



Trim Healthy Podcast with Serene and Pearl

Episode #325 – To The Ones Not Rocking It This Is For YOU!

(AIR DATE:04/19/2023)

*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

S This is the PODdy with Serene and Pearl. Get it right, P-O-D-D-Y.

D What's up, bro? It's a trim, healthy, chocolatey podcast. I don't know what we're talking about today but the chocolate's good and the weather's nice.

00:00:45

S Is that 100%? Do you want some chocolate?

D Yes please.

P Serene only purchases 100...

S How many pieces do you want?

D I'll take one more. Like a crack. Like you just did.

S Like that?

D Hey. No.

P Five second rule.

S Five second rule.

P So, you know, when we first started Trim Healthy... No thanks Serene.

S I want to tell you about this it's so thin...

00:01:02

P No, no. Excuse me.

S Okay.

P When one person... And I just listened to our last PODdy, and we were pretty bad, you guys ...

D What do you mean?

P At talking over one another.

S Really?

P I mean, I know our last poddy was about...

D I disagree.

P Yes seniors so it required a lot of talking over, but it was a little hard to follow.

S We had to talk over the top of each other because if you left each line poignant, you know if you left space around each line, it was too ookey.

D It hung in the air.

00:01:30

P I want to train you two a little bit because I'm a little bit better than you two, just saying...

S In what?

P In not talking over.

S In the not talking over? Really?

P Actually Danny's not bad. The worst is you.

S I want to be the worst.

P Okay, there you go.

D I'd say I never do it.

P I'd say you're pretty good, yes. We talk over you a lot.

D I'd say you always do.

P And Serene talks over me a lot. I do tend to talk over her a few times, and I talk over you, Danny.

D Yes. I get talked over probably the most.

S You are a blind spot. It's why they're called blind spots.

00:02:00

P It's funny that you're trying to do a high five but really, it's more like I shall bash you.

S No. It's just we're sitting too close.

P It's more like an aggressive hey-kay [?].

D Blah, blah, blah.

P I think you're breaking the rule. You're looking at the camera.

D Don't you dare do it either. Don't. Please.

P Now that you told me I want to look at the camera so bad.

D Just. It's my thing.

P I want to.

D Third mike. Archetypes. No. Pearl, please.

P What were we talking about? I said when we first started Trim Healthy, we said 85% chocolate was on plan, right, because the sugar amount is so low.

S It's minimal.

00:02:39

P Many of us are still eating 85% but you, do you ever buy it anymore, ever? You find it putrid, right? You only do 100%.

S It's my smokes and cigars, right? I don't smoke or smoke cigars and I never have. But to me this is my smoke and cigars. It's like the most bitter... It's given me that...

D Mm. Robust.

P Okay so for people not following our YouTube right now, they had to look at you... The people following could see the face and see what she was getting out of it. But there was just silence for the audio people.

S Okay, what I mean... I was just putting on a bunch of expressions that just showed the robustness of 100%. It's not a little lollipop person's chocolate. There's such mystery to it and it goes down smooth, and it has no bottom. It just keeps going deeper and deeper.

D It's your vice.

S I actually don't have a lot of it. I've had this for a month, this. Yes. I felt like I needed a little something to finish my lunch today.

D I mean vice in terms of it gives you that thing. Not that it's even close to this but like a cigar in your mouth, it kind of stings your mouth a little, it's bad for you.

S A little bit of pain.

00:03:52

D Yes and you enjoy this bah.

S Hey we're not into promoting cigar smoking by the way. When I was little, I had a problem with people smoking.

P You literally thought it was a sin. She thought it was a sin against God to smoke.

S Yes when I was young, I got a thing about it.

D You were hung up.

S I got hung up about it. To the point where I thought it was just the most revolting thing to do. Then my brain switched, and I got really concerned that one day I'd grow up and be like a different person and start smoking. When I was five, I remember sitting in the corner of my living room and saying, Lord Jesus, help me never grow up and smoke.

D And he did.

S I prayed. I prayed against it. Isn't that hilarious? How weird is that?

D And he did. He answered that prayer.

P What a weird brain space.

00:04:42

D I think a cigar every now and again is required.

P Okay, so there's children listening.

S Whatever you want, Danny. Whatever you want, Danny. But it's bad for you Danny.

D They need another truth.

S It makes your lungs black.

D Well, you don't inhale a cigar.

P That's what they say. But let's get to...

S Whatever. You do. You breathe it. It's in the room. I know you inhale. Guess why? Not you particularly.

D I'm Bill Clinton.

S But when I walk past cigar smokers, I have to hold my breath for longer than I hold my breath for cigarette smokers because it lingers so long and it has that rank, that putrid rank that you have to really hold for five minutes before you can take a normally fresh breath. You have to breath...

P May I breathe something of worth?

00:05:20

S Yes.

P Thanks. I got the idea for this actually when I was sitting in church on Sunday and actually when this poddy drops it will be a week and half since I listened to this.

S Go ahead and be as accurate as you can.

P I'm trying to be because it'll be a week and a half...

S It'll last 75 seconds.

P It matters when they hear this because when this is dropping it'll be a week and a half since Easter weekend. So, it was a message. It was an Easter message, right, that one of the Hilltop guys was sharing at the Hilltop church. And it was a really incredible message but actually what really jumped out at me was something that was not what it was about. He was talking about the scripture in Mark 16, 7 where the tomb is rolled away, and in, this is after Jesus has died and...

D No. No. No.

P Okay. You do know.

D No. The tomb was not rolled away.

00:06:15

S The door of the tomb.

P The door of the tomb.

D The stone.

P Yes, the stone. The stone. Good job.

S You thought he was going to go all anti-Christian on you.

P I did.

D There are some serious religious people out there.

P That's true. The stone was rolled away, or halfway or whatever, enough to get into the tomb. And then who arrived at the tomb? Whoever the angels talked to. Was it Mary Magdalene? Mary.

S Yes, it was the one that had like seven demons inside.

P It was Mary. And I don't want to get it wrong because people are going to tell me my theology's wrong but all I know is that someone walked in the tomb and there were angels there, right? And the angels said, now go back. I'm going to read it from the New Living Translation, now go and tell his disciples including Peter that Jesus is

going ahead of you to Galilee. They talked about meeting up, right?

00:07:02

S My translation says, go tell the disciples and Peter.

P Yes, most of them say, go tell the disciples and Peter.

S But you see he was a disciple.

P I know but this is the thing, Serene. Let me bring it. Peter was one of Christ's first disciples. He was the main one. But just before this incident he had denied Christ three times. We all know what happened with Peter. Peter must have been feeling like such a failure loser, he didn't think of himself as a disciple anymore. Because the angel had to single him out. Go tell the disciples and Peter. Okay? And Peter. And so, I was sitting there thinking to myself, and I was just thinking about... Because my brain always goes to the health journey. And there's a part of it. There's the spiritual and there's the physical but it intertwines. And this relates to other aspects of our life though. So many of us feel like failures. And I know that there are so many people that have even done our plan or started this healthy lifestyle and for whatever reason messed up and then completely discounted themselves, separated themselves because of shame or because of failure or because of whatever. And I feel like when I heard that, go tell Peter and his disciples, it was like God saying, hey, hey you...

S Go tell the Trim Healthy Mamas.

00:08:35

P Yes.

S But especially go tell Sue who ate a dozen doughnuts last night. Go tell her you are my disciple.

P Go tell Sue who's discounted herself and told herself no I'm not worthy, I'm a failure, look at me. I've jumped on that plan 100 times and I've fallen off as many times or more. And look at me. I've gained 50 pounds back. I felt like, and I'm not the person that goes around saying God told me to say it, I just felt this thing go into my spirit to say, go tell her she still is my disciple. She still is the one that she started out to be, that I called her to be.

D In this case you're Pearl's disciple.

S No. It's just an analogy but she's just trying... Go and tell the one that's feeling shamed, that feels on the outs. Go tell the one that feels like they're not part of the Trim Healthy club anymore, they're not part of the one that does this stuff.

P That can call herself, okay I do this, I rock it. Go tell the one that's not rocking it that you're still called.

D I love it though.

P That I still own you, that I still love you, that I still look at you.

00:09:45

S And it's not talking about her, it's from Jesus.

P No. In my own life there are many things that I could point to that I felt a failure with.

S No but you're not saying go tell someone, from your perspective. I was just clearing up for Danny.

P Okay. I feel like everyone's tracking me, apart from Danny.

S Yes I was just making sure for Danny.

P But Danny's got a tracking look in his eyes. It's just some of the things he says don't track.

D No I'm tracking.

P You are tracking?

D Yes, I'm tracking. It's just that one little nugget.

P Oh you were pulling out a different nugget.

D You were like, go tell my disciples, and I was like...

00:10:14

P Okay, you were being literal.

S But God is a God of... Well first of all He's not a God of condemnation so anyone feeling that condemnation in them even on something like diet, you know that that thought is not a thought that comes from Him. And if it doesn't come from Him then it's not a thought to ponder, right?

P But the fact is that we do things. I could look at my own life of things that I've failed and succeeded with. I bring it up because it's easy. It's an easy analogy in my life. Because I've got bigger and deeper things that I have felt a failure with that God has called me back to them. But this is a really practical, easy, visual one for me to explain so I keep bringing it up. Me as a bedmaker. Pearl as a bedmaker, right. I've said it so many times that I struggled, struggled, struggled. I felt cold, and this sounds crazy, I felt cold to becoming a bedmaker. I felt like it represents something really good in my life and if I can conquer it, if I can be that woman, I will have achieved a big milestone in my life. I struggled with that for many years because I didn't have the identity of a bedmaker, so I just forced myself to do it. And then I felt shame when I couldn't and I felt like, well I'll never be a bedmaker. And then I walked into it, Danny. A lot of what we've come to, us three, is what if you could? What if you could be a bedmaker, so I took on that identity. But there were even times during that season that I would go weeks without being a bedmaker and this thought would occur in my head, well you're not a true bedmaker are you? Mostly you're a pretender and a failure and not like

those other women that just get up and do it. You have to struggle with it.

00:12:05

D I have the same thing with working out consistently because what we are is what we consistently do, and so when I don't do that then Instagram kills me because then you of course see all the guys that do.

S But not necessarily.

D What?

S Maybe we are how we're meant to be seen, who we are called to be. Maybe that's who we really are. Maybe we do everything every day how we shouldn't, right. Your point was we are really what we do.

D What we consistently do, yes.

S What we consistently do. But maybe that's not our true identity.

D I agree with that, yes.

S Because maybe somebody was born to be a fish and swim and has everything to be the best fish at all but he doesn't swim. He just sits on a rock.

00:13:00

D That's my Daddy's goldfish. I'm like, swim dude.

S There's just like, nothing. But his identity is still a fish. He just hasn't realized that he should be swimming. I think that I challenge that thought.

D He's a fish in his heart.

S But he doesn't even realize it yet.

D He's a real fish. I feel this. I totally feel this.

S He doesn't realize it.

D Us as people, right, we have unlimited potential and so yes I identify as a workout god but every time I look in the mirror I fail to see that guy. I'm like, oh, that's not what I pictured. People are different. Some people imagine themselves a certain way and then they're shocked when they look in a mirror, on one hand or the other. Like when I look in a mirror I'm always shocked that I'm not as glorious as I picture myself when I walk down the road. You should see what I see. It's incredible. It's incredible and it's cinematic. It's right out of a scene. There's music playing. And then I'll walk past a building in downtown Nashville...

S You get your reflection.

00:14:10

D And I'm like, oh, someone's teenage daughter is dressed like a boy. And I do. Because like this outfit, here's what I picture. I picture Ryan Gosling, and he's wearing this, and that's me but I don't see that in the mirror. And the reason that I don't see that in the mirror is because I don't get up and do push-ups like Ryan Gosling does. And that's kind of my point, is that not all that we are is what we consistently do, but our identity often does not match our actions, is my point.

S Yes. No, so true.

D I love what you're saying because you can switch that, but you actually have to consistently show up. It can float in potential all year, right.

P Yes, it's true but the calling never stops. Because think about it, Peter at that point had done something so that he didn't look like a disciple, he wasn't acting like a disciple. Peter thought he was no longer a disciple. Well, I'm out of the disciple club, obviously. And it wasn't John who leaned in his chest, you know how when he reclined while eating the last supper. John was the one who always was sat closest to God. But it wasn't John. Go tell the disciples, oh and my special friend John. No, it was, go tell my disciples and Peter. It was the failure one he called out, and he's like, I really care to mention his name. Make sure that he knows that I want to hang with him.

00:15:42

S And also the other disciples obviously thought Peter was no longer in the club either.

D Yes. And potentially he was hiding out, maybe acting like he wasn't in the club.

S Can I enlarge it? Because it made me think.

P Yes. Okay but I've got to finish my bedmaker story...

S Yes, you've got to finish your bedmaker story.

P And then you enlarge it. So, all that to say I kept feeling like, I guess Peter, but in a much smaller sense, like a broad no longer in the bedmaking club. But I kept feeling the calling on my heart, like, no that was my identity, why can't I be that? So, I steadily, steadily plodded into it, fought off the lies. I'm a bedmaker. I'm a bedmaker. I mean, to this day, you go to check my bed, Serene. It's made. I have come to believe and accept the DNA of a bedmaker and it's in my very cells. There will be a day or so where it doesn't happen now, but over the years I'm just retraining my identity as that. I know it sounds silly. Who cares about a made bed? But to me it was like, if I can do this, think of the other things I can do?

S It was a micro habit that you knew was going to become macro changes.

P If we can change our micro habits, we can change our macro habits. And my identity is, no, I am actually one of those people that were born bedmakers. You get them, right? They have to feel, they don't feel right if their bed's not made because that's what they do. That's me.

00:17:10

D What if we don't feel a win when we make our bed, though. Like I've made my bed in the past. It's happened. But I never feel any victory.

P Well maybe that's not your calling. Maybe you don't have to make your bed. It's just something that I felt called to. It's not necessary for a long healthy life.

D But you know what I'm saying? Those small habits. I think there's a book, Atomic Habits, and it's an idea. It's not original to him, but it's this idea of changing these micro things and then they cascade. But maybe that works for people without ADHD. I feel like I can change...

P Don't become a victim though because people with ADHD have accomplished incredible things and overcome that. Of course, you're going to struggle in certain areas and of course, you're going to be flourishing in others.

S The struggle makes you strong. The struggle makes you strong and the fact is that maybe because it didn't come naturally to you Pearl, because you had more of a struggle in your bedmaking, because you had to fight for the identity, I think of you as more of a bedmaker than somebody who was born making their bed.

00:18:15

P Me too. And Serene, this is what I'm trying to say. I haven't struggled in my health journey.

S I know.

P That's my passion. That's brilliant. Come on. This is fun. But struggling in other things. So, I'm speaking to those who have struggled in their health journey, and I want to say...

S The Peters.

P You never have looked so strong.

D It's so good.

P Because in your struggle is where you have to grow your grit. It's where you find your feet and where you have to stand even when you feel like I'm going to sink in this. But you learn to stand... Where you learn to almost walk on water, where you have no business walking, right. Is this where you're going to enlarge it?

S No. Where I was going to enlarge it if you want me to go there right now, was when he said on Sunday, our Hilltop preacher guy at church, go tell the disciples and Peter and I heard you finally go, ah. I heard you gasp. And then I started thinking too. Because I remembered that the first words he spoke to the entire disciples, his first

actual words from his lips...

00:19:20

P Yes, after he was risen again?

S Yes. When he spoke to the group as a whole, when he walked into the room and he just appeared, and he said, let me see because I looked it up just before I walked in today because you told me you were going to bring that revelation. Jesus first words to the gathered disciples, peace be with you. And they were a whole bunch of failures, Pearl. It wasn't just Peter. Peter felt the worst because he had specifically said that cock will crow three times. He was like, no, not me, not me. I will die for you.

D Yes but the whole show was over.

S No but all of the disciples. They couldn't even stay awake, the special ones he took to help him through emotionally the hour in the garden. He kept on going, can't you stay awake with me at least one hour. None of them could stay awake. And I don't know who lopped off the ear, was that Peter?

P That was Peter too.

D Not to mention the reigning king was dead.

S And then you've got Thomas at this point who's already said I don't believe it until I see the hands and feet. He's the doubter. And so, you've got the whole bunch of them that are really like, the whole thing is over. We obviously got this guy wrong. He's obviously not the deliverer. They were all a bunch of failures at that point. And Jesus walks in and instead of like, I can't believe it, you betrayers, you no-hoper friends. That's the last time I'm going to pick you lot. He walks in and like, peace be with you. You're cool with me.

00:2:50

D They left their businesses and stuff. When you hear that in story form, they're like, and they dropped their nets and followed, so quick. But it's like, walk away from your full-time job. If you're a self-employed person you know what it means to grind late into the night trying to get an invoice in or something like that. Just stop doing it and follow this dude making claims. It was a big deal. It's a big deal now, but now there's government programs that can help you. Then you could just get cast off into a leper colony with the poor and never be rich again. These people made massive life changes.

S Yes but my point is that, the Lord saying, no I'm cool with you, the modern way of saying peace. Peace be with you, is that God never puts the people that have failed, the people that have not come up trumps in all of their challenges or in all of their goals. And he's like, no you're cool with me. He is not a God of condemnation. He's a God who receives us back and always gives us another go in Him and his strength.

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

you?

00:22:00

S Serene. Get a head start on spring cleaning with Caraway. Their thoughtfully designed sets and complementary storage make getting and staying organized easier than ever. It's literally true, Pearl. I mean normal pots and pans don't stack right. I'm telling you. Open my kitchen cupboards, everything falls out. It sounds like a burglar's in the house.

P Someone was very smart at Caraway. And you can now save 10% off the full suite of Caraway products, from their internet-famous cookware to their newly launched food storage set. And Caraway's high-quality ceramic-coated kitchenware is free of PTFEs such as Teflon, lead, cadmium and other toxic materials. And that's why we're here talking about Caraway.

S No, it's so true. I don't want to fry my egg up on Teflon. No way. I mean we're trying to all eat healthy food as Trim Healthy Mamas, right?

P Yes.

S And then you cook it in a toxic pot. No.

P Do you know what I hate? Going to Airbnb's, they only have Teflon pans.

S And they're scratched.

00:23:04

P They're all scratched. And you look at the underside of your egg and you see bits of grain and you know you're going to eat Teflon.

S I know. You don't want to do that.

P That's never going to happen with Caraway kitchenware. That's not going to happen with Caraway because all their products come in a variety of chic shades, and all sets include complementary easy access storage solutions like Serene said.

S Ceramic naturally slick surface means minimal oil and butter for slide-off-the-pan eggs and easy cleaning. I'm telling you Caraway makes E, our E-meals so easy. Because I've tried to make egg white little yummy, yummy fried up things which just the tiniest little bit of spray on the normal pans you can buy at the grocery store.

P They stick.

S They stick and you have to keep spraying more and more and more and then you're not an E.

P So then you're not an E.

S No. I know. So over 40 000 people have raved about their Caraway kitchen and now

it's time to try it for yourself. Because when you try it you know you won't be getting any of the toxins like the PFEDs and PTFEs and the POFAs and all those other hard-to-pronounce PFOAs.

00:24:07

P Chemicals. I don't want them in my house.

S Visit carawayhome.com/trimhealthy to take advantage of this limited time offer for 10% off your next purchase. And this deal's exclusive for our Trim Healthy listeners. So, visit carawayhome.com/trimhealthy or you just use the code Trim Healthy at the checkout. That's Caraway non-toxic cookware made modern.

P This is the PODdy with Serene and Pearl. Get it right. It's P-O-D-D-Y.

And you know what the most amazing thing is? Peter, the one who thought he was out, is gone. Away from the other disciples, thinking, well, there's nothing I could blow it more. I've pretty much blown it the biggest way you absolutely can, which is then the rock that the church was built on. The biggest failure.

S He was such a loudmouth too, right.

P Yes. But look at what he accomplished in the end because he was called back into his identity. So, there were two ways. That's what God does, right? He doesn't leave us there to be failures. He installs within us just hope and success. And I love this story so much. Going from cowering probably someplace, hiding his face, Peter must have felt like a Judas, but he came back and... Just think of all the stories in the Bible where the particular examples of those called, they all failed. You think of Moses. He failed. He murders somebody and then has to run off into the woods.

00:25:58

S So did David.

P Yes. So did David. And that was for worse selfish reasons. And then you've got Joseph who was just like a self-righteous little punk, proud, and he has to go through all that he went through just to get his head screwed on again. You could walk through all of the examples. And even Abraham, instead of waiting for the promise, they start to take things into their own hands. Why are those written and recorded for us unless it's for an example to us that, hey, it doesn't matter if you're back on your nose again, you're still called.

S Yes and I remember we started the very first podcast and we were like, why are we doing this? And I said, I think I want to say to people you are a Trim Healthy Mama. It doesn't matter if you don't feel like one. You are. Come back into your calling.

D That's epic. Same for motherhood, same for fatherhood. Once your kids hit their older teens and you realize all of your failures are becoming manifest in them, if you see character traits or things that you see them struggle with. I'll see my kids struggle with something and I'll look back and I'll be like, man, that's because I didn't do this or that

as a daddy, teach them this or I didn't show them that. And I'm applying this to myself. You're still a dad. You're still their dad and you still are rocking it. You're their rockstar dad that is continuing to show up.

00:27:48

I wasn't a model of perfection to them. I was a model of showing up.

P Yes you were. I love it, Dan.

S That's so good, Dan.

P And you know, that reminds of Steve. You know Steve? We've been working with him for our Trim Healthy hormone program.

D Oh God.

P Dan knows Steve.

D Steve is wide open. I said, oh God, not like, no not Steve. I meant how wide-open Steve is.

P I love Steve. He's got a huge personality. But we have spent so much time together lately because we're working on all these algorithms for all our hormone programs that we're going to bring. And just too much time in one another's faces every day, right, sitting with Steve. And so we've talked about so much stuff, and we were talking about family and raising children and I said, Steve, you're such an open guy. You feel like you're such an open guy. You're easy to talk to. Do your children just love and respect you? When you look back, because his children are all grown now, do you feel like you did a good job with them? And he's like, oh Pearl, ah, my children had so much to forgive me for, but they have. And I've spent many a day saying, you know what, what I did back then was a little bit intense. I'm an intense person. You know Stephen. He is intense. And I was kind of intense in my fatherhood, but I have just shared my heart before them and said, I didn't do it perfectly, but I sure hope you felt my love. And his children adore him.

D That is it. See I've had people compliment my... What have you done? Surely you can write the bible on parenting because look at your children. And I'm like, dude, these kids are awesome in spite of me. It's not because... And they're like, oh no, it's you. You're the guru. And it's like, man if you could have been there, I could prove to you.

P But you know what comes across is your heart to be that father, Danny, even though it causes you to experience emotion. Because of your heart, you want to be what they need from you, and sometimes you don't measure up of course, because none of us can, right? None of us can be someone's everything. But your children know your heart because we just saw it.

S Right I love it.

P And even when you're probably a jerk of a dad. It's going to happen. We're all jerks

sometimes. They know it.

00:30:04

S People love humility, right?

P Yes, they love humility.

S People love humility and really, you'd rather have somebody who messed up occasionally come back and just be so honest and say, I just blew it. I was a just real jerk yesterday or whatever, but I super love you, that somebody who was pretty much not a jerk but never really shared the depth of their soul.

D Yes. Was a ghost in the house. I had a therapist tell me that studies have shown in all family dynamics there's rupture. There's usually a rupture without repair, but in healthy family dynamics there's still rupture, there's just repair. And what she said is that data shows that the repair leaves a relationship better than had the rupture never happened.

P Danny, it's so true. I just think of my marriage. I just think of all of the rough stuff that we've gone through and just the mortar that's been put back into those spots that were weak. And I'm so thankful for those times. I'm so thankful for those potholes in the road. I'm so thankful for those twists that rocked the car. Because, wow, we would never have built back stronger, as strong as well are. It's like the scar tissue becomes stronger.

00:31:21

D In the knowledge that here is one I can face X, Y and Z with versus people that... These people get divorced after 20 plus years and then they'll start over. And so much of it is not irreparable. It's just this grass is greener hallucination that people go into. And they literally start over, but now they've got to go back to kindergarten and work on the same bull crap that they got through 20 years ago. When I talk to my married friends who've been married a long time and perhaps are struggling and considering options, I'm like, dude just let there be one option, and that is to keep on a-grinding as is your calling. Because that is literally a relationship. That's what it is. You're not in this special relationship that's struggling. You're in a normal one. Every relationship struggles. You all will face jealousy. All the wives are going to have to overcome jealousy. All the men are going to have to overcome anger. You can switch those two. Women have to overcome anger. Men have to overcome jealousy. But as the bell curve goes typically that's what's happening. And these ruptures that enter into relationships, whether it's with that's your spouse, with your kids...I love what you're talking about. This was typified in this story of Peter. This ancient story of this man who completely just denied everything just walked away from everything, was afraid, and failed miserably. And, man, if that doesn't describe everybody. It's just like this special character Peter, no it's for you. That is an element of reality that's in your life, and that restoration is so much more powerful than the breakdown.

00:33:22

- S And just think, some people that are peaceful kinds of people, and we're all called to peace, right, but it's the one with anxiety that's even more called to peace.
- P There's more to fight.
- S There's more of a call. Say you feel like you fail on your health journey, say you feel like you're not measuring up to your goals and all of that, you're called. That calling is so strong on you and it's more strong because you need that hand to draw you back.
- D One of the biggest things, because when we talk about coming back, obviously if we're talking to the Trim Healthy journey, that's something that in the scheme of what could go wrong in your life and what could fail in your life, this one is easily correctable. You can just step back on the wagon. But there are things that seem like there's absolutely no hope. Like in a relationship with a kid that's now moved away and doesn't answer your calls. There's heavy stuff that parents are going through and it's surprising what a little bit of vulnerability can do to those relationships, of actually making a phone call. And instead of what the generation before my generation did, like my parents and their parents, nothing was ever talked about. It was all assumed and if somebody was upset about something they just lived that way. And what I'm trying to break in my family line is not that we'll never fail again. My children are going to fail their kids. But I want to give them a new habit, and that is when you fail them, you go to them, and you confess it. Like old-fashioned confession. Ask them for forgiveness. Tell them you blew it. And I know for me as a dad that's been way harder than I'm making it sound right now. It's been really hard for me to say what I did wrong and then look them in the eyes and make sure they know that I love them. Because, and I mentioned this on the Danny Takeover podcast, I didn't have that download. Nobody ever did that to me. I don't know what that looks like. And so to do that, especially to my male children, was just a mountain. You can't even understand the mountain I had to overcome just to eye contact, ask for forgiveness, and tell them, I love you.
- S But as you do that you're breaking chains, you're breaking generations of chains.
- D And I'm giving them something.
- P Yes you are. You're giving huge things.
- D You can pray about it. You can go to therapy. You can do all of that. None of that matters if you don't do it to them. You have to physically give them this thing. You have to give it to them.
- S And it doesn't even really matter who was wrong and who was right too, because a lot of it there's so many nuances, that's such a good word, in relationship struggles. When somebody comes to fix it there are just so many nuances. But I feel like even if you feel like it wasn't necessarily your fault there's still nothing wrong with going and apologizing. Apologizing just for the fact that there's pain. Even if their pain may be even imagined that you have given it to them. Some pain is just all imagined in their

brain. You didn't actually do that, but they can twist it around, whatever. But there's still nothing wrong with sorry. I think, like you said, it's so healing. But you know how you said you had nobody to instill that into you, but I think it's a universal hard because it's against the flesh. It's against the flesh to say sorry. And especially in Christian homes, self-righteous Christian homes, they didn't necessarily grow up with people saying sorry because it's such a pharisaical thing to have pride to think you're right and never have to say sorry.

D And there's also this religious horse manure on parents that they're always right and they're the anointed always-right king. Whatever happens, it's just like the kid's always in the wrong or isn't seeing it right, or whatever. And it's like dude, sometimes these little dudes fresh from heaven have some revelation for us. And actually, in their wrong, in their screaming and crying have a message for us. A kid screams and cries the default usually is suck it up, you've got no problems, you're living in America. There are real problems out there. This was old me, by the way. There are real problems out there. Stop your complaining, get in, put your seatbelt on, and be quiet. Well, what do you want to give your kids? What type of adults do you want them to be. And what happens when their little sister does that? How do you want them to treat their sibling? And you have to give it to them. What I want when my youngest daughter is putting up a fuss, and my oldest son is in charge, what do I want him to do to her? Well, what I want is for him to go, hey, hey, hey, we're okay babe, get in here. Come. First of all let's get grounded. We're just out of sorts. I don't want him to deal with her harshly, so how do I treat him?

S And I agree. And in the balance of that...

D Please bring it.

S Just because there's give and play, there are the times in softness to be firm. Because there's that way of parenting where there's no boundaries for the children and then it's always just let's give a hug for that. But I love your heart Danny.

P I think it's so good what you're saying Danny about the generation before you and the one before that didn't talk. It was like, well they don't talk to me. That's the way it is. I've left the family. And now this is the communicating generation. With that can sometimes come extremes where everyone's entitled to their big screaming fit and that's just what they're doing.

S You want to feel anger, honey, you really feel that.

00:39:45

D Yes, the Walmart kid.

P Of course there's balance but I love going back to Peter and the Jesus thing. And that wasn't Jesus, that was his angel. But there was a message. Go tell Peter. He was told to tell them. The angel was passing along a message. Go tell Peter and my disciples.

And then there was a message about it. It was a total, here's my hand, reach out, come on, I know you're sitting in the corner. You think I don't love you anymore. No, no, no, no. Here I am. I want to bring you back. I want you to come back. It wasn't just leave you there in your stupidity. Yes, you did wrong. Suck it up.

D I feel like your mike work is off today, Pearl.

P Sorry. It's because I used to sit over there and I could look at you and keep my mike, look at Serene, and now, you're piggy-in-the-middle now girl.

D But you know what, you've doing great with what you've been given.

S I am piggy-in-the-middle.

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

S Serene.

00:40:48

P So, I know what it's like Serene, running a business together when every person, every moment...

S You know what it's like, and not me?

P Well I do little more of some of the things than you. But every penny counts in your business, and you can't afford to take one penny for granted. And that's why stamps.com gets that.

S Yes, they do.

P That's why we ever use them from the very beginning of this poddy. They're going to take care so that they've cut all the corners. They've cut it down so that you're going to be able to spend less.

S And save time.

P So you can focus on your business knowing stamps.com has all your postage needs covered with premium discounts and great rates.

S And do you know that they've helped businesses like ours for the last 25 years.

P Oh yes. Do you know with stamps.com all you need is a computer and printer. They even send you a free scale. So, you'll have every you need to get started. They are sweet. It's true they're sweet. They don't have to send the scale. They could have made you order it, but they just really want to help.

00:41:48

S And if you need a package pick-up you can easily schedule it too through your stamps.com dashboard. And if you sell products online stamps.com seamlessly connects with every major marketplace and shopping cart. Running a business isn't

cheap, we know that, especially when it comes to fulfilling orders for your customers. Luckily stamps.com has huge carrier discounts, up to 84% off USPS and UPS rates. Plus stamps.com automatically tells you your cheapest and fastest shipping options, which is a true plus.

P For 25 years stamps.com has been indispensable for over one million businesses. Get access to the USPS and UPS services you need right from your computer, any time day or night. No lines, no traffic, no waiting, thank goodness. Set your business up for success when you get started with stamps.com today. Sign up with the promo code Trim Healthy for a special offer and say what it includes, Serene.

S A four-week trial plus free postage and that sweet thing, a free digital scale. No long-term commitments or contracts. Just go to stamps.com, click the microphone at the top of the page and enter code, Trim Healthy.

P This is the PODdy with Serene and Pearl. Get it right. It's P-O-D-D-Y.

00:43:05

S If there is a relationship struggle let's put it right there instead of the health journey for a bit, to just say, hey, I see you struggling over there. I'm extending my hand of relationship back to you. So, it's the communication thing and it's beautiful, but what this whole thing has been making me think of, like I said before, if you're the one that's failed, if you're the one who's face-planted again you're more called. There is more of an outstretch to you right now. Like with the prodigal son. It reminds me of the prodigal story, and that son who's always doing everything right, was like, what by jingo, my dad is killing the fattened calf. There's a party, there's trumpets sounding, and he's got the whole band, and everyone's out feasting. And the best wine, the corks just popped off the bottle. This is a huge celebration. What about me? Well, the deal is, the heart of God, He loves restoration. His whole heart is for restoration. And so, He gets excited about throwing a restoration party. So, if you feel like you've face-planted that restoration party, you're invited.

P Okay Serene, I've got a good analogy. The fact that you have perfect meals every day, I know that you will, I have no doubt. You do it. Serene will always do it. I'm not going to go throw a party for you. I think, okay, who cares? Serene's going to be perfect again. It's just what she does and it's easy.

S It's not perfect.

P No but it's easy for you...

00:44:42

S It's easy for me.

P To eat ultimately in a pure way.

S It would be hard for me not to. It would be hard for me. That would be my struggle.

P But guess what. For someone that has fallen off 100 times and then comes back and

rocks it, even for a day, I want to throw a party.

S And they're calling us more, and in their struggle they're more strong. This is not an area of strength for me really. People say you're so strong in that. No, I'm not so strong in that. I was just born eating healthy. But there are other struggles in my life. There are other struggles where I really have to dig in and I really have to stand and really rest really in what I've learnt. Because all the struggle and the stand didn't work for me. Really what's worked for me is just resting into God's strength and His identity and calling it mine.

D Let's hear a struggle. Come on. Give it to us.

S I've talked about it so many times on this podcast...

D Give me a fresh one.

00:45:35

P Fear.

S Yes, fear was a huge one, fear, and even though my name is Serene, which is so interesting. Serene. My middle name is Caris, which is Grace. And I believe I'm called to serenity. I'm called to peace. But that's been my struggle. I don't necessarily have bunches of warriors in my mind, but there's just been... Not anymore necessarily but a stronghold of fear in my life. And I had to fight for serenity. I had to fight for deep-soul rest.

P Like the Bible said, labor into rest.

S Yes. I had to labor, but now I've realized my laboring is just staying. Staying with it. Staying in Him. All my work didn't really work. But the point is... And I've lost my point now.

D So sorry.

P The point was it's easy for you to do the health thing.

S Yes but in my peace I'm actually really strong...

P Yes because you had to come so far.

S Because I've come so far. And I had think of myself as, oh I'm a peaceful person because I work at peace, I practice peace, I rest in peace.

00:46:37

D I see you as a peaceful person.

S Peace is my world. Peace is me.

D It's you.

S Yes, but the healthy thing... And I still yesterday, this morning, still had these fear

things that come in my brain, I have to fight against them. This is why I really think my identity is an identity of peace. Health? It's not really my identity. I don't even have to think about it. It's just like breathing. So, if you struggle with your health journey, that is your real identity, that is your real calling, and that is where you are strong. You are strong. And because you've struggled, that's why you're strong.

P And that's why you will be strong too. It's an ongoing thing. It's a lie that you are not who you think you are. Because Peter thought he wasn't a disciple, but what was the truth? Christ said he was. That was the truth. It was the lie. Even though it looked like he wasn't to everyone. If I was there, I would have thought, well, that Peter's not a disciple anymore. I would have thought that. That wasn't the truth.

00:47:38

S Can I interrupt you and just go back to that whole peace journey. When you walk on an airplane, and I've said this before but when you walk on an airplane and you see those people on the plane that think they're peaceful, peace is just so easy for them. They wake up in the morning, they press a little espresso shot on their machine, there's no noise, there's no children, there's no one else to make breakfast for. They just walk out of their city apartment and then just press a button on the Mac-a-Burger or whatever. Everything is just a Mac-a-Burger, Danny.

D Yes.

S Everything just happens for them. They have this great job. They've got nobody like, ai-na-na-na. Right? They're not even really peaceful because there's no struggle.

P The environment is just peaceful.

S But the mother wakes up to an exploded poop that's not only all over not only the baby but her nightgown and the sheet she'd just finished washing the night before. And there's a toddler who got up and wiped the poop all over because he's just being potty trained, and he tried to wipe it and it didn't work and there's a bit on the fingers and he just wiped wherever he was going down the corridor to get mama to help. And then everybody, this is about four more to make breakfast for when she finally gets up and gets all that cleaned. And they're all screaming. And there's just stuff. And the husband's job just got lost. No job. We don't know where the money's coming from and this trailer home's getting mighty small. That is a peaceful woman. And I don't care if she's even pulling her hair out, she is the one who in the struggle is the most peaceful because she has to try for it. She has to stand in it.

00:49:10

D She got two, but she's turned it into four and it still looked bad compared to the one who was given eight, but she was more faithful. It's like you compare yourself to others and you feel like a failure, but with what you've been given and what you've made out of it, it's a beautiful thing.

S I heard a story about that and I won't be able to say it properly, and maybe you've all

heard it and you could say it better than me, but it was like this. This wonderful Christian was walking down the road and they had the button up and they all looked very perfectly Baptist, and they walked past this alley...

P Poor Baptists.

S Sorry, no I just meant it's a type of people that have it together.

D They have it put together.

S Right, they have it together.

D Baptists own businesses.

S Even at church they have it together. They're not the wild ones.

00:49:55

D Hands down, little palm up maybe.

S Little palm up praise. Anyway, this is just my...

D Mortgage guys.

S Mortgage guys.

P I went to a Baptist church for years.

S Good on you. I'm not against the Baptists. I love the Baptists. It was a compliment. They were perfectly put together, walking down the alley. The story probably wasn't even like that. This is just my rendition of it. But they were walking down this alley of the city and they saw this guy kick a stray cat. And the stray cat goes a couple of feet up in the air, Miaow, Miaow, runs away. And the person's a cold-hearted, mean person. And the story goes to say, no, that person is actually more kind and compassionate than that put-together person walking down the street because of the fact that he didn't kill the cat because of all the hurt that's gone in his life.

D All he did was kick the cat.

S All he did was slightly kick the cat.

D That is a horrible analogy.

P I'm not getting it either. The story is like it was the poor Baptist is the person that is not as good as the kicker of the cat.

00:51:00

S That's why I'm not even saying it right...

D No because I love cats.

S Because people look on and they say that person did that nasty thing. That person said something mean, or that person was a jerk in the meeting, or whatever, but the

fact that they weren't fully, outrageously jerky, or they weren't fully, absolutely off-their-head mean, they actually were using constraint and compassion.

D But Serene, they kicked a cat.

S Listen, they didn't kick it much.

P How many people can you offend? I'm sure animal lovers are offended, Baptists are offended.

S Listen, do you get the point?

P I'm barely getting it.

S The point is that some people think that they've got it all together.

00:51:44

D It's the most abusive relationship.

S Like I feel like I've got it together in my food. I don't. I don't even have to try. But the person who only ate one donut and stopped before they got to ten actually was using more self-control.

P I get it now. You should have used that one.

D It's kind of like the wife who's griping because she's got only one black eye. Hey, you don't have two. Be grateful.

P Oh dear.

S No the point was the fact that that woman with a black eye didn't go and be nastier to the people around her. She didn't go and sass off in the Walmart aisle to some fellow shopper. What incredible constraint she was using and what compassion she was using to her fellow citizen because really what she wanted to do was...

D The point is epic.

P Yes. I think you're wrecking the point now with her going to Walmart and not sassing.

S Oh my goodness.

D It's a great point. I think the story could have been tweaked.

P The donut part I got.

00:52:36

S Listen I'm going to find that story and re-read it in all its glory because I've really done a bad job. But it's so clear to me. [Overtalking].

P I kind of got...

D There she goes. There she goes. Can I go to the bathroom?

S We think people are failures when they look a certain way but maybe they're not failures, they're actually using some kind of incredible strength in that.

A Trim Healthy Mama product news and notes.

P You know Serene sometimes I just have to have pancakes in the morning. It's not an everyday thing for me. I can go with my oatmeal. I can go with my eggs and I'm happy. And then suddenly it hits me. Pearl, you need some pancakes.

S But the good thing about our Trim Healthy pancakes Pearl, or waffles...

P Oh yes. It is so simple as waffles.

S So if you're a waffle type of girl just put them in the waffle machine instead. But a lot of natural pancake mixes... They taste like bricks that sink into your stomach. They're not light and fluffy like the white, naughty kind.

00:53:41

P No I know. There's something about the white, fluffy pancakes. Now of course since this is protein-rich, gluten-free, you can't go into it thinking this is going to be gluten-rich and sugar-full because that gives you the wrong impression. But I dare you to find a gluten-free, low-carb, protein-rich mix that comes up...

S As light and fluffy.

P I know I'm kind of being a little bit boast-y right now, but we worked on this for two years. Trial after trial to try to make this as pancake-ish as you possibly can and doing it so super healthily.

S Oh yes. You know what I love about them is because they're actually a fuel pull.

P I know but you can make them S or E.

S But that's the beauty because if they're a fuel pull you can go either way, baby. You can put a little bit of bacon on the side, top them with butter.

P Yes butter on them.

S Just go for the succulent all the way.

P Or you can just go E with them and get you some carbs, get you some fruit, and chop banana on top.

S Or you just heat up those blueberries and they get all syrupy on their own. Delicious.

00:54:48

P I'll tell you what's really cool about the actual ingredients in there. None of those fillers. You're not going to see the things there are in other pancake mixes, like the tapioca starch, like the emollient, like all those things. What you're going to see is real

ingredients. We have the first ingredient, lupin flour.

S Which I love.

P It is so stable on your blood sugar, and it is kind to your waistline, and it's naturally protein rich.

S Satiating because the fiber is so... It doesn't bloat you, but the fiber is such a wonderful healing fiber to your gut.

P Oh yes. Guys you've got to look. And before you purchase these go on our website and just look at the ingredients and you'll just get the feeling of, okay I can trust these. What have we got? We've got non-GMO. We've got gluten-free. We've got dairy-free. I mean dairy-free, guys. And they've only got three net carbs so do with them whatever you want. Whatever your body needs or is craving. And fuel yourself up in the right way.

S So when you're craving that pile of pancakes or waffles, no shame. You get to indulge and feel great about yourself.

00:55:55

P Hey, you know Serene, not only for breakfast. I have had these as waffles for lunch.

S Oh, waffle sandwiches are a thing.

P Yes. You just put them in your little... I've got one of those really quick mini waffle-makers.

S So do I.

P A Dash, I think they're called or something.

S Yes but mine's a four Dash.

P And they make the best sandwich casings. And once again they fuel pull, so you can make an S sandwich, an E sandwich or stay for your pull. Whatever you want. They are yummy. Bringing it back to my thing where I started off with Peter. Are you saying, hey he didn't deny ten times, he only denied three?

S I wasn't even thinking of Peter at the time. I'm just thinking of the word failure. People and their failure. People can look on and see that, and people in their own hearts.

P It's the way we look on, yes.

00:56:45

S Yes and the way people look at their own. They can just say, oh my goodness, that

was so whatever, but you know there's pressing situations.

P Sometimes you certainly win at analogies. I wouldn't call this time a huge win, but hey.

S Sometimes you're rolling, sometimes you're falling.

P You've got to keep going. Who was it?

D It's like a D-minus.

P Michael Jordan. Michael Jordan said, I miss more than I win.

D But he shows up.

P But he's considered one of the best in the world.

S My identity is still a great storyteller on this poddy. I don't care if I fail.

D Right. You just illustrated.

00:57:16

S I'm still an awesome poddy girl.

P We're not going to say Serene is out of the storytelling.

D No.

P Serene is out of the analogies.

D She's a master storyteller.

S I'm a master storyteller. Why do I know I am a master storyteller? It's because I say enough that sometimes I lose them.

P Yes. You keep going.

S If you think you're a great storyteller you haven't told enough to have bombed, right?

P That's good. Okay, we're done.

D This is the Trim Healthy Podcast.

00:58:06