



Trim Healthy Podcast with Serene and Pearl

Episode #318 – PODdy Strong!

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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 · D = Danny · J = John

00:00:00

S This is The PODdy with Serene.

00:00:32

P And Pearl.

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

D It's the Pristine Healthy Podcast. No, that's not what it's called.

S Oh no, it is called that.

D It's the Serene Healthy Podcast. It's the healthiest... I can't remember the name of this show.

S Pristine, I feel like Pristine kind of...

D I know what it is.

S Feel like it was tracking.

D No, it's that Pearl's gone.

S Yes, Pearl is gone.

D Okay. Okay.

00:01:01

S And you know what I have here on my lap since Pearl is gone.

D It looks like a teleprompter.

S Oh, it's called my teleprompter. I have brought as many scriptures as I can stuff into one PODdy.

D Serene, can we make an agreement?

S Make it with me, mate.

D To go so far beyond what Pearl would want in terms of just obedience, sticking to the whatever.

S I'm feeling you, I felt it, I felt it. I was like, this is my hour, this is my moment.

D I want her to regret leaving. I want her to watch this, and be like, I can never leave again. Look, I love my sister, and she's more scripture than anyone I ever know but she's very wise. She is, she's good. She's like Pearl... the wise Pearl. And, she's always thinking about everybody listening, which is a wise thing to do. She's always like Serene.

D It's fine, it's fine.

00:01:50

S Maybe 20% of our listeners believe in the Bible. You got to think about everybody else. Serene, be thoughtful. But deep down, I'm not as thoughtful as her. And so, I'm just going to bring my raw step-on-toes person.

D I could describe this show as reckless today.

S Yes., Yes, this is going to be reckless. And it's going to be a bit teleprompt-y-ish. I'm going to try and bring it un-teleprompter, but I felt this burning in my heart, so, I wrote. So, Dan, it's your job to revive the teleprompter Serene if she gets too teleprompt ish.

D Yes, but here's the thing. Some of the best moments are, it's goodness in a box. There's a balance. There's inspiration but when you can have a script that you can leave, that's where I think the goods come.

S Well, I did the teleprompter today cause I'm like, this is my moment. Since when have I done a PODdy without Pearl? Never, the one with Nadia but not ever since. We have always had Pearl here.

D She's not going to stop you.

S You have had me not here, but I've never had Pearl not here. Except for these two, the Nadia one, and this one.

D Little sister energy release.

00:03:07

S Yes, I'm doing it, I'm doing it. And the teleprompter's going to keep me on track so, I can fill the scriptures, and get them all in.

D Okay.

S Okay. But in the end, we're going to go physical and, Dan.

D We're going to fight?

S Get your pushups ready. This PODdy is called PODdy Strong. Everything strength is what we're going to talk about. Everything involved in strength. We're going to go to the inner strength first, and then we're going to end with the outer strength, the physical strength, and we want to see how many pushups you can pull off.

D I am so, behind.

S Oh, Dan, get your adrenaline going.

D All right.

S So, we're going to start with inside strength, and we're starting with a scripture.

D Who'd have thought?

00:03:48

S And I don't even know where it's found. I didn't even put the reference, but you know the one.

D Is it in the Bible?

S Physical exercise profits but a little. You know that one?

D No.

S You know that one in the Bible that talks about physical exercise profits but a little? Must be King James, profits but a little.

D That sounds like that.

S But so, I just want to clarify with that Scripture that, back in the good old Bible days, they didn't have washing machines, they just pressed a button on, right? Not everybody had a car. So, when they said, exercise profits just a little, it still profited a little, but they already exercised all day long just in life, right?

D That's true.

S They walked to the river.

D That's so, true.

S Have you seen The Chosen?

00:04:28

D Yes, oh, no, I haven't.

S They're all there with their clothes. The women are in the lake, all scrubbing up, and it's good elbow grease arm movement. And then they walk up the hill with all their clothes on their heads. And then the women, they were water carriers.

D Like in Brave Heart?

S They had to carry all the water, like the big, long stick with a big barrel on either side with water, and everything. And so, exercise, even weightlifting, was part of just daily life, right? All that said, I do want to start with the inner, and then we'll go back to the exercise.

D I bet the women were built like me, still feminine.

S Listen, you could change your identity. Dan, you're doing great.

D I feel good, though.

S You're thickening out. Yes.

D And I feel thick. Yes. Speak to those thick cells.

00:05:14

D Speak to the thickness.

S Speak to the thick cells.

D That should be a T-shirt.

S But anyway. So, we're going to talk about bodily exercise at the end, because I really am inspired more than ever into bodily exercise.

D To exercise?

S Yes.

D Are you exercising more?

S But not overdoing it. Because that's a crime too, right? It's much a crime is under.

D It can be a crime, yes.

S But anyway, to the teleprompter we go.

D Do you feel nervous?

S No, I don't feel nervous. No, okay. So, let's go. I think, Dan, the world has a skewed definition of inner strength. Many times, we think people are strong when they look like they have it all together.

00:05:56

D About to get me on my hobby horse.

S I've thought it so, many times, right? When they don't seem to struggle with anything. But this is not true inner strength. Because human strength only goes so, far. As far as God's strength is concerned, which is way more incredible. And it makes human strength look like the strength of a flea. Human strength will always fail. It will always fail. And maybe somebody will last longer than Joe Blow or Jane down the road. But human strength.

D Jane Grain.

S Yes, Jane Grain. Human strength will always fail. True inner strength, I have come to realize, and it was realization come through just the Scriptures. But first of all, before I go, I want to say, a lot of this that I'm bringing today, I've already brought to a pilot group that Pearl, and I are a part of, and it's called Treasure Hunters.

D You guys are teaching people how to fly?

S We are. We are learning how to fly with them. It's a journey that we are taking, and we've taken a bunch of women with us. It's just a pilot group. It's not open. But soon it will be. But not right now. It's private.

00:07:07

D So, this is like a beta test.

S Well, it's just a private group that we wanted to keep small in the beginning as we learned.

D What sort of group? Where are these people? Online?

S Yes, online, yes, but we're all together going to deeper places. We're all together, learning to fly. We're all together. It's called Treasure Hunters. Because together, we are learning to find the treasures in life, and there's food, and health, and practical stuff in there. But it's so, much more.

D But is it more of a close-knit?

S Oh, we're all besties. And we're in their doing LIVES.

D Inner circle type of stuff.

S Oh, yes. And they're in ours. When's this going to be official, then? No dates? No dates? The team is like...

S Two months. Two months, maybe two months, we might open it up to the public. But right now, it's closed.

D We're months away. Safe to say. Okay.

00:07:53

- S Yes, a couple of months away. But a lot of this stuff, I have already brought. So, just, there are some Treasure Hunters that also listen to The PODdy. So that's why I wanted to clarify.
- D I see.
- S Okay, great, but what I realized is, true inner strength is humility. True strength knows, that without God we are weak, and we have an incredible need for Him. True strength knows that it can't rely on our natural strength or our own willpower. True strength comes with the realization that God is our source. But this is an important one that I've had to learn too, but also that He can use others to strengthen us, right? True strength comes from an awareness of other gifts in the room. True strength is humble enough to receive help, and to draw from the strength of others. And it's interesting who God chose to work with, to pour His strength into. He chose a bunch of no-hope fishermen with doubts, with insecurities, with tempers. He chose Simon Peter with a nasty temper, and he said to Simon Peter, hey, you're going to be the rock on which I build my church. So, I feel like encouraging people listening who feel like, oh, you're talking about inner strength but that is the last thing that I feel. That is an adjective I would never describe myself. Great, you're the perfect conduit for real strength, for real power to flow through, because God works through humble vessels. He works through people who realize their weaknesses. He chose the prostitutes. He chose the oppressed. And He can't use the pride but only those who realize their great inadequacy. And He uses people that realize, I haven't got it all together, and I can't do this alone.
- D So good.
- S So, He told the Pharisees, the people who thought, I've got it all together. I look perfect in the eyes, and in the outer way, I look perfect. He said, you guys are just a dead man's bones. You're whitewashed tombs. Because inside, you're more than weak, inside, you're dead. And so, I'm learning that in this place, if I'm going to be strong on the inside, I must realize my weakness and my inadequacy. But I feel like that's just the key. The key is learning, okay, I'm a weak vessel but the door to true strength is when we start confessing His power within us. There's a power that can work through us. And I think that is so, so, it's a paradigm shift. So, I just want to mention a Scripture, since Pearlie's not here. Bless her heart, she does love it when I share scripture but there is a point where she'll cut me off. But I love Psalm 73:26, and it sums up the everlasting strength that we can tap into. My flesh and my heart fail, this is Psalm 73:26 but God is the strength of my heart, and my portion forever. This kind of strength, this strength that never fails, it's our portion. And it's been brought for us through His work on the cross. And we can just choose to wear it, and put it on, and move in it. And so, it reminds me of another verse I want to bring. I love it, in Acts 17:28, for in Him we live. In Him, we move and have our being. And I'm just, that's one of my favorite life verses. In Him, I live, and move, and have my being. And I got to read the scripture, it's epic. And when we take it as truth, it builds in a strength way beyond, way beyond all those so-called got-it-together kinds of people. And it's Ephesians 3:20, and it's now to Him who is able to do immeasurably

more than all we ask or imagine according to His power that is at work within us. And that's all that is needed is a weak person, right? Who believes in Christ's strength, and believes that this strength lives inside of them, that's it. So, we don't have to be, got it all together. We don't have to feel this personal strength because that's not a strength that lasts. That's just like, bleh on the scale.

D You know what it makes me think about.

S What?

00:12:33

D Atheism is so out of fashion. And by the way, you know that I am, I don't even, and you girls have debated me about this. I don't consider myself a Christian. I've said that on this podcast.

S Yes.

D We can clarify.

S. Do a nice, good fight over the fence about that one.

D We could totally fight about it. We can clarify what that means, right? It doesn't mean I don't, I'm not a believer, I don't believe in God.

S You just don't like what that word has come to mean because there's a bunch of Christians out there that you don't really want to be part of.

D It means something very specific in America. And I'm so far from that very specific thing it means, and it means a host of specific things but most of them which I can't relate to at all. But to go atheism, right? I used to be intimidated by the atheist, the one who was going to come and debate, but now it's like if you just learn a little bit about science. Just a little bit about some of the ways we've built batteries, and things like that, you must, at some point, just lay your hand on your mouth and say, there is so much I don't understand. We have harnessed science but some of our most basic experiments, people should Google the double slit experiment, and then come back to me with atheism after that. Because we are so lost on the most basic concepts of our fundamental reality, that, to be completely self-reliant, and this is what you're saying reminded me of. To be self-reliant and to say that what is real is contained within this body and in this material thing that I can weigh, and measure is totally ignorant of third-grade scientific concepts. There is this whole fundamental reality that is invisible to our eyes, and much of which is invisible to any of our detectors that we even have that scientists, and physicists call force. It's the thing that glues particles together that make up a couch or a shoe. And you get to a point where it's like, okay, so, what makes the force work? And when you get to that point, you're like, well, we don't know. We can call it electromagnetism but I'm saying all this to say that...

S There's no way there's not an intelligent creator behind all of this, essentially.

D Yes, and that if we are the sail, there must be wind, and to seek that out, to just humbly, instead of taking the atheist, I know. I have been to the center of Mars, and there is no God there either. I have searched all of the galaxies, and I can prove it. It's so, silly.

00:15:47

D You're going to. To just be able to just go, okay, I invite those which I do not understand to come and give me knowledge, and awaken me to things I've perhaps not considered, and have written off. When you're talking about humility, that's what I think about. Even in ancient religions, in Hinduism, they have this idea called the Brahman, which basically, it stands for... Pearl's gone, so I'm going to talk for a minute. She's already shutting me down in her heart as she's watching. She'd like, oh, Danny, man.

S Yes, and I'm ready. I'm ready to say, let me talk about this Hinduism, then you start.

D I know you're close. I know you're close but just give me a sec. There's this idea that Brahman meant to them, all of the underlying fundamental, foundational reality that is all in all, that is all there has always been and ever will be. That is invisible, that is eternal. They're basically describing what we call God. What we would say, we've put a name God on this inconceivable that we can't measure, we can't taste, we can't detect. And it's this idea that there is a force, there is something out there that is from whence we came. And so, I'm not making, right now, any Christian appeal yet. I'm just saying.

S Even though you've come to that in your own heart, you may not call it Christian because you don't the example that many have put forth, but I still like to call it Christian because I'm a follower of Christ. And that's just the simple, I still call it marriage, even though a lot of people mess marriage up. Isn't this a great fight? Isn't that a good point with our fight over the fence?

D But it's a great point, though. No, that's a good point on your side. I still call it marriage. And it's like, yes, people have really ruined that idea. But I'm married, and yes, and I believe in it.

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

S Serene.

S Butcher Box takes the guesswork out of finding high-quality meat, and seafood you can trust. It's 100% grass-fed beef, grass-finished too, which is a biggie, you guys. I know you've heard us say it before, but it is a biggie. Just because something says grass-fed does not mean its grass-finished. And that's really what counts as far as fatty, fatty, fattiness. Anyway, organic chicken, pork, raised crate-free, and wild-caught seafood, which is Pearl and my favorite, their salmon is to die for. Butcher Box has it all. It's humanely raised, no antibiotics or added hormones. Get just what you want delivered right to your doorstep, which is another thing, and the reason

why we love Butcher Box. We live out in the sticks, and when you're out of meat, that's a good hour drive. You can't be bothered doing that, but Butcher Box comes to your door monthly. It's there when you need it. And all packaged, and vacuum sealed individually. So, you don't get that freezer burn stamp.

P Yes. So, this is what I like. You can take out just a meal for yourself. If you want to do a chicken breast for your lunch with your brown rice, and your veggies, or you want to make a meal for your family, you take out according to how many servings there'll be. So, it's easy and it's clean, and it's nice, and it's quick.

S Yes, and the other thing, Pearl, is at the grocery store, you just get the regular cuts, right? But Butcher Box has a range of high-quality cuts that are hard to come by, at amazing value. Exclusive member deals too, we have here, so, you can save big on your favorite cuts. And there's also free shipping for the continental US, and no surprise fees. Butcher Box is offering our THM listeners one of their best deals yet. Listen up, people, our 100% grass-fed chuck roast, and a whole organic chicken free when you join, plus an additional \$20 off your first box. No stinking way. Are these people...

P That's beautiful. They want to give.

S Yes, sign up today at butcherbox.com/trimhealthy and use code trimhealthy to get that 100% grass-fed chuck roast. Oh, my goodness. My husband's going to love it. His favorite is chuck roast. And you receive a whole jolly organic chicken for free in your first box, plus \$20 off. Three presents. So, that's butcherbox.com/trimhealthy, and use code trimhealthy to get the special deal.

S This is The PODdy with Serene.

P And Pearl.

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

S John, do you have something to say before I go on in my teleprompter?

J I was literally just on another podcast the other day, talking about this very same thing.

00:20:21

D The men are taking over. The men are taking over.

S Oh yes, I'm getting ready.

D Les, where you at?

J You used the terms atheist and fashion in the same sentence. And that is a huge topic because I believe that atheism is a fashionable construct. I've had a challenge out.

D That's a good way to put it.

J I've had a challenge out to my fellow associates because I've got several who claim to be atheist. And here's my theory. If you think you're an atheist, I've yet to meet someone narcissistic enough. Even the ones that claim to be atheist, and I've taken them to task on this. If you claim to be an atheist, what you are saying, because that's another one of these words that has been turned into something else, just like the word Christianity. If you are an atheist, you are saying, every thought, every ideology, every idea that has ever existed is wrong. And you, the self-proclaimed atheist, are correct. And I've yet to meet, I've heard a lot of people call themselves atheist. But when I hear someone saying that I take them to task, and say, you are honestly going to look me and the rest of the world, everyone that's ever come before you, any idea that's ever happened. Any theory, any ideology, they're all wrong but you've got it figured out. So, my theory is, I don't think that there are any atheists. There's just a bunch of people walking around using that word in a fashionable form because it's a combative term.

00:22:06

D It feels powerful.

J Yes. At best, people can be agnostic because the agnostic standpoint is, I don't know. I'm open to anything, I don't know. And I think that's a more honest, it's a more honest approach.

S I think that's good, John, yes.

J Yes. And you just used those two terms together, and I didn't want to just gloss over that. Because there's a lot of people that, and I think that, I don't know, it's a nice little social challenge that I will throw out there to anyone listening. The next time you hear somebody in real life claim to be an atheist, look them in the eyes and say, you seriously, seriously, everything that ever came before you. Any idea, thought, theory is wrong? And you're declaring that you are right? And it humbles people, and it makes people think more. And I just didn't want to gloss over that.

S Well, it does make people think, and it should.

00:23:02

D You got soft belled, too.

S And the other thing is, I just flew to Mexico, and just looked at the clouds, and was humbled enough to realize, oh my goodness, there is a God. I went to a little, took my children to a little parrot, little tourist spot on the ocean, there in Mazatlán, and I'm like, oh my goodness, there's a God. Because I looked a parrot in the eyes and I'm like, oh my goodness, look at the intelligent thing, and the way the little pupil stared at me, and opened, and closed. And just all the different colors of the feathers, and everything, and I'm just like, oh my goodness, there's a creator. I can't even go to a fish store and look at the little different goldfish.

D So true.

- S And all the different boggle-eyed ones, and all the different tiger stripe ones, and think, I just want to kneel, and worship.
- D It's like, why aren't they just black and white? Why didn't randomness turn into it not work? Why does it all work so great?
- S Yes, so, I agree with you, John. And I don't know how anyone can truthfully believe that they are an atheist but getting back to my teleprompter. I've got to get back, let's just re-say this part again. The key to inner strength is realizing our inadequacy, forgetting the rat race, realizing our utter lack without God, and the actual door is our new identity, right? The key is our, we're realizing we are nothing. But to actually use that key in the door, the door is the fact that we understand now, and have a conviction of his unending strength, right? That's now made a fact within us. So, the actual strength comes from this confession, which I love, in Joel 3:10, let the weak say, I am strong. So, it's not just saying, let the strong say, I am strong. So, if people listen, and even myself, in different seasons of my life, you're like, I feel anything but strong. No, that's the perfect person to walk in his strength, right? Let the weak say, I am strong. And my favorite translation of this is, let the weak say, I am a warrior. I love that. That's a translation, I forget which Bible that one is, but I just absolutely love it. And I got to read the scripture. Oh, no. Already read that one, already read that one.
- D Let the poor say, I am rich.
- S Take that one. That's a different one.
- 00:25:42
- D And then, let the blind say, I can see. Or is that just from the song. Is that a song or is that in the Bible? I should ask a Christian. Serene?
- S You know what? I've just always liked Joel 3:10, let the weak say, I am strong. I need to go back and see what Joel 3:9, and Joel 3:11 says.
- D Yes, that's what I'm saying. I think there's more. But if so, it's like, okay, let the weak say, I am strong. Let the poor say, I am rich. Let the blind say, I can see.
- S It's a good song, though.
- D And it's a good mantra. I'm rich, I'm strong, and I can see.
- S Oh no, our identity is everything. But we are warriors. And it's not just some positive mumbo jumbo that we can say to try and get through the day, right? No, it's life and truth. We are warriors. As weak as we feel inside, as insecure, as inadequate as we feel inside. No, we are warriors, and it's true. And it is the only, really, strength any human has, right? Is his strength in us. All else is mumbo jumbo, right? Because some people say, oh, that's just positive thinking. I feel weak. How can I really say I am a warrior? No, it's true.
- D It's brain chemistry too.

S It's truth, it's truth.

D I am strong. My ears heard that, right?

00:27:03

S Right, and I agree with that. But I think that positive thinking, like I am strong, I am strong, ohm, ohm, ohm. I am strong. That only goes so far because all human strength fails, right? So, I believe, yes, positive thinking, it works. There's science to it. But there is something more when we have a relationship with Christ, and invite him in. That is so much more to us than just what positive thinking does to ourselves.

D That's the thing I have in common with Christians, is Christ.

S Yes, there you go. There you go. But, another thing, we've said here on the PODdy here before, just when you're going through your hard time, just when you feel that oppression, you feel like you've been carrying a load for a long time, when you're in that dark season and you feel the weakest, you've ever felt. We did that PODdy on; you have never looked so strong. Remember that PODdy we did?

D Oh, yes, yes.

S You have never looked so strong. And another little thing on strength, because this PODdy is **PODdy Strong**, we're talking about all different things that pertain to strength. We are strongest in tough times, and that's when tough men are made, right? I love that quote by General Michael Hough, and its hard times create strong men.

00:28:16

D Oh, bring it.

S And strong men create good times. But the flip side of that quote goes on to say, good times create weak men.

D And weak men create tough times.

S Yes, right, that's right. And weak men create tough times. But it's true, it's been seen throughout history, right? That in tough times, good men are made. Good men rise up.

D It's going to be Pearl for a minute. When we are never challenged, we don't have to dig as deep into that strength God has available for us, right? So, I encourage you, wonderful listeners, out there, you PODdy peeps, that if you are oppressed right now, if you are under a load, and have been under a load for a long time, you are forging a toughness inside of you, and you are the strongest you've ever been. You've never been so strong, and this is your time of great strength, and wear it, and wield it, and just know, strength is being forged inside of you. And I do want to say, it's just a Christian thing to say, Dan.

D I'll permit it.

00:29:22

S Yes, the strength is forged because, in these tough times, intimacy is driven. It's not okay anymore to just have a little Mickey prayer. I just have an acquaintance with God as I half sing a praise song or read the daily app verse. No, in tough times, we're driven to our knees, right? In tough times, we're driven to seek his face, and it's in that face-to-face where strength is forged. And I think I do have a script for Pearl here on that one. Let me see. Oh, my goodness. Do I? Yes, I do, good. Chronicles 16:11. I thought I didn't have a script for that, but I do. Look to the Lord, and his strength. Seek his face always. And so, it's face-to-face. So, if any of you are in that hard season, and you're like, my goodness, where do I go? Go to his face because that's where your strength is found. And I do want to have a little encouragement too. We've also spoken here on the PODdy. Do you remember that PODdy we had, Dan? We talked about a strong man in your life. It was based off of that parable in the Bible that says, it was talking about how if the home was going to be looted, they first had to bind the strong man. That home can't get anything stolen out of it while the strong man is there. So, if you bind the strong man, then yes, maybe it can get looted. And so, I've had strong men, it's just, of course it's a little analogy but things that I have used in my life that I call strong men. And one of them is my revelation of newness, right? And it's become a strong man whenever I get faced with, I don't know, an oppressive thing from my past or something I did wrong or something that I feel is just trying to come over me. But I used to be really under fear. I didn't just have fear come to me from time to time. I really, it was a stronghold of my life, fear was.

D Were you aware of it?

S Yes, I was aware of it.

D But you would feel it?

S I would feel it. I would feel it on my neck almost.

D Really?

S Yes, it was a definite spiritual thing.

D You never felt it in your stomach?

S Yes, definitely. In your bowels, right? You're going to feel fear, it starts to rumble.

D You can rumble.

00:31:52

S Yes, but I would feel it crawl up my neck first, literally. But it was a bit of a genetic thing too because my nana had anxiety attacks, and my Auntie Kate, you've met Auntie Kate, a wonderful woman of God but tends to be a bit of a worrier. Not a warrior, like I am a warrior.

D I understand you can't pronounce it from your accent, okay.

S Yes, but she worried.

D She worried.

S Yes, I know, it's a spiritual thing but it could also be a genetic, mental makeup, I don't know.

D No, it can be a serotonin thing.

S Yes, but anyway, but now, when I feel like I can feel that thing creeping back I'm like, out with the old. And I bring that strong man, that new revelation, it's a strong man, and I'm like, I am new. I am new. Oh, my goodness, I'm walking in the new, and it really, I cannot be looted by fear because of the strong man. So, I do want to tell you two other strong men words that I have in my life that I can use as weapons, and it really helps me stay strong in the Lord, and those two are renewed, and restored. And I will fling them out there, like, look at this, and they'll come out. In my mind they come out like these big buff, chain-breaking men. And one is renewed, that's one of my strong men. Renewed, he has a big word, renewed on his chest, right?

D Nice.

S And then the other one is restored. And let me start with renew.

D That's such a great image.

S Because I had this revelation, right? And this revelation is so clear in me, and I meditated on it that he's become this strong man. But my revelation is that my God is a God of renewal, and that's how I stay strong in him because I say to God, you keep me fresh, right? Because I feel like in the world, the enemy just wants to wear us down. He just wants us to eat that stacked poisonous sandwich of yesterday's wrongs, and yesterday's junk, stacked upon yesterday, yesterday's junk, and the day before that, and the day before that. And it's a poisonous stacked sandwich, and he wants us to eat that.

D Stinky salami.

S And just feel so, worn down, and overcome, right, but this revelation that comes from that, one of my favorite verses, but those who hope in the Lord will renew their strength. There's that word, renew. They will soar on wings like eagles. They will run, and not grow weary. They will walk, and not grow faint. And so, I held onto that word, renew, and I'm like, oh my goodness, yes, you renew my strength, Lord. So, strength is not something that You give me when I first came to you, and it's like, okay, I got my certificate in my heart of, okay, you are now a Christian. And I got a certain amount of strength. Renewed every morning is my strength. And it doesn't matter how fed up I was in my situation before I went to bed last night. It does not matter because in the morning, I will be renewed. I'm fresh, I wake up refreshed. So, I have this revelation of the freshness that God gives me, and that I walk in this, and

I get to look forward to this renewal every morning. And I love, in Lamentations 3; 22 - 23, the steadfast love of the Lord never ceases. I can hear my Father's voice. I can hear him singing it because I grew up, and he would sing this around the house. And His mercies never come to an end. They are new every morning, new every morning. That sounds like renewal to me. Great is your faithfulness. And now every morning is how He deals with me, and it's how He deals with you. And it's how He deals with everybody who comes to Him, new every morning. And so, we get to tap. We who realize our inadequacy and have come to him for true inner strength that lasts, we get to tap into this generosity that gives us a portion of strength that is more than enough for each day. New every morning.

D That's so, great. I feel like the modern world often misunderstands the ancient world. Their lens was what we call spiritual but spirituality and science, and even government, weren't disconnected. It was this unified understanding. Now, any brain specialist would talk about serotonin reset with sleep, right? Well, how poetic, and beautiful is it to say that mercies are new every morning? That's something that my dad, being a Spanish speaker from Mexico, schooled me on as I was asking him about the Spanish language, and he and his brother would, I would hear it, they'd be in the front seat, right? We'd be driving somewhere. I'd be in the back seat. And they weren't just like, oh yes, and so, this, and then, so, that. Everything was like, just they leaned into it. And it was so, they were just preaching everything. And I was like, what are you guys talking about? They're like, we're trying to figure out where to get coffee. And I was like, yes, with that much fervor. And what they explained to me was that, because I would say, well, how would I say that in English? And they would say, you wouldn't. But you don't have this expression. And they explained that we're very passionate. And even, we have these phrases that mean, they sound extreme if you translate it into English. It's the most extreme sounding, we peeled our skin. It means it went poorly, but the literal translation is, we peeled our skin. And it's like, I think we miss that. To throw out the ancient world is to miss.

S So much meaning.

D The heart.

S So, much, yes, the heart, and it's like with the Hebrew. Some of the Bible translations I've heard Bible scholars say, they don't really do it justice because, if you were going to say the word happy, you'd have to say happy, happy. In English, to be able to really pull off the definition.

D How are you feeling today? Great, great, amazing, amazing, amazing, great.

S Right, so, that word renewed, I feel like we have to really lean into it. Say it in your Spanish, renewed.

D I wish I knew the word.

00:38:25

S Renewed, yes. So, I feel like another one I wanted to bring.

D Bring another.

S Is restored. Restored, actually, no, let me go back.

D You want me to tell a joke?

S Let me go back to renewed. I don't think I've toasted that point really good. I think I have, yes. I just had it on my teleprompter, another couple of things I think I'd like to bring.

D Well, bring it.

S We get to live topped up, right? We never have to feel drained. And that's a huge thing. And one of my favorite people, I've told you here on the PODdy over and over and over that I love to listen to Graham Cooke. And he has said so many times before in his messages, the enemy wants to wear us down. But if we have the true revelation of Christ, that isn't happening. We cannot be worn down and exhausted because of the revelation that comes with Christ that He fills us up, right? It's new every morning. It's freshness that comes with Him. But we never get to feel drained as true believers unless we just tip our cups over, right? And keep them upside down.

D Sorry.

00:39:40

S No. Do not be sorry.

D Please continue.

S Do not be sorry, Dan. If you have something to say, you bring that.

D This revelation of Christ, right? Until a serious midlife crisis season in my life happened, we had Nadia on the podcast before, and she shared about, we didn't really go deep here. I almost wanted another hour because she shared about literally her whole life falling apart in a way that they talk about in movies, in a way they make films about. Full abandonment, poverty, no solutions on the horizon. No idea what to do next. Six kids.

S Seven.

D Seven kids by herself.

S Bingo, Dan.

D There's one of them. She's got to figure it out, right?

00:40:38

S Yes, but bingo. I just want to say one thing, just for you, and then I want you to continue. We talked food with her but, oh my goodness, that woman...

D I already know.

S Has depth. She understands this principle of the renewed every morning. She's face to face with the Lord. I have heard nobody get on her knees like Nadia Mutana. Nadia Mutana gets on her knees. I'm telling you, this woman has, like I said, she's been such a blessing to me, and the blessing's all been mine, not the other way around because I have been so inspired by that woman to dig in in tough times. And not to carry yesterday, and yesterday, and yesterday, and stack it up with exhaustion. That woman, she, every day, comes for her fresh portion. And she lives to the full. You saw, you heard her laugh. That's not the laugh that comes from somebody with a miserable life.

D No, that's the gut bouncing joy of having gone through the crucible. And that's the thing. We talk about this idea of Christ, and that's where I'm so, with the church. I'm just like, oh, you respect this.

S Yes, but that word, Christ, that's not the church, Danny. That's the cornerstone of the church.

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

S Serene.

00:42:00

S I have never been so excited to talk about something as Enviro Klenz laundry. You know me, I've always been a free and clear girl, free and clear girl. I have just been made aware that some free and clears that you think are free and clear are not free and clear. Because we would never knowingly wash our children's clothes, our family's clothes, our bedding with things that can cause illness. But some of the free and clear, we're finding out, have chemicals in them.

P You mean laundry detergents.

S Yes, yes. Have chemicals in them that are known to cause eczema, allergies, and asthma. And I did not know this.

P Yes, and everything comes out of the washer fresh, clean, and pure, even foul workout clothes. You think that you have to, Serene, have you ever smelt your workout clothes afterwards?

S Well, no because I use wool. And so, that's synthetic.

P Because you're such a purist.

S Synthetic materials.

00:42:54

P Yes, my workout clothes, they stink, we call it pong down under in Australia.

S Yes, they pong.

P PONG, that's the word for, really stink.

S They encapsulate the odor within their synthetic-ness, Pearl, and that's what happens.

P But man, you guys, we have a great discount right now. It's the perfect time to switch to Enviro Klenz to wash your stinky stuff. You'll get their power pack, laundry detergent, and enhancer at 15% off plus free rush shipping. You guys, you got to protect your family's health with Enviro Klenz laundry detergent. Visit ekfresh.com, and use the code, trimhealthy. Tell it again, Serene.

S Ekfresh.com, code, trimhealthy.

P Ekfresh.com, and use the code, trimhealthy.

S This is The PODdy with Serene.

P And Pearl.

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

D So, the saving message. What is the bit of information? What is the revelation that is to save me, that is to cause me to be what I am to be in this world? It often doesn't come until your very life force is pressed out of you in a way that you can't control.

00:44:14

S We wish that it didn't have to be that way, and I'm sure that God would love it if we could just read the word and really get it, right? And so, I'm not one of those people that feels like everybody's got to go get broken. But it just seems to be that He brings beauty out of the ashes, and we learn best, sometimes...

D Well, I think there's this idea that you have to come unraveled. I remember sitting Indian style in front of my low window in my office, just finally completely, completely done. Because when you're not done yet, you're...

S You're still on the treadmill as the little rat, running around thinking that you can make it, thinking you're going far, and you're just going in circles.

D And you're in that state of, even mind over matter. You're even like, let me positive this through, and it's not broken yet. And then I remember coming to this place where I was just like, I opened my window, and I was just like, hey, God, what are you doing? Why am I even here? If I'm just to lose everything, and completely fail, and blow it as a parent, blow it as a husband, blow it as a provider. The one thing, my one job is to take care of these babies and provide, and all the other kids are off to Disneyland and off to this and off to that, and we're just not doing it. And it's because of me. And it wasn't, that is the surface of where I was at. And like Nadia, I didn't think I was dying. I knew I was dying, and I was looking up at God, and I was like, you're a maniac.

S But guess what? That was your strongest moment, right?

D That's what I'm saying.

S Your inadequacy, that's why brokenness helps us, right? Just because we realize our weakness and we realize our need for Him. And once we realize our need for Him, then He can really, we decrease enough for Him to be able to increase inside of our life, right?

D Well, and I heard this little whisper in that moment. Look at the birds of the air, and just that, there wasn't an answer. There was no solution. I didn't have a game plan. It was just this whisper in my heart of, all is well, baby boy.

S And you felt loved, right? Yes.

D I felt loved. I felt like all of the universe was conspiring for me. That there was a God, that this fatherly force was totally with me, totally with me. I was just sitting there balling my head off, not at this revelation. I still wasn't happy about this. I was just so undone. But the point is that that is when you exhaust yourself, if you want to just live your life on pills, keep a-trucking. Change nothing.

00:47:25

S Keep on the rat race.

D Yes, but dude, you can get off your pills, America, is what I'm trying to say.

S That is so true. But we're not going to get them off. We don't have enough willpower as humans. You know what I'm saying?

D And that's what I think I came to because I was diagnosed for all these pills. This isn't armchair philosophy ideas here. I'm sharing my, and I don't want to say anything to anybody else. I'm saying, I'm just sharing my story. I was diagnosed with anxiety disorder, PTSD, ADHD, provable. This wasn't like the doctors had run amok with diagnosing. No, I was on the checklist. I hit all the markers, and I was prescribed all those medications.

S And you're not on any of them.

D And I don't take any medications.

S No.

00:48:11

D Yes, so I'm not telling people to get off their meds. I'm saying, I did it. I chose to not do it. And it caused you get so torn up and broken that it forces you, it's like the Navy Seals. All these Navy Seals are like, I can't go another second. My arm is physically broken or whatever. And the instructor is like, move forward. They don't have a choice. And you don't know what you're capable of. And that's what I think when I think of the strength of God, right. The strength of something beyond me is out there. You get pressed into that.

S And it's not just a mystical thing. It's not just a spiritual thing. Oh yes, God wants to

live inside of us. No, it's such a reality. It's such a, it's so real.

D It's measurable.

S It's measurable. If I went back to the doctor, I would not test out as having an anxiety disorder.

S Oh no, and I just think of what Nadia's gone through, and this is just the second thing. And we're 45 minutes in, and I've got so much to share but just quickly, rabbit trailing before I get back.

D Let's go two hours. Pearls gone.

S It's just her Rwandan story. Her whole family was massacred, and she fought for her life. And so, the reason why she is an overcomer, the reason why she has this strength to be telling jokes all throughout her day, and her children, like Jeremiah, turn out to be absolutely amazing people.

D While her baby's fighting cancer, right?

00:49:47

S Because of this whole concept of, God is strong in her, and that she is a warrior. It's real. It's measurable. Let me go back to the other strong man word, seeing that I had brought it up already. It's, we did renewed. And the other strong man who comes out with his big chest is restored.

D I can see these guys.

S Yes, and then I chuck this guy at things when I feel like things have been stolen from me. When I feel like that scripture verse, the locusts have eaten. The strong man, I throw him out there, restored.

D Restore the years that the locusts have eaten.

S That's it, yes. And I love Psalm 23:3.

D Big Bible guy, here.

S The great shepherd restores our soul. And I just, there are so many, so many verses with the word restored in the Bible. It's a biblical concept. The word restore is used 136 times, just with that word alone in the Bible. But the actual concept, with other words describing restoration is so many more times above that 136. But I just want to mention just a few scriptures, just for Pearl's blessing. Isaiah 57:15, the high and lofty one who lives in eternity, that father force that you were talking about. The holy one says this, I live in the high and holy place with those whose spirits are contrite and humble. And there's that true measure of inner strength again, the humbleness, right, that we've been talking about. I live in those whose spirits are contrite, and humble. I restore, there's that strong man, restore. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. And I love 1 Peter 5:10, and after you have suffered a little while, the God of all grace, who has called

you to His eternal glory in Christ, will Himself restore, there's the strong man, confirm, strengthen, and establish you. And then that verse that you said was Joel 2:23, I will restore to you what the locusts have eaten. And I love this because so many of us, and that was talking about the harvest that had been destroyed but many of us feel, in our life, there's been things in our life that, harvests, that are ours that were taken from us by the enemy, just from things that we'd walked in. But God is the God of restoration, and that's a strong man that maybe you who are listening want to use in your life when you feel like, okay, well, all I have is, I don't have anything to show for all this struggle that I've gone through. You throw out that strong man, restored, it's coming. It's on its way to you but we have to claim it. We have to wear that identity of somebody who restoration is coming for. But Dan, quickly, we don't have much more but we have to do physical strength. We must touch on this because it's huge. Because I believe that just as we are on the inside, the outside then expresses what we're trying to do on the inside, right? So, it's like a billboard of what's going on the inside. When you see somebody walking all sloppy, and slouchy. You think inside, what's going on in their head of theirs? You think. You start to think.

D And then you talk to them, and it's confirmed. They're like, yes, I hate everything.

S Yes, I know, there's nothing. Like the sagging pants going down to their bum crack.

D Oh, yes. I help my boys out. I'm like, up, tight.

S That's right.

D If you need my help.

00:53:22

S Yes. There's nothing like a perky posture and a confident walk to just advertise what's going on. So, I agree, I'm all about the inner man, the inner strength, and I think that God cares about that most. But I just feel like, don't tell me that He doesn't care about the details of the body that He created. This is the God who goes on in Job about the war horse, and about the muscles, and the flanks, and all that kind of stuff. He described poetically this muscly war horse. He cares about the details, right? We're the temple of the Holy Spirit. The temple in the physical was like, the stones were amazing, and the structure was incredible, and every detail, and every cubit, and measurement. It's all detailed out in the Bible because God cares, right? So, I don't think that God doesn't care a hoot if we are just letting it all rot. I'm not trying to make a religion out of muscle-building or anything. I'm not trying to be all weird. But I do believe that we should care because I think God cares that we feel healthy.

D As did the ancient philosophers. See, that's what I'm saying. People would love to take that and be like, oh, you're making the condition of your body a spiritual thing. And it's like, is she making it that or is it somewhat that? And is it okay? Is it not a religious, judgmental position to take? Is it okay to say that the way we handle our bodies does affect serotonin levels and chemical flows?

S Unbelievable.

D Our belief about ourselves, our wherewithal, our happiness, our depression.

00:54:56

S You can't separate it. You can't separate.

D I haven't been able to.

S It all goes together. But I do want to say, really quickly too, let me say, well, it says in the Bible, too, that the sons were to be like the mighty oaks, and the women, the daughters, polished up to the similitude of a palace. Pillars polished up. And I'm thinking to myself, God says some stuff there about, that was probably talking spiritual too, but he does care about the physical. In Proverbs 31, he talks about the woman strengthening her arms, strengthening her loins. I can think only that would be her inner core and everything. And I do believe that it matters because God cares about our health and the days that we live on this earth, that we feel joyful in this body that He gave us. He doesn't want us to feel trapped, like we're dragging this old dead chain around, rotting around us as we live our days. And I do want to say, that muscle is more than what we just think. It's not just, these young teenage boys, strutting their muscles around, and we're thinking, it's just for the young to care about their muscles. No, I think it should be something that we contend for second to our inner strength, but we contend for especially as we age. After 40, of course, sarcopenia sits in. It happened way before that. It happens in our 30s, but we don't really notice it. But in our 40s, we start to see measurably, our muscle is starting to go but we have to contend for muscle. We have to contend for bone because they both start to deteriorate, and our longevity can be measured by our muscles. Muscle mass.

D Wow, I didn't know that.

S Yes, now, I'm going to talk a little study in here, but you've heard of even maybe, you've heard of, maybe, family members, I have, maybe friends of your mum, and you hear the story. Well, she wasn't feeling that great, and she was getting a little more frail, and then she fell. And then she broke her hip.

D Yes. Very common.

S And then she never recovered. Right? And it's actually called the frailty, fall, and demise, right? That elderly people, get so frail, then they have a fall, and then it's the demise of them, and they end up dying. They can't recover.

D They'll die. I learned I'm working a lot in nursing homes right now, and I'm getting schooled up in all this, and a broken hip will lead to death.

S It totally does. Muscle mass tissue accounts for more than 50% of our body mass. And muscle mass is essential for our metabolic awesomeness, right? For our body to be this fine-tuned, functioning body that wants to stay lean. If we lose our metabolically active tissue, which is our muscle, it has a dramatic consequence on

our weight. Then people, when we start to think we are over the hill, and they're like, I'm starting to thicken around the middle now. Well, we're losing muscle, and that's why we're thickening around the middle. We're losing our metabolically active body tissue, and then we don't deal with sugar as that. Our blood sugar gets harder to control. Muscle mass prevents diabetes, which is a huge killer. And as we lose our hormones, then we actually, we have a harder time with insulin sensitivity, and that's why it's important that, especially if people decide not to use bio-identical hormones, and to start to optimize with that, it's even more important for them to contend for their muscle because muscle is going to keep them more insulin sensitive. It's going to help them not get so insulin resistant. It's going to help them not thicken around the middle because they're going to keep that muscle tissue that's metabolically active. And muscle mass correlates with a decrease in all-cause mortality. The American Journal of Medicine proves this in their clinical research study that was titled Muscle Mass Index as a Predictor of Longevity in Older Adults. They did this big study, and that's what it's called, you can look it up. And it's that. So, muscle mass correlates with a decrease in disease. And so, people think, oh, well, just do my walking, and just walk. And there's nothing wrong with that. But contending for muscle is actually a huge way to fight disease.

D That's awesome, yes.

S And it's never too late to start. Pearl was talking about that one lady, I forget her name, but she started in her 60s, in her late 60s. And she was overweight, and she had no muscle tone. And now she's incredible. Her stance and her posture is amazing. And she's got this awesome, she looks 30 years younger. And she's in her late 70s now. But it's also scientifically proven that exercising when we are younger induces epigenetic changes that directly affect lifespan. So, we've got to encourage, you don't even need to encourage your boys, they're naturally into it, right?

D Oh yes. I just started boxing classes too.

S Oh, really?

D Yes.

S Awesome.

D Yes, and it hurts.

S I'm trying to encourage... They're boxing you?

D Well, I'm being trained by this Golden Gloves champion. And he's like, I can't train you without.

01:00:24

S Oh, you're starting it.

D Me, and my sons. Yes, and even to hit the bag, all my arm, biceps, joints, it hurts. Even five days later, I'm still hurting.

S So, you're not only strengthening your muscle, you can tell that you're re-mineralizing your bone.

D I'm getting bone. Yes.

S Yes. When you get that hard impact.

D Yes. But I just keep doing it.

S But I'm trying to encourage, and Jeremiah, see, he's listening here. I'm trying to encourage my girls and all my children that it's never too early to start. Even though you think you all look awesome, and you don't need it, right? At that age, it's like everything's just great.

D Yes, I hear a ghost in the air, and it's going, but guys, we're 55 minutes in, and we have to close.

01:01:07

S I know. But I'm three minutes out, dude [?] face.

D I'm saying, she's not here.

S Yes, I know. Exactly.

D It's a ghost.

S It's just, she's not even here.

D It's not even real. And I can feel the team, I can feel the crew going...And Les's hand is slow-mo. No.

S No, but listen, I'm just that little yellow, little emoji bell. I don't hear it. I don't hear it. But I'm encouraging them because, when you're young, you can actually turn on these epigenetic changes that prevent disease.

D How young?

S They get turned on.

D When? Kids should be working out?

S The study was done that they get turned on in your youth. Right?

D So, working out as a kid is smart.

01:01:46

S Yes, it's very, very smart. But you're never too young, you're never too old to start.

D Or working on daddy's farm.

S But see, exercise, and muscle mass, they affect your DNA expression. And there are tens of thousands of genes in your body. And some of them only get turned on by exercise. My husband swears that some only get turned on by cold plunges,

Danny.

D I will tell you, that is the truth.

S You're yet to get your text from Sam, right? He texts a different guy every week to come and do his cold plunge with him.

D Did he get a trough or something?

S Oh no, he's going down into the river. They go into the river. Ten minutes, they've been doing.

D And there's that mineral water rinsing over you, washing that soul. I believe it.

S No, but it's true.

01:02:26

D I want to come with him.

S So, people, right? We've got these genes. We've got these epigenetic genes that can turn on incredible things in our body. Anti-aging genes, genes that prevent disease, and its exercise that can turn them on. So, hey, we can all be about being all these awesome people inside, and that's great. And that's the best. No.

D And you're the best.

S We can't be too all, so spiritual that we forget about the external.

D That's so good. That's right.

S And I don't think God's so spiritual that He forgets about it.

D That's so true. That's so good.

S That's it. I've finished, bell me. Yes. No, no, no, we're not finished. Dan's going to do his pushups for us. You said you were going to bring the pushups. I said, we're talking about strength here today.

D I'm so, rusty. You want me to do some pushups?

S Yes, I do.

01:03:14

D You want to see how far I can get?

S Yes, I do. I want to see you go to failure.

D My bladder's bursting too. So, have you ever seen those people that work out, and they just pee?

S No.

D What if that happened? It's like, he finally comes on YouTube, and he pees his

pants.

S Well, Pearl's not here, so, it's the best.

D You know, I peed my pants well into my, well, I was 12.

S How did we get here?

D I don't know. Then what do I do?

S I was just wanting Dan to, this is filmed here. See, we want some show and tell.

D Filmed before a live studio audience. All right.

S I want proper form too. Jeremiah, tell me if his bum sticks out too high from that angle.

01:03:56

D All right, you ready?

S Yes. I want at least 20, Dan.

D At least 20?

S Yes.

D How many are you going to do? Big workout queen.

S No, listen, I'm tall. It's hard for me to do pushups. I can do.

D Do you do pushups?

S I do pushups.

D What's your workout? What's your go-to? What's your go-to workout, Serene?

S I have a bunch of differences. Oh, well, yes. Oh yes. He's even got a bit of a jump. A bit of a jump.

D No. I was positioning. I was positioning.

S Oh no, I liked that bit of a jump. You can't call yourself Small Dan anymore. He's thick. Look at those thick biceps. Oh, my goodness. That's the adrenaline that comes from being watched, right? Oh, my goodness. Oh, he's beyond 20 by far. He's going, and then Jeremiah. That is good. Well, the bum's starting to sag but you're still going. Yes. Pearl would be down there showing her stuff. She can never let Dan do a pushup without Pearl.

D She almost beat me on a past episode.

S She's good. She's good.

D Hey, peace kids.

S Bye.

D It's been real.

S What are we? What is that? One hour? What?

01:05:52