



## Trim Healthy Podcast with Serene and Pearl Episode #180 – Harness the Power of Your Imagination

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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 · P = Pearl · D = Danny · J = John · L = Lesley

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, P O D D Y.

D So much for 2020 being the year of clarity and vision. It's the Trim Healthy Podcast with Serene, Pearl, and I'm Danny. And we're so glad you tuned in with us today.

P But it is, Dan.

S There is clarity and vision. What're you talking about?

D Well, it is for those who choose for it to be.

P That's true.

S And you know what, freak out, I've got spinetingling goose-bumps over my arm...

D Which arm?

[00:00:27]

S Because you don't even know what we were going to talk about today.

P Nobody knows what Serene is bringing today.

D No one knows the secrets of Serene.

S And what he said was freaking freak out, because, can I just...?

P Yes, Danny's just a little bit perturbed because of all the craziness going on in the world.

D Just a quick note about the podcast...

P Yes, Dan, since it's yours.

D Thank you. I'm just going to take over here. Just wanted to say the Trim Healthy Podcast is not a current events piece, it is not a political piece. Given the extremely complex nature of the way political current events go, it's difficult for anything to be a very powerful spokes-piece on such topics. The Trim Healthy Podcast is a health podcast, mind, body, soul, and so those are the topics we talk about here in...

[00:01:20]

P Accidentally, we might mention a piece of current events, but we don't get political about it, mates.

D Yes, we love all of you, we love all of the listeners, people, we love all the human beings that...

P So politically incorrect saying that, Dan, but, anyway, let's keep going.

S Yes, but, listen, Dan, you started out...

D I just love people. It's okay.

S You started out by saying thanks for 2020 for being the year of clarity. And what else did you say?

D So much for it.

S So much?

D Yes.

S And then you said, and that's what gave me goose-bumps, the next part of what you said, well, it is whatever you choose it to be, right? And so what we're talking about here today just lines up exactly with what you said, and you had no idea what I'm about to bring.

[00:02:00]

P Oh, it's prophetic.

S And I want you to jump on the bandwagon...

D That's typical fashion for me.

S       PODdy...

D       Really nailing it.

S       PODdy friends of mine, Pearl and Dan, and good old Producer John and good old Co-producer Lesley, jump on the bandwagon too. Dan, do you like doing pottery?

D       No. No, I don't.

P       No, you don't.

D       No, I'm sorry.

S       How about you, Pearl?

D       Thanks for tuning in to the Trim Healthy Podcast, but, obviously...

S       Do you like doing pottery?

[00:02:29]

P       I want to know did you write that down on your notes?

S       No, I didn't. This is not on my teleprompter.

P       I think I did pottery when I was eight, at school, and I jolly well enjoyed it.

D       You mean P O D, PODdery than...?

S       But do you know that you are a potter, Dan?

D       I didn't know that.

S       You are. Pearl, do you know you're a potter?

P       Yes.

S       Even Co-producer Lesley, she's a potter.

D       Wait a minute, I thought I was...

P       She's a potter. She's a potter.

D       Clay in the potter's hands.

[00:02:53]

S       No, we have a potter.

D       Oh, okay.

S       There is the Potter.

D       So I'm like a mini-potter?

S You are, Dan.

D A potette.

S Because we're created in His image, right? Well, let me just get into this. We're going to start today with the word yetser.

P Excuse me?

S I might be saying it wrong. If there is a Hebrew scholar out there, they'll probably like, ah, she's not even pronouncing it right. It's like people trying to say, g'day. Giddee.

P Yes.

S I'm like, sorry, it's g'day.

P Yes.

S So yetser is a Hebrew word. It comes from the root word To Create. Every Hebrew word that's derived from that same root has to do with creating. The word yetser is related to the word yatar [sic], which means to actively create, fashion, produce or form. Yetser is used in Scripture to refer to something formed or shaped, like pottery fashioned by the hand of a potter. Just as a potter imagines a shape in his or her mind before moulding and crating it, the yetser, or imagination, within the mind will shape and form and create who we are internally and expresses itself externally to create the physical and the physical world around us. The word potter in Hebrew means imagination. Totally wow, right?

P Yes.

S It means imagination. The word Potter in Hebrew, it's translated Imagination. Our imagination creates. And the word yetser in Scripture often is put in translated as Imagination, because it's Creates.

D So flipping good, Serene Allison.

S We are created in...

P Because that What-If-You-Could boy over there thinks that you might go in some fun places here.

[00:04:47]

D It's sparking that, yes.

S Our imagination creates. Our imagination is a potter. We are created in the image of God, and God is the Potter, the big daddy potter, and we are little potters. So you do do pottery, Dan. Every day, you mould things.

D Have you heard of the Magi? Weren't those the three kids that came to see Jesus?

S Oh, yes, the magi, yes, yes, yes.

D The magi, imagi.

S Yes, imagi, yes.

P Oh!

D Imagine this, that they were wielders of... Go deep on those guys one day. Can't do it now. Just go deep on them.

S Yes.

P Really?

D Yes.

[00:05:23]

S All right, okay.

D Yes, this idea of imagination, to imagine things, to create things, to build things, this is woven in the tapestry of the universe.

S Well, what if you could, Dan, right? What if you could?

D I'm telling you.

S Yetser can be defined as what is framed or purposed in the mind. Now, why do we care about the Hebrew word yester if we're not Jewish or we don't live in Israel, blah, blah, blah, right? We care about it because it gives us understanding, if we're believers, into the origin and meaning and the closest translation of the Scripture. The same with the Greek or the Aramaic, if need be, whatever word it is, where it stems from. Now, realizing that yetser means imagination and imagination means potter, let's look at a well-known verse to believers and feel the fresh impact it brings to our lives. And if you're not a believer, just listen to it for the fun of it, right.

P Funsies.

[00:06:20]

S Isaiah 26:3, and I love... This is in the NLT version. You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You. The thoughts thicks, fixed... Thicks, fixed, thicks, fixed, that's so funny. Pearl used to dong me on the head every time I used to have a little lisp, when I'd say my th for ph. The thoughts fixed on You part, it's the yetser, okay. It's the frame, it's the focus, okay. He will keep in perfect peace all who trust in You, all whose thoughts are fixed on... Thoughts fixed on something, that's actually imagination.

P Yes.

S It's the focus. It's the picture of deliverance and the picture of victory, and then the perfect peace that we imagine. See, and as we imagine, we picture Christ, right? So it says, I will keep in perfect peace all who trust in Me and all whose thoughts are fixed on Me. So it's all whose imaginations are on Me, really, is what it's saying. Because I just love The Passion translation so much. Just recently, I've really gotten into it. I like to flip it about between translations. I'm not a King James only. But The Passion translation actually uses that word Imagination. It puts it right in there. I love how it says, Perfect, absolute peace surrounds those whose imaginations are consumed with You.

P That's good.

S And that's The Passion translation of Isaiah 26:3. And I love how this deeper, fuller, clearer understanding of the Hebrew word has brought to light that verse for me in a way that's just so much more impacting, how we can have perfect peace if our imaginations are fixed, consumed, totally consumed with God. That's how we get perfect peace. But we can't have perfect peace if our imaginations are all over the place with what-ifs, if our imaginations are consumed with worries of things to come or of past failures or even traumas or abuse. Imaginations are the pictures we form in our heads. Imaginations bring to life our thoughts. Have you ever read a book and got so immersed inside your head it is more vivid than an actual, visual movie?

P Yes, tote.

S Because it is visual, right? It's visual inside your mind. It's so personally alive to you, the characters come alive in your imagination, fuelled by the description. And like a potter, our imagination brings them to the life, the point where when you see like a cover, the illustrations on the cover, you just want to rip it off and say, that's not who that person looks like in my mind, that's not that character, because you imagine something so different. And the imagination was so real, it's like you knew that character, so they got it wrong. It brings to life. And the Bible in that verse in Isaiah is saying, if you trust in Me and let your imaginations be consumed with Me, perfect peace is yours. Let's let the Word of God become vivid and alive. And I'm going to get to health, I'm going to get to practical for all of you guys that are not into what I'm doing here...

[00:09:34]

P But it's just so funny that you're saying this, because you're saying the word potter is actually Imagination. But when we think of imagination, usually, we just think of, oh, letting our brain go and dream.

S Right.

P But, actually, a potter decides what to create, right. It's a decision. A potter has purpose. So our imaginations, therefore, are a decision.

S Right, imaginations are not like just for children or for fairy tales.

P Or just little things that just come into your head and...

S That actually is not the true meaning of imagination, because the root of imagination is "To Be Inspired".

P Yes.

S It's the thought in your head of what you're going to create.

P A purposeful creation.

S Yes, and the actual physicality of what imagination is. There's pictures in your mind. And the sad thing about that is, and it could be happy too, is memories are also imaginations. It doesn't mean you're making them up, but they're pictures in your head.

[00:10:35]

P Right.

S And that can work for us and it can work against us. We'll look into that coming up when we get onto the health of everything.

D After the commercial break.

S Yes.

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

S I'm Serene.

P Hey, we're in 2020, and it seems like almost every business is getting with the programme, right? They're learning to adapt to this new whole life situation we're in day by day. But something hasn't. Banks. Banks need to adapt. But Azlo is.

[00:11:04]

S Unnecessary fees or taking a trip to your bank is the last thing businessowners need to be thinking about. And Azlo takes all the friction out of business banking. Instead of insisting you handle your banking as if the internet never existed, Azlo is a free business chequing account with invoicing, bill pay, money transfers, no minimum balance and no fees.

P Yes, and unlike other banking options, there is no minimum deposit required, and you'll never be charged maintenance or overdraft freeze, and none of that ridiculous phone system that feels designed to waste your time. So instead of the days or weeks it takes to apply for an account at a traditional account, where you're still required to go in person...

S That's annoying.

P Who wants to do it these days? I hate in-person banks. Oh, my goodness! It's like that thing you don't want to do. With Azlo...

S And I'm not social distancing. I just don't want to go socialise with the bank.

P I know. Just go to A- Z- L- O dot com and apply in as little as ten minutes. That makes sense.

S And there is no waiting to use your account. With Azlo's free, instant funding feature, you can deposit up to \$1,000 and access it in your account instantly.

P So Azlo is owned by BBVA USA, Member FDIC, and because they make business banking easy and offer a free chequing account, Money Magazine called them the best banking option for freelancers and entrepreneurs.

[00:12:32]

S Sign up right no, with no minimum deposit, at [Azlo.com/trimhealthy](https://Azlo.com/trimhealthy) and get a free copy of Azlo's Small Business Starter Guide.

P Yes, so if you are a creative person and you have business ideas and you're entrepreneurial, even if you just don't want to go into a bank, go to [Azlo.com](https://Azlo.com), spelled A Z L O dotcom slash trimhealthy, and sign up with a free business starter guide and no minimum deposit.

S [Azlo.com/trimhealthy](https://Azlo.com/trimhealthy). This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y. The Lord is our shepherd. He leads us beside green pasture. Though I walk through the valley of the shadow of death, I will fear no evil. He prepares a table before me in the presence of my enemies. Now, the divine Word of God is intense with description. It always describes thing. It's like green pastures, valleys of death, preparing a table before me in the presence of my enemies. And He's not even talking about a literal table of food, and enemies all around. He's describing the... The Bible is so descriptive, and why?

[00:13:44]

S Because it's been almost given to our imaginations first, to bring it to life, because it's given to us, an imagery for our imaginations to receive it and run wild with it. It's the mind that brings the Word to life. Who will have perfect peace, meaning if you're reading the Bible and you're not bringing it to life, it's just like, oh, well, letters on a page. You're not going to have perfect peace. But it's the mind who sees the Shepherd guiding you to the green pastures, guiding you by still waters, preparing you a table, like providing for you in the midst of your chaos, in the midst of your enemy. It's the mind that brings those words to life, it's the mind that's the potter, it's the mind that uses the imagination to bring it to life. A lot of people are really like, I didn't get anything out of my reading this

morning, and other people do. But I feel like it's, are we using our imaginations? Now, we've done with that, all you who want to get on.

D Oh, are we?

S I just want us to bring it around to health. I'm just done with that part of it. I just feel like it was first given to wield life, and what is the biggest part we can wield life in? And it's our spiritual selves. But just bring it around to health, we may see certain things with our physical eyes, we may feel a certain thing, symptoms, with our physical senses, but our imaginations can be used to literally breathe life and magnify and multiply what we imagine. And like a potter molds the clay into something new by his imagination, we can bring to life health or deterioration by what we conceive in our minds, and mold. Our future is what our imaginations decide, is basically what it comes down to. Our focus, our imagination, what consumes our minds will overwhelm us, for good or for bad. And the scary truth is the self-fulfilling prophesy is fear and faith. They are much larger... Imagination is, basically, I feel like, the seed that feeds and stokes the flame of either fear or faith and brings us to much... Fear and faith are actually the realms, and imagination is the seed that catapults us into them. But I'm not saying here, as far as talking about health and everything, that we can eat doughnuts all day and imagine ourselves slim. Imagination isn't powerful of itself like that. It doesn't work like that. One of the reasons I think it doesn't work like that is because our imagination that can picture us slim also brings coinciding pictures of that's what a slim person would do. Okay, that slim person eats salad, that slim person moves and gets off the couch. Imagination isn't just one photoshop. Imaginations, they breed each other. So if you start imagining yourself slim, it doesn't stop there. It goes and goes and goes and...

[00:16:39]

D The trouble with seeing skinny people eat doughnuts is that it misinforms your imagination.

S Yes.

D You begin to believe. You don't realise that their one doughnut this year.

S Yes, right.

D You just saw one, and now you're like, you know what, it's fine, I'm good.

S Yes, exactly.

D And instead of even going to get a doughnut, you ease through McDonald's, and you're just like, dude, Double Quarter Pounder. It's fine, because Skinny Girl had a doughnut a week ago, I saw her. We're good.

S So true.

D Sorry.

P That's good, yes.

S But imaginations set the bar, and I'm opening up to you guys in three seconds, but our imaginations set the bar and catapult us into these powerful forces of fear or faith. Pearl, we've talked about it here so much, about how hope, faith, or hate and negativity, how that affects our immune system, how it pulls down our body systems and leaves us vulnerable to disease. Autoimmune disease, doesn't that stem from self-hatred? They say it extends from self-hatred.

P Oh, a lot of times, it does. Well, you know, autoimmune disease is the body attacking itself.

S But you don't just have self-hatred. Self-hatred comes with pictures.

P Right.

S It comes with pictures. Even though every woman has cellulite, right, but... Well, maybe there's a few perfect, wonderful angels that don't. But imaginations come...

D I've never met any.

[00:17:53]

S If you have a self-hatred, and you choose to take it out on your thighs, it's not just mental. Pictures of wobbly jelly are through your brain all day long.

D Why does it have to be wobbly jelly?

S If you hate your nose, you're seeing your nose in your mind's mirror all day long. You don't have to look in the mirror, you're seeing your big honker all day long.

D It's so true.

S It's not just a thought, it's a picture.

D You got a little too close with the nose thing for me.

S You have a great nose, Danny.

D Yes, it's just mostly my face.

S This autoimmune disease is not...

P I never thought about that before. I thought your hair was mostly your face.

D No. Don't look at their hair and don't look... If you just...

P Oh, well, now you've covered everything but the nose, and it is rather... It's a good nose.

S It's distinguished, it's great.

[00:18:36]

P Yes, I'd call that a good nose.

S I have a Scottish honker of a Scottish thing.

D Yes.

P Stop calling it honkers.

S Well, I actually like a good honker, actually.

P Oh, okay. Anyway...

D Honker's a positive term for you?

S Yes, for me.

D In no nation or language is honker a positive reference to a nose.

S Oh, well, okay.

D Mahk, mahk!

S Listen, but, you know, so autoimmune disease isn't just autoimmune disease. And I know there's other factions that are involved in that, but one of them can be self-hatred. And like we said, it's not just a thought. It is pictures. A healthy outlook on disease and pain too is imaginations.

[00:19:13]

D Oh, Serene, pictures coupled with chemicals and feelings in your body, you know, those pictures are very powerful. When a picture gets coupled with a chemical coursing through your body, it becomes an experience.

S Yes.

P Yes, but pictures can actually cause chemicals too.

D Can cause them.

P Yes.

D And, yes...

S Well, Pearl, you were telling me once about this study, and we've even said on the PODdy, I think, but it just behoves saying it again...

P Behoves, yes.

D Behove it.

S I just love saying behoves.

D I love hearing it.

[00:19:39]

P You say it more when you're teleprompting.

S It's like I was a salesperson for Hoover vacuum cleaner or something. It just felt really fulfilling.

D What was the word, her celebratory word, last time she was teleprompting?

P I don't know, she was talking to Karen.

D It was like yea.

S Well, this was a pretty bad teleprompter day for me. And I tell you why, because those other teleprompter days, that was fresh. I wrote it that morning.

P Yes, this is...

S But, Pearl, it behoves us to say this again, how you were saying there was actual sick people and healthy people, and they were put in this study. And some of the healthy tested, they tested them all and didn't tell them the result for their health, right. And they just said, well, how do you feel? And there was some actual healthy people that said, actually, I feel stink, I feel sick, I don't have great energy. And they found out that they died...

[00:20:24]

P Okay, you got it all wrong.

S Yes, can you say that, Pearl? Would you? It behoves you, because you were the one that read that test. It will behove you to say it clearly.

P Oh, my goodness.

D You don't hear from Pearl until someone gets it all wrong, and then she will interrupt.

S Pearl, would you please interrupt?

P Well, it wasn't like a study of certain people. They looked...

S Yes, it was.

P No, they looked at doctors' records from like tens of thousands of...

S Oh, good for you.

P People. It wasn't a study.

P Over years, and of what they said when it asked for them how would you rate your health? And those who even have other morbidities, like maybe they had Type 2 diabetes or heart problems, but if they said, I consider myself in good health, they lived significantly longer than the ones who said, I consider myself not feeling well or in poor health even if those people didn't have those particular diseases.

[00:21:13]

D I love the phrasing too. And I don't know if they said this too, or not, but consider myself.

P Yes.

D What do you consider yourself?

P Consider yourself.

D I mean, that's like a whole podcast right there, what...

P I know.

S Can you consider something without a picture?

D You cannot.

S I don't think you can.

D No, when I picture sickness, I'm in my bed, and I'm there, just, uh...

[00:21:34]

P And you look into the future and where's this going to take me? I might be there, and I'm going to be sitting in that doctor's office, and I'm going to be this and I'm going to be that.

S Well, imaginations are memories, and imaginations are our predictions too.

P You know what, when I used to have my fear, I used to have a very strong fear of breast cancer. It was one of my fears since I was teenager. So one of my... And then as I got into my 30s and I was experiencing a lot of breast pain from high estrogen, and my hormones got a bit whacky and things like that, my imagination used to actually put myself in chemo and things, put myself... Telling my children, well, I have this... Put myself struggling to be there for future grandchildren and put myself out of the picture.

S But, Pearl, it wasn't just that. I bet you there was a soundtrack you created too for that movie.

P There was. It was full colour. Okay, so then these grandchildren, like, yes, going on without me. I mean, it was full-colour imagination. So then I'm like, Pearl...

D How they talked about Grandma who died of cancer, yes.

P Yes, exactly. And I'm like, Pearl, you've got to get this under control. So now I always put myself in this imagination of being this grandmother getting older and older. Like I'm rocking it all my grandchildren, I see more of them. I put myself in this picture of being there...

[00:22:46]

D It's so good.

P And not only being there, but thriving and being there.

D Ooh, can I...?

S I told you you were a potter, at the beginning of this thing.

P Yes.

D Can I share my imagination about my old self that I just got?

P Yes, please do, Dan.

S Yes.

D Because my old imagination was just like being like this angry, old Mexican who's tired of being here.

P Only you're allowed to say that, because you're Mexican.

[00:23:07]

D Just like, I'm 90, dang it, let me go! Just I don't want to be helped on the toilet. I just want to...

S I don't want one more taco!

D Yes, but my new imagination is that space travel is going to be so possible and affordable by then that I'm going to go up and blast in a rocket.

S You won't even have to go to the toilet, with new technologies.

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

S I'm Serene.

P Hey, Serene, are people fighting over the Theragun in your house?

S Fighting. We have one, and I'm going to have to go and get another, because it's like lining up.

P I know. Listen, Theragun helps relieve the stress of daily life that just sometimes weighs on us. Whether you're an athlete or just a regular person trying to get through the day, muscle pain and muscle tension could be a real thing.

S And it's not a real thing for just elderly people.

P No.

[00:24:00]

S The young people are the ones using it in my home, because they get knocked around a bit in the sports.

P Yes. But that's why I use Theragun. It's a handheld percussive-therapy device that releases your deepest muscle tension, using a scientifically calibrated combination of depth, speed and power. And now it's as quiet as an electric toothbrush. So let me tell you about why I use it. I have one hip that is... Well, it's out of alignment with the other. It's been that way probably for years, and so I can get a lot of tension in my right hip, and back pain. And nothing will go in there and get... I can't really reach it. I've been to massage therapists and all of that. But the Theragun goes in there and reaches it. You can buy those little handheld things from the drugstore, like they [overtalking], uh!

S They always end up in the toybox.

P They don't work. This is powerful, and it really does relieve that deep muscle tension.

S Yes, my son has an old injury in his ankle. You know, we've gone and got it X-rayed, and they can't see what the problem is. But it just still hurts. Well, Theragun fixes the problems that X-rays don't even see.

[00:25:11]

P Yes. So we want you to try Theragun risk-free for 30 days. There is no substitute for the Theragun Gen 4. And with an OLED screen, this thing, it's personalised Theragun app. You've got an app, and it's got quiet, and it's got the power you need...

S Because it has proprietary brushless motors that... They're just so quiet, you don't even realise the thing's on.

P And this thing, it starts at only \$199, and that's for ongoing pain relief.

S Well, hey, that is a lot of money.

P It is.

S It's a lot for us to say, it's only \$199. But, guess what, going to these specialists and paying for...

P So [overtalking].

S What do you call that, when you have to go through...?

P Physical therapy?

S Physical therapy, whoo, that's high price.

[00:25:54]

P Yes. So go to Theragun.com/trimhealthy right now. Get your Gen 4 Theragun today. It's the very latest, and it's the brightest. That's Theragun.com/trimhealthy. I'm going to spell Theragun for you. T- H -E- R -A -G -U -N

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y. I wanted to say how there was other studies. We may have mentioned them before, because they're really powerful, about how these cancer patients, they were told to imagine... They had cancer patients that were just on regular treatment and then cancer patients that were on treatment and, plus, imagination training.

P Yes.

S Where they were told, I want you to imagine your white blood cells as like white knights riding on stallions, that are coming in and killing all of the cancer cells, and then other white blood cells coming in and just cleaning the place up. And they tested them and all and worked out through the study, the research, the whole thing, and their recovery, and the ones that imagined this lived longer or, actually, overcame the disease.

[00:27:05]

P Actually overcame or else lived a lot longer, yes.

S Than the other people just on regular treatment.

P You look that study up. It's everywhere.

S And then, also, there's studies on people with pain. People that are in pain experience a certain amount of pain, people that are on pain and then they just usually can't help imagine the pain as... Imaginations come along with everything, right? So when imagination is left to run wild when you're in pain, it gets so much worse. But they've done studies training people to imagine the pain very, very, very, very, very, very far away and imagining the pain as a size and the pain becoming smaller and smaller and smaller. And they've had incredible results with people with chronic pain who live with lifelong pain, that don't even get affected by the painkillers any more, nothing can touch this pain. They've had incredible results...

P It's mind training.

S With people, with mind training, yes. And what mind training is is all training the imagination. Now, I want to go further. Do you picture failure? Do you picture cellulite? I say that because maybe I haven't...

[00:28:09]

P Well, cellulite is not failure. It's just being a woman.

S No, I know that, I know. But some people, they think if it's not perfect...

P It's just so funny that you put those two together.

S Well, I used to picture a lot of cellulite in my days, before I embraced my wonderful...

P Feminine fat layers.

S Yes, exactly. Before I embraced that, ooh, that was a self-hatred portion of my life, definitely. But...

D I couldn't imagine knocking against a bunch of bones.

S I know. We should picture it like jelly love, right?

P Yes.

D It's like literally liquid love.

S Do you picture a Trim Healthy meal as lackluster in your mind while you're making it? Because it affects...

[00:28:46]

P No, I have so much love.

S No, I know, but some people might.

P No, but you asked me, so I just...

S It's like stevia. I know it's going to taste gross, stevia, right? It's going to be bleh.

D Yes, you go into it real foul.

S It affects...

D I did at first.

S The taste, and it affects the digestion.

P Totes.

S Do you picture a salad as something to just tick off the diet to-do list...

D Not if you have cranberries on it.

S Dried cardboard and gross, less-than-desirable fare? Or do you have delicious, luscious, mouth-watering pictures that help bring desire to the table?

D Cranberry and walnuts that you... Maybe just a couple drops of maple syrup just for me.

[00:29:17]

P You're allowed to, Dan.

D Thank you. Apples.

P Absolutely.

S Imaginations bring desire. And that's another thing, those that need to relisten to the Foxy Mama chapter...

P Oh, tell me.

S People with lackluster hormones, like hormones that are a little bit in the low season, imaginations can pick that up. They've done studies that if you imagine... Now, I'm not talking about weird fantasies or anything perverted. I'm talking about just imagining being with your spouse. That can raise your hormones.

P Imagine the good, old potatoes and gravy with the spouse, and a little dessert too.

S Yes.

[00:29:51]

P It'll flare. Come on. Don't be too boring, Serene.

S But it's science, Pearl, it's totally science.

P I know.

S Yes. Then the other thing I wanted to say here was what do you picture or imagine in your marriage? Do you have imagination stoked by memories of old arguments and hurts? You know, remember how imaginations are actually memories.

P They're so easy to remember, aren't they?

D Yes, you women do, for sure.

S But I looked it up...

D We have none.

S I looked it up, about imaginations, right...

P My husband can't remember either.

D No.

[00:30:16]

S I studied the word Imagination while I writing this, and looked it up, and, actually, memories, it's actually science, memories are part of the imagination.

P Yes.

D Serene, my wife hits me once a quarter with a certain event that shall never be forgotten.

S Do you imagine stressful conversations and disagreements when you plan to talk about a certain subject? You haven't even talked about it yet, but you're already imagining what they're going to say. You've actually played the whole movie in your head, you're seeing their face, you're seeing the expression, and you're projecting trouble ahead.

P Imagining a phone call, that you totally chew someone out.

S Yes, and then you imagine getting mad, and you imagine your comeback and everything to what they say. Do you even imagine with pictures what your spouse is thinking? Because my husband may be sitting there, and he might just look a little serious, and I'm like, what's the matter, Honey? And he says, oh, nothing. And so that is a nice blank canvas for my imagination to run wild.

D Yes, it is.

[00:31:09]

S And I might presume with such living color and create monster thoughts about him, monster thoughts that he is thinking that he never ever imagined thinking.

D Yes, you could...

P But men say nothing, they mean nothing. But I don't believe it.

D You should.

S But that's your imagination.

D You actually should believe it.

P I'm not believing it, because I never have nothing in my brain.

D No.

P John, do you sometimes have nothing in your brain? Run to Danny's mic that he's looking at like how dare someone speak on my mic.

J I'm going to agree with you on this one, Pearl, yes. Most of the time, when we say, nothing...

P You can think nothing?

J Yes.

[00:31:43]

P Danny, is this true?

J        Actually, I think you've even heard me joke about it. It's like one of my... I yearn to feel bored. I want to feel bored. I haven't felt bored in so long...

S        So that means you've never actually thought nothing, then, because you're not bored yet.

J        Yes, but I can get to the point where, yes, I just need to stop thinking of stuff.

S        Oh, okay. Yes.

J        So I can think of nothing. And, usually, when I'm doing that someone in my family will go, what's the matter?

P        Yes.

S        But we actually think you're thinking...

J        To which I will answer, nothing.

S        And to our imaginations, we might be thinking, he's mad at me, I've done something wrong, he hates my dress, he actually thinks I'm having a bad hair day, oh, maybe it's the cellulite. But what about...

[00:32:25]

P        Dan had something to say.

S        Go, Dan.

D        I mean, yes, I was just going to say, confirmed, confirmed.

P        Nothing.

D        You ladies won't believe your husbands. Believe John and Danny on the Trim Healthy Podcast. They're right, they actually mean nothing. And...

P        You're saying this to me. I still don't believe it. But, anyway...

D        I know. And, look, furthermore...

P        You can keep saying it...

D        Sometimes when there is something, like there could be... In those times where it's actually something, it still could be nothing worth ever saying to anyone.

P        That's probably more like what it is.

S        But not to women, because details are important, and we can pull a lot of things out of details.

D        I will get anxiety spikes when my wife presses for those details. And I'm like, no, I want to go the nothing route. And you're...

[00:33:08]

P Yes, that's because you like it.

D And finally it is something, but it is so insignificant. And sometimes she'll beat it out of me.

P Yes!

D And I'm like, okay, I was wondering what would happen if all of the ants of the world got together, could they actually take over? There! There, it's your fault.

J Danny, all right, how about this one, how about this? Girl template trick. And, you know, when there is something, and how you have to sit there and go, well, should I say something, or should I just...?

L [Inaudible].

J Yes. So those times when you go, okay, there is something...

P Yes, see, it's a man trick.

J And then you have that conversation, and then that conversation just disappears into the ether. Two months later, when the very same thing comes up, and you reference it and go, hey, remember when we talked about blah-blah-blah? And I'm like, no, we've never talked about...

[00:34:01]

S Because what is something to you is nothing to us, and what your nothings are very much something.

D Yes, and sometimes, this is even more rare... Okay, 90%, it's nothing. 9% of the time, it's something, but it's as deep as, what if the ants joined together and took over the world? 1% of the time, it's a proper something that you would be interested in, but we know...

P Choose to not say.

D We know that it could, A, hurt you, B, be used against us in the future, C, lessen our intimacy experiences with you for a week. I mean, there's a scroll of reasons...

S We already think it's the 1%, automatically.

D Yes.

S My husband, he actually sat at the breakfast table this morning, and he slumped his face into his two hands and pushed his fingers through his hair. It looked like the world was falling apart. And I said to him, what's the matter, Honey? He said, oh, nothing.

[00:35:02]

D Yes!

S And my imagination was running from movie to movie to movie, and I couldn't quite decide which movie that it really was that was making his hands...

D Hold on, I've got one more for you. There's one more. And that is, because that whole push-the-forehead, hands-through-hair, and it looks like there... And so that could fall in that 1%. It's something. But that man could've been dealing with that for the past 24 hours and rehearsing it in his head, telling the story to person after person to try to get it solved, to where he's finally home and he's ready to... And he can't stand that it's even in his brain, right, and he's trying to squeeze it out by pushing his forehead.

S All the work stress.

D And then somebody's like, what's going on? It is anxiety spike time to have to rehearse all of this again, and now with the wife, who's not going to provide a solution...

L You don't know that.

S That's your imagination reacting.

[00:35:59]

D No, because, look, because for you guys...

L Meow!

D I don't know, there's all these women looking at me with their little cat claws out. But for you, a solution can be someone listening and being empathetic. For a man, that's frustrating to not get it solved. We want to solve the problem, and we know that you're just going to listen and be empathetic.

S Aw.

P Well, yes...

D Hey, we love you, though.

P Yes.

S We love you. Okay, I'm moving off of Venus and Mars.

P Okay, yes, that was Venus and Mars.

D Hey, I just wanted to open up some revelations.

P Yes, this is true.

[00:36:28]

S It's good, it's good.

P Yes, we got a bit side-tracked.

S And what about other relationships...

D We took over.

S With our imaginations?

D Repented.

S What about relationships with the things around you? What about where you live?

P Ah.

S Your work situations? How do you project on them in your brain? Do you play them in your brain like depressing, lacklustre or chaotically stressful movies? And do your movies have sub-captions that read like, this is like Joe Versus the Volcano, I'm unfulfilled? We live like...

[00:36:55]

D Joe... Another 90's film reference.

P Yes, yes, yes, yes.

D Yes, back when TV was had.

P That's when Serene used to watch TV.

S We're living like paupers?

P That's mandarins.

S Like we're just hand to mouth, even though we're, in relation to the whole entire world, the fact that we're not living in a cardboard shanty and that we do have running water makes us millionaires. But in our heads, we're playing the Poor Me card. Do your sub-captions...?

P That's so funny. I like to insert things about myself, when the truth... Just tell on myself. I used to think, before I understood about being a potter and using your imagination for good, I actually used to think those things when the Trim Healthy Facebook group first started, and always there can be drama on that group. And always, every time I went there, my heart would start racing, because I thought there's going to be drama, there's going to be crazy things, and this blogger's going to say that, and people... And it was like this horrible thing, and I always had a bad sense about the looming bad things that could happen.

S Yes.

[00:37:56]

P And then I just stopped, and I thought, well, that's ridiculous, stop it. It's so funny, when I got on this morning, it was so crazy, and it actually happened, but because I wasn't dreading it, I was like, oh, okay, I'll get through this too.

S Right, exactly. Your pictures in your head, you see, change your chemicals, so how you can deal with it.

P Yes.

S Right?

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

S I'm Serene. Bombas make the most comfortable socks in the history of feet. Now, that's saying a lot for me to say that, because I'm a sock collector of merino wool socks and all those higher-end socks.

P You are a sock snob, be true.

S I am a sock snob. And I tell you what, out of all my merino wool collection, now, Bombas does other, what would you call it...?

P They do cotton.

[00:38:54]

S Yes.

P They do natural fibers too.

S They do. Yes, they have other natural fibers, but I just really particularly like merino wool. But out of all of my collection, Bombas shines and are the ones that I hope my hand pulls out of the drawer.

P They've literally thought and rethought every little detail of the socks we wear to make them way more comfortable. Here my pet peeve about socks. You know when you wear the ankle socks and they dig and they leave the big imprint mark because they're just... They haven't been thought through. I like a sock that's been thought through for the foot.

S A smart sock. And Bombas is a smart sock. And then the other thing I hate is when the sock is eaten by my shoe. Oooh. You become so frustrated.

P But it's just that all that says is no thought has gone into this, right?

S Yes.

P But these socks, they do more than keep your feet cozy. They help give back to the most vulnerable members of our community, because for every pair of socks you purchase, Bombas donates a pair to someone in need.

[00:39:51]

S Oh, that's nice. The generosity of Bomba's customers has allowed them to donate over 34 million pairs of socks and counting, through the nationwide network of 3,000-plus giving partners. And the impact is more powerful than ever. To those experiencing homelessness, these socks represent the dignity of putting on clean clothes. It's a small comfort that's especially important right now.

P Yes, so give a pair when you buy a pair, and get 20% off your first purchase at [Bombers.com/trimhealthy](https://Bombers.com/trimhealthy). That's B- O- M –B- A- S, Bombas or Bombas, however you want to say it, we have accents, we probably do it wrong. But B- O- M- B- A- S dotcom slash trimhealthy for 20% off your first purchase, and go get comfortable in your feet.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O–D-D-Y. And then what about your sub-captions, are they saying things like, I hate my couches, my carpet, my curtains, my washing-machine, my car, my clothes, my job, my co-workers, my boss, my toothbrush and my life?

[00:41:02]

S When you get into this whole, you imagine, you build upon your world around you, and instead of being thankful and grateful for your goodwill couch or thankful and grateful for the fact that you actually have a car that's rumpy, and the fact that two doors don't open, but it still gets you places? Instead of contentedness, are you building with your imagination all this movie of negativity? And it's like a potter, it's creating your world to be an ugly place. But you, like a potter, can create a place of gratitude and a life and a world of gratitude. I just want to say this too, I just want to say this, about good old John Gusty friend here, he is a great potter, a skilled potter, because he has a very, very, very blessed life and wonderful life, but he has things thrown at his life and at his beloved family life that other people could use their imagination to say, we got the bad end of the stick man, like my life is so stressful, or we're just going through so much hardship. But he walked in this morning and said, do you know, I can't get the... The first thing he said when he walked into this PODdy cabin was, I can't get over... I will never stop being so grateful and absolutely shocked about the incredible blessing.... I'm one of the most blessed people that exist of the face of this earth. But do you know that it's his imagination? He's creating a world of thankfulness, where somebody else could've used those same situations and created a world of...

P Poor Me.

[00:42:41]

S Poor Me card.

P Or Poor... Yes.

D And have had less trial and created a worse life experience.

S Yes.

D You can literally stub your toe and be ready just to end it all.

S Yes.

D I don't know if girls do that. I have thoughts of taking myself out over the little things. It's not like he lost his house and a tornado swept away his family, and Valdes finally ended it all. For me, it's like I've got to get together with all those people... Man, could something happen and it's just like life's over and we're in a happier place? Hey, guys, thanks for tuning in to the Trim Healthy Podcast.

P You're supposed to bring good stuff, Danny.

D I'm sorry, but that's just the truth.

P But...

[00:43:32]

D I'm just saying you can be a sad, miserable little wretch over dumb stuff...

S Well...

P Yes, you can.

D Or you can have actual, real problems... I mean, I know, I've got the handicapped friends, I've got...

S Yes, and aren't they some of the happiest people?

D Dude, beyond, like way... I've got a friend, he's wheelchair for life, always believes any day he'll stand up and walk, right? But so far, since... I mean, he's pushing 60, he's been in a wheelchair since he was like 20, I'm making up numbers, but that's probably close, and he... I've asked him to go back, to be able to not drink and get in that car with your friends that night... He's like, well, knowing what I know now, of course, I wouldn't drink and drive, he said. But, he said, I would have my life absolutely no other way. For all I know, I would've spiralled into just darkness and death and... He said that. Because there was a news report, he was in the news, being interviewed in the local news. And they said, how do you deal with this, how do you overcome? He was like, I'm not dealing with anything. He said, I have the most amazing life. He said, I am grateful, I deserve nothing, and yet daily I eat, I'm surrounded by friends, I live in a home.

[00:45:12]

D And this is a guy that's been overseas and worked with orphans in other countries. He has perspective. If the eye is dark, the whole body's going to be filled with darkness.

S It's so true. Sam and I have a saying, and we say to each other sometimes as we go to bed tonight, we'll say to each other, our lives are top, it's like the Top Three life, hey. We don't know the other two, we say.

D Oh, yes, that's good.

S Because it's just we're so blessed. And it's like we've had the most blessed life. And then we got that saying, though, from a friend of ours who came to visit us when our son Arden was... It looked like he had like a week to live, with cancer, in the emergency room. We had just taken him in, and he was hooked up to everything, looking so pale. And I had this beautiful friend come to visit us. And he had gone through so much in his life. He was there in our time of need, but he had stillborn twins. He had a daughter who almost died from Type 1 diabetes, and he actually became paralyzed on his bed because he was weightlifting, and he snapped some nerve that just totally... he was in so much pain. And they said if he moved, like even a foot, he could sever whatever and he'd just die. It was one of those situations...

[00:46:42]

D Yes, finish off that sensitive nerve, yes.

S So he had to stay in bed rest forever, forever, forever, but he actually got fully healed. A miracle happened, a just absolute miracle happened. That's another whole other story. But, look, this is a guy that's gone through so much, and I'm just saying a few of the things, right, an incredible overcome. But he was telling me that night, when he came to visit us with Arden, he said, you know, looking back at my life, I have one of the Top Ten lives. I've lived the top... I don't know of anyone who's been so blessed. It has to be one of the Top Ten lives ever lived. And he said he'd thought those thoughts when he was on his bed rest, when he could've died at any moment and couldn't even move. And he's like, he was taking communion, and he's just speaking to the Lord, saying, You've given me one of the Top Ten lives. Because why? Because he was imagination... He was going over all the blessings that had been given in his life, his beautiful wife, all his wonderful living children, all the miracles that happened in his life, just all the friends that surround him, and all the blessings. And because of being overwhelmed with such a sense of gratitude, so he had beautiful movies of gratefulness going through his head, he decided, even though I listed all those hardships in his life, that he had the Top Ten life...

[00:47:53]

P Yes.

S Of anyone ever.

D I feel like, literally, I got selected for the best.

S Yes.

P You're Number One, then.

D Like God's favorite.

S Yes.

D And I actually believe that, really.

S Yes.

D I don't any more, but I feel...

S I know you were joking about all that other stuff, stubbed toe, I'm going to get...

D Yes, but those are just chemicals.

S Yes, those...

[00:48:14]

D But, I mean, overall, I, honestly, walk around like somebody really digs me, for some reason.

S Yes.

D How me? There are real moms who've watched their babies starve to death. Not to be morbid, but that's reality. People got that. And I'm here in a house and stuff, with friends, and people smile and... Dude, there are some crazy lots handed out in this world, and if you are listening...

P Yes, but that's perspective, Danny, because your actual truth is you were born without a father and you were in the hood, and you got shot, and you, basically, had to go in jail, and you were young, shaved-head drug dealer, and you didn't have an education... That's the actual truth. But look at you. You say, I have the best life in the world, and I got given the best, you know what I mean? Because...

D I forgot about those things. That's funny, when you say, I'm like, oh, yes...

S Because you forgot about those movies. You don't play them any more.

D I don't play... Those are old movies.

S Yes, they're not reruns.

D Yes, yes.

[00:49:17]

S But, you see, the other thing is is that I've known women who have been terribly abused and had broken marriages and terrible situations, who are always that woman who has trust issues or is that woman who can't get over the past, and, basically, are very broken and stays a broken woman. And I've known women too with the same, or even worse, and who are the women that it's just like didn't even touch them because of their... They did not play the memories. They just decided to...

P Well, it touched them, but they moved on.

S No, of course, it touched them, and I'm talking in the future. It didn't touch their future. They've moved on, and they have incredible trust and faith, and they can have a relationship with their man and not bring the past to the future. And that's not looking down on the women who couldn't. I'm just saying that imaginations are powerful, is that's all I'm saying.

D Yes.

S Yes, I'm not downing the people that play the reruns, because sometimes we get stuck with reruns, not forced to play the reruns, but stuck, and we have to get someone to encourage us, to say, you don't actually have to play those reruns.

[00:50:31]

P I've done reruns in several years of my life. I was stuck in the reruns. I had to be taught out of it.

S We need a new set of movies, maybe, you know. And...

D So true.

S Yes. And...

D Throw out those DVDs. This is the digital age.

S Yes, and rehaul our yetser, our imagination.

P Say that again. What...?

S Rehaul... I'm starting back from the beginning.

P Oh.

S Do a whole rehaul of our imagination, like redeem it, right?

D She did the Jewish word.

S Oh, okay.

S Oh, that's it, yetser, yes.

D Yetser.

[00:50:58]

S It might be yetsa. I don't know how it's pronounced. I actually pressed on the little pronunciation thing, but I couldn't pull it off.

P Oh, okay, so that's the end of the PODdy, then?

S Yes, that was it.

P Oh, it's the end? Okay, good, good, good.

S Yes.

S&P Trim Healthy Mama my way, and then I'll be Trim Healthy Mama to stay.

Announcer And now a game of commercial chicken brought to you by Progressive, where we see how long Flo can go without talking about insurance. Ready? Go.

Announcer So the weather is just all over the place lately, right? One day it's hot and the next day it's windy for a while. It's like, make up your mind already. Drivers who switch to Progressive can save big!

Announcer Okay, you win. We can't help but save customers money. Progressive Casualty Insurance Company and Affiliates.

[00:51:48]