



Trim Healthy Podcast with Serene & Pearl

Episode 356 – Accountability Check In

Air Date: 11/22/23 - [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “Can we just slow down, humble ourselves, and listen to those we love? Check in with them again, and let love come back to life.” – Serene
- “What forgiveness does for your health is incredible... the same thing with unforgiveness. It does so many detrimental things to your health.” – Pearl
- “We can be very forgetful in the simple things like love. So, it’s good to remind ourselves of the basics of love.” – Pearl
- “Love begins with the wedding... and then you must deal with all the human parts of your spouse. Sometimes, you feel challenged on an *essential* level by love.” – Danny
- “Love speaks life to the body. So, when you’re thinking about your relationships in your community, and in your family... say yes to loving others with our whole hearts as Christ loved.” – Serene
- “Try embracing the difficulty of marriage. And then have kids. Talk about the hardest jolly thing! Raising children... It will KILL your selfishness like nothing else.” – Pearl

Community and Loving Relationships Are KEY to Longevity and Health

From Serene... Take a listen to [Episode 347](#) of The Poddy, we talked about how we (Pearl and I) have learned to be more accountable to one another in how we treat our relationship and how we treat others. One of the things that we talked about in Episode 347 is the fact that we’ve got to have someone that we can be intellectually honest with... and who will likewise be honest with us... This person has to want the best for us... they can’t be an accuser.

Well, along the same lines, a few weeks back, we were working through some edits for a THM project... and Pearl laid it on me because I was dismissing any edit she had and doing it vehemently! Basically, I wasn't respecting her enough to listen to her point of view. Mind you, I hadn't been sleeping because my daughter had been in the hospital...and Pearl gave me grace and told me that the "no sleep" issue was probably the culprit. But I admitted... *"You know what, I'm being a bully. You don't deserve that."*

I never could have done that...even a few years ago. I'm so grateful that we have progressed in our relationship so that we can confront each other and be open... and change.

Here's my point... we (all of us) must be willing to change. I truly want to embrace humility and embrace changing the habits we get caught in that *aren't* a blessing. And I'm inviting all of us to do the same thing.

Out of everything that matters, relationships are the things that make us or break us. They are truly integral to a healthy lifestyle. Many people have heard of the "[Blue Zones](#)" – where people are living beyond 100 years of age at a higher rate than the other parts of the world. And while there are some interesting dietary notes that the author of the Blue Zones book highlights (including partaking in wine, lamb, and lots of walking), the part that really spoke to me was about COMMUNITY...these Blue Zones have a STRONG SENSE OF COMMUNITY.

Whatever Your Community Is... I'm Checking In.

"Is your love alive at the breakfast table every day of the week." (aka [The Judd's song](#)). Is love alive while we're doing laundry...and is love alive while we're doing whatever other mundane things during your day? Is love alive in our conversations? How about our conversations with our spouses? Or those that we're closest to? Because even though we might feel like we can talk however we'd like to with our spouse... that's not really being fair to them. Because those words still matter... our conversations can get snippy and reckless if we aren't careful. These are the people that we spend the most time with – and we get so comfortable that we can be careless... and then day after day we drift away from giving high respect to those that are closest to us.

It makes me think of my own parents. Our red-headed mother can get a bit feisty. Our parents have been married for over 60 years now. And when our mother speaks with her amount of force, my dad always says, *"Speak sweetly to me darling."* And she softens right away. There is much to be said of "putting on your best" with your spouse... and with those whom you spend a great deal of time with.

Here on the Hilltop, speaking of community more generally, we have so many relationships. And we can all be a little rough around the edges, for sure. But forgiveness is such a required part of this whole equation around building community. Forgiveness is a beautiful thing. The more you get to know people, the more you get to know their junk... their broken places. And that's not easy. But it's a required part of the building of a community. The community feels like an ongoing series... regardless of the flaws that people may have, you learn to love the things that are good and the things that are quirky (but only if you learn to embrace a lifestyle of forgiveness... because without that, we only see what we perceive as wrong with other people).

Love is an active thing now...we can't ride on the coattails of the past. Even when things have been difficult, check in with your spouse again... check in with your friend again, and check in with your kids again. Let true love come back to life. Give some time for the reactivation of love. *We're nothing without love.*

And love speaks life to the body. It activates the vagus nerve which boosts our immune system, fights depression, and restores brain matter! So, when we're thinking about our relationships in our community, and in our family... let's say yes to loving with our whole hearts like Christ loved. It is beautiful, enjoyable suffering that comes from a full life when you have your significant other and your children to love. If you're not married, you have a circle of people God has placed you in to act as family... perhaps co-workers or friends. When we truly love these people in our lives... we must embrace all the hard things that come with that and be open to change... forgive... humble ourselves and embrace the long-term love... that never gives up!

[Click Here To Read More About the Vagus Nerve](#)

Scriptures on Listening

James 1:19 – “My brothers and sisters, take note of this. Everyone should be quick to listen and slow to speak... and slow to become angry.

Proverbs 16:20 – “Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord.”

Proverbs 10:17 – “Whoever heeds discipline shows the way of life. But whoever ignores correction leads others astray.”

Proverbs 17:27-28 – “The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered. Even fools are thought wise if they keep silent, and discerning if they hold their tongues.



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.
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- 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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