



Trim Healthy Podcast with Serene & Pearl

Episode 350 – Lessons From Doing Dishes!

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Quotables

- “The sports arena has harnessed the power of positivity in a way that we can apply it to our lives.” – Serene
- “The game is won in THE MIND.” – Serene
- “All the masters of sports had more misses than hits. So, in our health journey, you’re going to mess up sometimes. There are going to be ‘misses.’ But you can push through it to victory!” – Pearl
- “Your fears are possible when you believe in them.” – Serene
- “*You could talk to God, go banging on his door... You can throw your hands up, you can beat the clock... You can move a mountain; you can break rocks... You could be a master, don’t wait for luck. Dedicate yourself.*” – The Script (Song: [“Hall of Fame”](#))
- “Harness the feelings that work for you, not the ones that hold you down.” – Serene
- “Joy floods our body with a surge of anti-inflammatory substances! It’s just what the Bible says: ‘A merry heart doeth good like medicine!’ And what about ‘Bitterness dries up the bones?’ - Proverbs 17:22. *It jolly well does!*” – Pearl
- “We DON’T believe in the fake self-coaching positivity... ‘*I HAVE ARRIVED. I AM PERFECT*’... No! That’s just weird!” – Serene
- “Look at David and Goliath. David was speaking powerful declarations... ‘I’m gonna cut off your head... I’m gonna be powerful.’ David was into all that ‘sports inspo!’” – Pearl

Serene's "Sports Inspo" Spiel!

From Serene... "I started listening to these can-do sports anthems and they changed my life... I was doing chores around the house, and I felt like I was climbing the most incredible mountaintop. There's an '*anything's possible*' vibe to these songs. And that connects to my thought: The sports world is so much farther ahead of many other areas because they understand the power of *declaring* and *believing*."

When I tell people that I'm 'walking out' of a sickness, they usually give me that incredulous "look." But my recommendation is that you pump up some feel-good inspirational sports music and conquer the world. "[The Champion](#)" by Carrie Underwood is recommended!

What the world has used for VICTORY isn't "kookie." We can bring this same inspirational spirit into our healthy journeys and life in general. It's not crazy ... It works! The great sports coaches tell their athletes not to wallow and feel sorry for themselves—they know they need to get right back up again. And they tell their teams as much! It's a whole different way of seeing things. And think about all the so-called support groups that are out there... Many of them can just turn into clubs for those who look at things through a negative lens. So where does that negative lens lead us? And how about the positive lens?

Some studies have indicated that pain can be a mind game. There is another study that was done that showed how people who started a medication had better results when they also moved their minds in a more positive direction... You could imagine, for instance, the white blood cells *being like knights on white horses slashing the heads of the cancer cells*, and then imagine *another set of infantries coming and cleaning away the carcasses of the dead cancer cells*. This kind of visualization can be powerful scientifically speaking. The thoughts that we have turn on a real cascade of chemicals and hormones in our bodies.

The Word says, 'As a man thinketh in his heart, so is he.' *Proverbs* 23:7. All of us must war against negative thinking. So, we must win the war of the mind. Pearl does this with her self-coaching – 'Come on soul, why are you downcast? Put your hope in God!' And look how far she has come in her journey!"

Pearl's Pops of Positivity!

From Pearl... "It's true, I do coach myself. I can't do anything else!"

I remember our kids' sports coach. He would tell them, 'Tonight, you're going to be a winner. You're going to go out there and take out the other team. And their chests would puff out. It's like they flourished being told that they could win. It's a form of faith!

But these same ideas also apply to our marriages and relationships. Don't get caught in the rut of saying 'We're going through such a rough patch,' all the time! Instead, what would it look like to apply the same principles that they do in sports to this concept? The truth is that you could very well see the breakthrough you need when you start speaking with positivity and faith. And remember... **WE** are the ones that speak to ourselves **ALL DAY**. We have to self-coach.

Are we going to speak **LIFE**? And inspiration? Or are we going to feel sorry for ourselves? That's why the Bible says, 'Take off the old things' and 'put on the new things.' I personally mess up and fall all the time... so we want to encourage ourselves and others to apply the truths to gain victory. We do need to ask ourselves... 'How far have I come?' Even when you feel like you've reverted... *But what have you gained? What knowledge have you gained?* Consider all the things that you've messed up on that have taken you to the **WISDOM** of what you won't do again!

Another way to look at it is when the children of Israel were coming out of Egypt and into the Promised Land... They tended to forget all the miracles. All the great things that God had done. But then they just got 'stuck' in the desert. They didn't want to eat the food God had given them. Why on earth would we look at the glass half empty?

Part of the pushback around the 'positive thinking' movement is that people simply think it's all about suppression of reality or ...being in denial. But the difference here is that we are acknowledging what is real, but we are speaking the positive truth to gain victory. A lot of true feelings (such as shame, fear, stress, and anger) end up harming us... should we just allow those feelings and thoughts to direct us? Negative feelings release chemicals such as cortisol and adrenaline... and those can be harmful in our bodies."

Danny's Supplement Question Review:

- Danny's doctor has recommended a "liver cleanse" supplement.
- **Pearl:** "It doesn't have all 9 EAAs, so we can't recommend it for muscle building, however, it may work for a liver cleanse. It's also not a good meal replacement because there's not enough protein." It's all good stuff in general though!



Trim Healthy Product Spotlight



TH Pristine Whey Protein Powder

- ✓ Pristine Whey is different from most other whey proteins in that it is crossflow micro-filtered (CFM). This means it is the most undenatured form of whey available on the market. Its health-boosting native protein structures remain intact due to the gentle, cold-processed isolation method. Undesired particles, such as lactose, cholesterol, and even any de-natured fractions, are successfully removed. This means even those with dairy sensitivities can often enjoy our whey protein. Pristine Whey is potent and ultra-pure with the highest biological

value of all proteins. It retains high percentages of immunoglobulin and minerals and is higher in calcium than other whey protein supplements.

- ✓ Like all Trim Healthy foods, Pristine Whey is of course free from sugar, artificial sweeteners, fillers, and other sneaky, toxic ingredients. Not only is it smooth, tastes fantastic, and comes without that chalky mouth feel that other whey proteins are known for... it also helps boost glutathione production in your body, which supports your immune system. Pristine Whey aids in serotonin production to help your mood, gives great energy and has a fat-stripping form of protein to help slim you.

- ✓ Specifics:
 - Gluten-Free
 - GMO-Free

- ✓ Suggested Uses:
 - Shakes
 - Trimmaccino
 - Yogurt
 - Puddings

TH Essential Powder Pure Amino Acid Formula

ESSENTIAL is a custom blend of pure essential amino acids that provide the highest bio-available protein. When properly compounded, essential amino acids feed muscles, cut fat, fuel your workouts, amp up the protein in your meals and snacks, enhance mental focus, and help you live a more active lifestyle.

Essential amino acids are the building blocks of protein. “Essential” means they are not made in your body. You must get them from your diet to build muscle, repair your body, enhance your energy, and support your immune system. Each essential amino acid in this powder is uniquely formulated in the correct proportions to trigger optimal muscle synthesis for lean body mass enhancement.

Be sure to read the **FAQ's Section** found on the product page!

ESSENTIAL Benefits:

- Helps body composition by raising lean body mass which cuts fat.
- Pre- or post-workout fuel.
- 90 bio-equivalent grams of protein in just one scant TBSP serving.
- Swift muscle replenishment with 3 grams of liposomal leucine.
- Amps protein in any meal or snack.
- Fights loss of lean body mass and insulin resistance
- Gentle on kidneys and vegan based.
- Suitable for athletes requiring large amounts of supportive protein.
- Helps aging adults with energy and recovery.
- Excellent for those who are injured or convalescing and at risk of muscle loss from inactivity.
- Gluten Free and non-GMO.

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