I will never, ever, ever take a bathroom for granted again.

D I will watch movies on this toilet.

S It's like peeing is the best thing that's ever happened to me since the IUT is finally going away.

P UTI.

S UTI or whatever.

D Just to pee right.

S It's the first one in my life, so I can't even say it right, UTI. We were watching a movie last night because I was feeling so sick. When I came home from that appointment that we had, that business meeting because I couldn't even concentrate, I couldn't even take a shower. I couldn't even eat. I couldn't even lay on the bed properly. I was trying to get into comfortable positions, nothing.

00:30:18

S But at the end of the day, I'm, I don't even have the energy to read or talk to my family. I asked them to put a movie on for me. I was watching Scarlet and the Duke, Pearl.

P Yes, that's a show, it's not a movie.

S Okay, whatever.

P It's a show that Meadow got me on to. Is it on BBC?

S It's a little bit of a mystery movie. I don't love everything about it, but anyway.

P Miss Scarlet and the Duke, it's great.

S This private detective had chained this guy to the bed because he was a criminal. And the family was laughing at me because I was, what happens if he needs to go to the bathroom? I couldn't handle him chained to the bed. I'm, but he might need to go pee. And they're, why are you going on about that? But I had this constant, desperate feeling to go pee as I was watching it, and I'm, but it's terrible, they need to unchain him and let him go to the bathroom.

P Yes.

S But anyway, I'll never take peeing for granted. I love peeing.

D Peeing is great.

P Exactly, so all of that is related to this learning slow. It took me several years to figure out, no Pearl, that you do need to restore your hormones back. And I was wishy-washy about that way and trying other things, but I'm kind of glad that I hit the hard knocks through it. And I'm kind of glad I missed the boat at the beginning and did all those because I'm so appreciative of it now, and I'm so well-versed in it, yes.

00:31:35

S Yes, you're well-versed, yes.

P It got me there. So, some of you, what Serene is saying is you mess up at first, and you don't get Trim Healthy Mama quickly like the others, but your hard knocks and your mistakes and those things you're going through just make you so much stronger, PhD in the end.

S You're the one to be a coach.

P Yes.

S You're the one to really understand. I had no compassion for a UTI. Is it a UTI?

P Yes.

S No compassion. I've heard someone say they've got a UTI, okay, yes, let's pray.

P Bless them, Lord.

S Bless them, Lord. I didn't even put thought or heart into it. What are they going on about? A little pain while they pee? Big whoop. I have a new understanding of UTIs. I just got training in it yesterday. With extensive training, I've got knowledge I did not have.

00:32:17

D Can you still see that toilet paper roll in your mind that you messed up with?

S Yes, it's forever cemented in there.

D Can you still see it? And is it now, monstrosities and bacteria reach [overtalking].

P All the germs and the bacteria.

S You know, I've learned you don't use toilet paper rolls, the cardboard part, to wipe

with. I've learned that.

D We learned that around the age of three, just so you know.

S But guess what, it took a hard knock to learn it, right?

D But you got it down now, right?

S Why is that verse my favourite? Do you want me to tell you the secret reason why that verse, the path of the righteous shines brighter and brighter?

D Yes, we do.

S Because that's what I've replaced condemnation with.

P I love that.

S Whenever I've got the thought, Serene, you are a big old failure, you never learn, do you know what my brain comes back with? The path of the righteous shines brighter and brighter. My path's brighter now. I've got new knowledge, fantastic. Because of that failure yesterday I'm stronger in that area because I have more data. Thanks, Lord, the path of the righteous shines brighter and brighter. It's my replacement, so I say it five or six times a day because I'm a human and there's things I'm working on.

00:33:22

S So, one of them is holding my tongue. I'm a Campbell by my maiden name. Campbell means crooked mouth. We're a whole bunch of loudmouths if you haven't noticed. We just say a bunch of stuff. We don't filter it; it just comes out.

D My family yells too. It's something about ancestors from another country. I guess everybody's ancestors are from another country, but my people are yellers. Yellers. And they yell into the night. The girls will be asleep, and my sons and their friends are over... We have people over every night now that we've moved into town. It's like a party house. And everyone is sharing, and everyone has a word to say, and they're all just yelling. And the only way, if you're going to be heard, you have to yell over the top.

P We grew up like that.

D And it never stops. Each hour it's a louder volume because your ears get adjusted. You ever play music, and it's, ooh, this is loud, but then you're grooving, and it's, who turned the volume down? No one did. You got deafer. That's what's happening at the Valdez house, we're deafer into the night, and we're yelling, but it's fun.

00:34:23

P It's fun.

S But it's so true. For years, I was a very slow learner with holding my tongue. Some people are just born with the knowledge. It's better to hold your tongue. You'll regret what you say. They're just born knowing that and that's great, but I've been a slow learner. 46 years of a lot of anecdotal information. A lot of data is in there, the pain, the having to go back and say sorry, and then it never really is fixed, all

the situations.

D No, no one forgets it, and they hold it for the rest of your life.

S And I'm still learning to hold my tongue.

D Me too because I'm willing, I'm bold enough, to even say stuff to my wife. She'll ask something or say something and the right husband's response is, not at all. But out of my mouth, I'm bold enough, and I'm, yes, that exactly, and I don't regret it. And it's just known me as I am, you know what I mean. I've got to be fully honest and that's not always wise.

P Fully honest is not always wise.

S I tell you what though, I feel like I'm really versed in a whole education about holding your tongue. To the ones it comes natural to, they may not know the full PhD of it like I know the full PhD. I may not be an expert in it yet, but I'm telling you I could write a book on holding your tongue and the reasons why.

00:35:38

P Serene, you're getting good. You're much better than you used to be.

S I'm much better than I used to be.

P But you slipped up the other day.

S What did I say to you?

P I was starting to kick you. We had that appointment with a particular doctor that we were talking to.

S Oh, yes.

P And they started on the subject that this doctor didn't have the same beliefs on eating.

S I think she's a vegan or something. And I just went off.

P And Serene just schooled her.

00:36:03

S Yes.

P But why? And this research and what do you think? And I'm, we just met this woman, she's allowed to have... And then Serene was, I ruined it, didn't I?

S Afterwards.

D You go full Russell Brand mode. Have you ever seen him?

P She was, why did I do that?

D Have you ever seen Russell Brand?

S No.

- D He'll come on political shows, and he will say the most anti, not even it's not right or left, it's full-blown anti-government conspiracy. Talking about their jobs and the writers behind, and you're just reading the teleprompter. And he's, and everybody knows it, mate, so we're not helping the world.
- P Is he Australian?
- D He's English, yes.
- P English.
- D And he talks over the host of the show, and he takes the show over and it's so fun. It's so fun to watch Russell Brand.
- P He sounds like my kind of guy.
- D Yes, he's got his own podcast.

00:36:52

- S I'll have to look into it, but it won't take away the knowledge that I've cemented in my head that when I let go of that tongue it's not a good deal. So, so I'm not a natural fast learner of the situation, I would be the one to write the book.
- P Yes, people that are born with that instinct...
- D That's where the books come from.
- S So, I feel if you're slow on your health journey, and you feel you haven't learned easily how to treat your body right, if you haven't learned easy how to feed it the right things and how to think the right thoughts that's okay. You're going to be the one to write the book. You'll have more knowledge than Pearl and I ever had on it because you'll have so much data, you'll have so much information and feedback loops on how when you do it the wrong way it never works and how you feel and the consequences of it blah-de-da-da-da. You're going to be great.
- P I think that's so true because the reason that I have learned to put my body in a peaceful state was because it wasn't in a peaceful state. I've talked here about the Meniere's disease thing I went through. And that is opposite to a peace state because it's your whole body going into... You spin a thousand miles an hour.

00:38:02

- D Like fight or flight?
- P Yes, fight or flight, but it's adrenaline pathways, and it's all those things, and it's literally happening, and it's physically happening. But people that have never had to go through that never have to fight their way out of it, so, honestly, I feel like I have such strength with peace, only because I had to go through something to give it to me. I would never have found it. I would never have found it.
- S But you had to fail too. You had to have a few episodes of going through where

you didn't cling so hard to peace.

P Yes, for sure.

S You gave up halfway. You were gripping to peace and then you just let it go. And you had to learn that okay, when I let it go that's way more miserable than holding tight to peace.

P Yes.

S So, that data that you received from the failed times gave you strength for the future.

P For sure, and now I feel, thank, God. I learned so much through that, through the hard times and through being a failure, and through going through the lows of it all.

D So, gals, I've got something to share on this, but we've got to take a break to pay the bills.

00:39:06

Trim Healthy Mama Product News and Notes.

P We're going to talk about the Trim Healthy Pizza Crust Mix. Yes, and Danny, we were saying this is something that you could manage, right? It makes fast work for homemade pizza crust. You know how we have Drive-Thru Sue? Yes. What are you, a Drive-Thru Dude? Drive-Thru, Bru. People, imagine a pizza crust that's actually healthy. Most pre-packaged mixes or pre-made pizza crusts are filled with shysty stuff. Not ours.

S Even if they say gluten-free, right? You're going to have spiking grain ingredients there. Even though it's not gluten, it will spike your blood sugar, and it will affect your waistline. Is this like a big disc you're going to ship? No, it's a mix, Danny. But then it just has a little direction on the back to tell you what you can add. Things that are found in your cupboard anyway. All it is is egg whites and water. Okay. And add a little bit of oil if you want.

P And guess what, this thing is so delicious, but let me tell you, it's filled with protein, and it's filled with fiber. This has psyllium seed husk in it and all the fiber stuff that you children would never know was in it. It's low in carbs, so you can put your cheese on top, and not destroy your waistline. And protein, did you say that? I said protein.

00:40:28

S Because most of the time, when you think about pizza, right? You have a little meat on the top, most people have a little meat on their pizza, but it's not near enough to get the protein you need for a meal. It's because of the crust the crust is just white flour, devitalized stuff that ignites your blood sugar, but now, in this crust, we actually have good protein. And then you put your meat on top and then

you've got a solid balance.

P So, you could have a pizza as a balanced meal. Yes. It's the first pizza. And it's got fiber in it, it's amazing, it's got micronutrients in it, it's got resistance starch in it, which is so great for your gut. The lupine flower is the first ingredient and that's a superfood. But Serene, who cares if it's difficult? I'm the quintessential Drive-Thru Sue, so a lot of the from-scratch pizza crust we've even put in our books, is still too much for me. But this I do because it's easy, and it makes healthy pizza.

S Because you're adding water and egg white? Yes, it's amazing. Does it make a medium, or large? It makes an individual crust, which is a big serving for a person. I love to volume eat. The one bag makes one individual. No, the one bag makes many individual crusts. So, you could make a big family one. Yes, you can. Can you imagine? Let me just re-invent this for you. For most people, like families, pizza is like gathering around the fire, you gather around the pizza, right?

P Yes. But guess what, it's gathering around family poison. Pizza destroys the health of families across the world. I know, it's sad. And that sounds like we're big zealots, but it does. Pizza is the worst thing as far as healthy. It's clogging, white, devitalized crust with shyst in it, and then you're going to have the drippy, ooey-goey fat can't be metabolized properly because of that white carb crust.

00:42:15

P It's a bunch of shyst and fat. Yes. You sound like a Brit, there's a bunch of shite in there. So, snip open a bag tonight and roll out a new world of pizza that is both practical yet pampering to your health needs.

D Some of our foundational beliefs, like we've always said the phrase, life is short.

S Yes.

D Life is eternal. Life isn't short. I've been thinking about how it's so convenient that we find ourselves in the present moment. And this sounds like what's the big deal with this, but if you think about this, have you noticed you're always in the present moment? Have you noticed you just happen to always be, no matter what, you're in the present moment?

S Yes.

P But sometimes we're not really in.

00:43:10

D We're not in, but we almost have this idea that there's these billions of years of eternity, and yet we find ourselves in this weird slither called planet Earth. And it seems more probable that we're just always alive. Even from a non-religious... I talk about this with people who are, I don't want anything to do with any sort of religious belief, just what's real. What might be after we die or whatever. I just find it fascinating that we're here, in the now, talking about such things. It's highly improbable that we would go to blackness.

P Hey, when you were a little kid... Because I wonder if people think about these... So, religion aside, right? But when you were a little child... Because I always had

these thoughts, I'm living, I'm here, but I would have these thoughts. I am here, but what happens if I'm not here?

D Yes, where is elsewhere?

P Where is elsewhere and are the people here? And all these big, grand, huge thoughts.

S Did you have these thoughts that you were the only one alive and everybody else was actors?

P Yes, I've had those thoughts when I was little too. But all those thoughts, yes, I used to have them, especially... Did you have grand thoughts like that when you were a child?

D Yes.

S I'm wondering if everyone has those, though. I think so. My children all have at different times. They come to me with all this weird stuff.

00:44:45

P Mikey? I'm going to ask the camera guys. Have you always had large thoughts like that? Okay, I am here, but what is other than here? Yes. It's a human thing then.

D Yes, I think it's common to people because American life, I can speak for American life, it sort of militates against that type of thinking. Even as I say it now, I'm sort of wondering if you were sort of, moving on. And it's, but wait a minute, because at the foundation of us whether it's flying through a book or believing we don't have time to read a book because we've got to get to things. Why are you trying to get to things? Because they'll be unattended. Well, what happens if they are unattended? And it's, they'll fall apart. And if you just keep asking that question it can bring you back to, hey, you could spend the afternoon just tending a garden, and you won't be wasting time.

P No, I know that's a beautiful day.

D Because time is not short, that's the thing. There's just a foundational belief that we're running out of time. And I'm proposing that we are evermore. That we are in time and eternity. I don't believe that we're running out of time or that we're approaching our death. We get all nervous about death.

00:46:05

S And even if we were. I believe that we're eternal souls. I totally agree, but let's just say just for this earth span, are we running out of time? Even if we are running out of time, which we are, we all only have a certain span here. I would propose, in Danny's words, that filling it up with the rush is the worst thing if we only have a little time. The day spent in the garden or the day with the grandies on the knees or the time just saying I'm going to take time for my spouse, and we're just going

to go off for a day together or whatever. That time, I propose, would be the most special thing. The thing that you would look back to at the end of days here on this earth thinking, that made all of us worthwhile.

P I was so moved by something our sister, Vang, said the other night. We were at this little gathering in her house, and it was a THM gathering, and everyone brought a dish. And we were just going around the room just saying what's on our minds and hearts. And Vang said something that so connected with me because this is the one thing that I struggle with. She was, I have just been realizing that you do not have to feel busy. Don't feel busy. And that's what I've been telling myself she said. Because Vang is a full-time business now as an organic gardener. She's doing it for all the rich out there, the rich, famous.

S For the country music celebrities.

D Nice.

00:47:32

P And she's so busy because she still has children in the home, and she's got her grandchildren. And she's, it's always the next thing, and I'm rushing from one place to another. But she's, and I've told myself you don't live in a state like that, Vang. You don't feel busy. You don't let yourself feel it. You just do one thing at a time, and you are in the moment, and you just feel the moment. And yes, life is busy, you've got stuff to do, but it's how you're doing it. And I realized I live in a state so many times where I feel busy. It's the next thing I have to do, or I can't even enjoy the moment because there's a busy feeling that penetrates my cells that's just there all day long. It's my own anxiety I guess you could say, right?

D Yes.

P But it's my list of things that I must accomplish. And then I realized, that I could accomplish things without feeling busy.

S And accomplish them better because you're clearer, you have less load on you.

P So, now I just throw it off. I'm not feeling busy. I'm feeling the moment.

S Yes, I love that. I love it a lot.

00:48:33

D This is, to me, you can live in the sense with your perspective tuned rightly you can live a perfect life. A life with no regrets because things are not... There are not always these false finish lines that are always out of grasp that you're just always trying to get to something. I was up till 12:00 doing dishes. Everyone was asleep except my boys. Of course, they're running around trying to make it by curfew because father says the law is important. Anyways, but I was doing the dishes, and I was just, this is exactly my calling.

P But you had to tell yourself that or did you feel it because you've told yourself so many times?

D For years I've been trying to reprogram.

P What if you coulding it.

D What if you coulding it that kind of the obstacle is the way, that mentality? It's true, the obstacle is the way. The thing that you're, if we could just get past the dishes... I want eggs, and I want green peppers in my eggs, but I don't want to chop the green peppers to put them in the eggs. And the chopping of the green peppers is the same as offering incense up to God in worship. It is not less of a spiritual act.

00:50:28

S Can I tell you something about this revelation? I haven't even told you this revelation, it's so fantastic.

P What?

S You know how I said your strengths can be your weaknesses. And one of my strengths is flushing out something too much.

P Yes.

S So, I got the revelation for peace for my life. This big country of peace. And it was a gift from the Lord, but I flushed it out too much, you know. I was constantly just imagining peace and practicing peace, and this was great. It was what I was meant to do. It was a gift given to me because I was feeling this mild anxiety. So, I'd keep celebrating peace and it was great. I just feel like I just got stuck when there's other fruits of spirit for me, right? I need to spend time with joy and praise and thanksgiving and all this kind of stuff. So, I rest in all these things now, and it's fantastic because then I don't overdo one thing. I don't play just one song over and over.

P Because you were practicing peace but practicing it too hard.

S Yes, so peace became just like a broken record, right? So, anyway, then I got this new thing, so rest in peace and that comes, and it's a beautiful place that I go to. Then, I rest in worship, and it's a beautiful gift, a place that I go to instead of anxiety, right? But it got this new revelation, and it's, I rest in productivity, right? So, I've got things to do and often times I would have this anxiety playing in the background.

P Yes, it's feeling the busy.

S Yes, and sometimes I don't know what it was, it was just anxiety. I don't even want to go there and work it out, but it was just a buzz. And it was a buzz distracting me. And now, another thing, instead of rest in peace, I say I've been given productivity as a place to rest. So, I continue to write, and I really get into it, and then I'm, okay, it's time to clean my room. I'm resting in productivity, so I just buzz around my room and shake out the sheets and take all the pillowcases off and doing productivity, and I'm seeing it as a place of rest. This is a gift given to me. This is a place as grand as my big country of peace that I have been given to be.

Not to do. To be. And like the scriptures in the Bible that say the people that were staying at home and looking after the pots while they were all off at war. When the people came back from war with the victory, they had to halve the spoil with the people that were cleaning out the pots, the pot watchers.

00:53:05

D You're right.

S So, it's a gift. It's a high calling to be a pot watcher. It's a high calling to rest in my bed-making, to rest in productivity, whether that's chopping peppers or in the kitchen. And another place I've decided to rest too is creativity, it's a gift given to us. Creativity is a gift, right? So, often I would be distracted in creativity thinking of something that I have to go do or the list. Or just anxiety is playing in the back while you're creative, and I'm no, no, no, I'm resting in this creativity.

P You know, we really must go, but I do want to say, our mum, I think she brought something beautiful to this world because our mum... It's a story that happened to her because our mum was a missionary before she got married. And she thought she was going to do great things like keep going around the world and saving all these children and building orphanages and doing all this, and then she got married, and she had a baby, and then she had twins 18 months later. So, she had three children.

D This was Vang and Rob.

P No, she had Wesley and then Steven and Vang who are twins.

00:54:09

D Hallelujah.

P So, one day she was just there, and she'd had a sleepless night, and she had three babies, and she used to call them nappies, that's the diapers, and she was putting them through this older wringer washing machine. And the old thing broke, and she hit it, and then she cried out to God, I'm sorry, I'm out of your will, I'm wasting my life. Mum thought that getting married and having these babies she wasn't doing anything and accomplishing anything. And then she felt that that's what changed her life and started her on a ministry. She felt God saying you're right where you're supposed to be. And then she started this whole ministry of encouraging women in the home.

D Above Rubies.

P Yes, Above Rubies.

S That was the moment of conception right there when she was banging the old wringer washing machine.

D Really?

P Yes, that was it. That's what started it because she thought that she was doing nothing, and she realized the things she was doing, things like doing dishes, changing diapers, wiping up after children, putting them to sleep, the mundane things that nobody sees. No one could see her in her home. It was accounted as

nothing. Back then, the women's movement was starting, and it was all, we don't have to be a home anymore, we can go out. And she felt that. She was, but I can go now, and I can do great things, but then she realized this is great. This might be the greatest, and we grew up with that. As a mother, I never had anxiety that I had to do more because I knew it was so fantastic.

S We really rested in it.

P When I changed a diaper, I could rest in it. I had this powerful sense of even though this is little it's so huge. And I think that we're just coming into more and more of that. Like doing dishes, like you found last night, Danny.

D It's really the secret of life.

S Yes.

D If your "I", is right your whole body will be full of light.

S I don't even know if I explained before, but the revelation of peace was big, but do you know the revelation of resting in productivity was actually just as big? So, now I don't even have any background noise. When I just have a job to do it's this is a gift to do this job, and I want you to be in it.

P I love it.

D And it's important.

S I don't want you to do it. I want you to be in it.

00:56:23

D It's an important work. It's as important as a briefing to the president on some big serious matter. We have movies about the big guy in the suit coming in and everybody's, here we go, here we go, changing the world. Big events that affect humanity, this is global and huge. And I don't think heaven sees it that way. I think heaven looks down and sees a mother changing a diaper, and he goes, here we go, another woman has to overcome an onslaught of world messages coming at her that she's not enough. That she needs to be doing more. That she needs to be out. And if you're out and doing those things that's your important work and that's good, right? But the onslaught hits the mom, that's what I see. The onslaught hits the mom. And the onslaught hits the dad too.

P It does.

D The onslaught hits the father that his Frisbee time with the kids is delaying them being able to move to a new house because, after all, he's the provider, and it's his job to elevate us through bigger and bigger experiences. I always feel that, as a dad, I need to be funding these big experiences. And there's a time when I do that. That happens, right? But if that's the end all be all, I want to make sure that I'm showing them how to chop green peppers into eggs.

S Take the time.

00:57:50

P But Danny what I have seen as you've come here, and you've shared your life and

your heart on this poddy in the last, how many years, John? Over six years. And I've seen you grow. I have watched your determination and your investment in your family grow.

S The path has gone brighter and brighter.

P I have watched it become your most important thing. I think our listeners have seen that. You've always wanted to do great things, but you've realized your greatest thing was your family.

S Can I finish this to write the book?

P Yes, he does, but I was going to say with all that, Dan, you never had the big house, but you decided anyway, no, my business is investing in my family. We've heard you say that so many times, but now God gave you the house, but it was after you invested in the family. I'm so happy for you. This blessing that you have, and you haven't shared it, but you're now living in a place that you always wanted to your whole life, but it wasn't because of anything you did. It was a gift, you know.

S It wasn't because you went out and moved and shook more and left the children without you and the Frisbee.

P I believe it was because you were there in the center of your family.

00:59:06

D As long as I was pursuing that wrong side of my vision board none of it was happening. I was forsaking my first call. So, I feel like, I just went, that stuff's empty without family.

S And back to the slow learning thing, it's not that he was slow learning, but it didn't come as naturally to him because he had the five Dads, right? But he's the one that could write the book on fatherhood now, you see because he's got so much data in there, so much information. So much that he's learned the hard way and through that path instead of just downloading from generation to generation, which is great. We're not knocking that.

P Yes, but you don't write the book.

S But if you are a slow learner that's okay.

P You got the PhD because you had to figure it out and you had to try. You did the family meetings, you got the counselors, and you invested your everything. You invested your money in there. You invested your time. You invested your energy.

D I almost lost everything 12 times. I watched the bank account go into, literally, red. I remember pumping gas; we had \$42 not too many years ago. This isn't back in 72 when \$42 bought you a month's worth of whatever. This was \$42 bought you a gas tank. I remember another year it was a negative \$7.

P I remember those years.

01:00:33

S Yes, and you keep pulling off miracles. You keep donating your blood.

P John's looking at us.
D Yes, we all got PHDs.
S This is a slow poddy, right?
D Yes, John, it's a slow... We've got PHDs, pretty hard days.
P Yes, that's good.
S That's really good.

01:01:37