



Trim Healthy Podcast with Serene and Pearl

Episode #181 – “P” For Pandemic OR “P” for Peace ?

(AIR DATE:)

*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 · L = Lesley

S This is the PODdy with Serene.

P And Pearl.

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

[00:00:07]

D Good guys and girls, it's the Trim Healthy Podcast, the podcast we know that is particularly crispy in the podcasts of podcasts that are to be heard today. We're so glad you've joined us. It's a beautiful day. We've got beautiful words to share with you.

S Yes, we do.

D From beautiful people, Serene and Pearl.

S And good old Danny ain't that... Danny's kind of pretty.

P Your soul's pretty and gorgeous.

D I've always been...

S He's wearing a floral shirt.

P Yes.

S That's pretty.

P And, guess what, you know, I had... Throughout this week I was thinking Danny who we have here...

D You thought about me throughout the week?

[00:00:41]

P Yes, I thought of you because you are an... You know how people go and they spend lots of money on influencers?

D Sure.

P I thought to myself, oh, my goodness, I was just influenced by an influencer but no one paid you any money.

D Wow.

S Did you read How To Influence People...? What's that book? How to Win Friends and Influence People?

P That's from the 70s, Sereney.

S I hail from that era.

D No, there's a fantastic Instagram page called Influencers in the Wild and it's all kind of like people out getting their videos and it's really funny.

[00:01:10]

S And your face is at the front of it all.

P No, but here's why you're an influencer. Because remember last week you talked about Topo Chico, like that sparkling water you were talking about.

D It might be my favorite thing right now.

P You called it particularly crispy.

D Yes.

P I couldn't stop thinking about it, hurled myself off to Wholefoods, got me a box and let me tell you, as I take a sip of the... They're not paying us, Danny.

D No.

P They don't pay you to be an influencer.

D No.

P I don't know how many other people you influenced but it's changed my life as I take a sip of Topo Chico over ice.

D Let's hear that sip.

S Hey, I'm talking a little bit about that today, a little bit about some water stuff.

P Okay, good, and I'm going to get to you, Serene, because you're going to bring words of wisdom. Right now my words are fluff.

[00:01:47]

S No, they're not.

P But I can sit here over ice have Topo Chico of an evening. I don't even need dessert, I'm that...

S You see, that's gold. What you're talking is gold.

P I am that... It's not satisfied of the stomach because I already had my meal. It's a satisfaction of the mind.

D Yes.

S That's why people have dessert a lot of the time.

P Yes, it is.

D You know what I...

S They're just not done yet with the pleasure and they just...

[00:02:11]

P Yes.

D Yes. I realized I wasn't addicted to Coca-Cola, I was addicted to carbonation.

S The crispiness.

D The crispiness. And no one does crispyness better than Topo Chico.

P But it's not just that, it's the glass bottle, it's the maturity of it.

D 125 years.

P Okay. So, I let my daughter, Autumn, who's 15 and rather mature for her age, right?

S Yes. You let her have one of yours?

P She begged me for it because she's a bit of a Danny fan. She listens to our podcasts. She always laughs at the Danny stuff.

D Okay.

P And I'm like he's so ADD, don't laugh at him.

D Okay.

P But she does think of Danny as a bit of a, you know, an influencer, so she wanted one. And I said, so you can really tell the difference, right, Autumn, isn't it amazing, and she's like, oh, I can't really tell the difference between this and other sparkling waters.

D That's why they don't get any.

[00:02:54]

P I'm like, you're wrong, you're 15, get out of here.

D Yes, no, they have no taste and they have no class. That's why my kids...

P But she is a classy girl. I just thought it's a matter of age, darling.

D It is. This is a drink for people who are of age, who will spend the money on it and who can appreciate its...

P Because you spent the money, it's more than your awful can of sparkling water that you open up and it...

S 99 cents with aluminium.

D Can you go back...?

P I mean, this is a bottle.

[00:03:18]

D Can you go back to Seltzer water?

P I can't and I spent the money and I would spend more.

D I would have spent double at least.

P Anyway, on we go, Serene.

S Onto... Here we are.

P Topo Chico, you know where Danny is.

S I'm not going to get all like in with the dates and in with the, you know... Where are we? June 30th?

D We don't know.

S We don't know when this is coming out. Hey, but I'm just... I'm not getting all down with what's going out but... Because this... I want this to be timeless because what I'm having to share is timeless but we all know that we're in a season that what...

P I really hope you... Are you about to help us with round two pandemic?

S Round two.

P Because I really hope... I need help.

S Round two. But I don't want to talk about the P of pandemic.

P Okay, good.

S I want to talk about the P of Peace, capital peace.

[00:04:11]

P Oh, good. I need some.

S I want to talk about the power of peace. And I have just... I was totally mesmerized by a scripture that I read yesterday morning and it just threw me for a loop because it undid my personal definition of peace.

P Okay.

S So, I read Galatians 5:22 in the Passion translation, which is my new fave. Dawn loves it, hey, John Gusty. John Gusty's wife, Dawn, she loves the Passion translation but I'm just so...

P If Dawn loves it, you are all good.

S Oh, Dawn's my favey.

P Stamp of approval from Dawn.

S Good old Dawn, yes. So... But it said the fruit produced by the Holy Spirit within you is divine love. And it goes on, it all its varied expressions. And this is the same verse in other translations. It says, the fruit of the spirits are, and it lists all those fruits of the spirit. But this translation brings out that the fruits of the Holy Spirit is love, that this is a singular fruit but all of the varied expressions are, you know, patience, peace and it goes through them all. Because love is the birther of all of those and it brings out the Hebrew and Greek, how actually it's love and these are the varied expressions of love. But it got to the peace part. In this Passion translation it said... So, the first one was joy that overflows and I love that and it made me think for a while. But then when it got to peace it said, and peace that subdues, and I was caught. I was stuck. I was like totally stuck because I thought peace to me... I know if I think about it spiritually it's going to be more than that but peace, just on the top of my mind and to most of us, is kind of a passive rest, a place of landing where there's no worry or threat anymore. It's a destination. Ah, I finally got peace. It's a comfortable cushioning of life. Like a blankie or an adult passie. Like I've got to have peace. I've got to put my passie in. I've got to have that comfort where there's nothing bothering me, nothing agitating. But what if the true definition is far more, and this is what that line peace that's subdued started me thinking. What if it's totally the opposite of what we think? What if peace is not what the world thinks and, you know, we all

know the scripture in John 14:27 when it says peace I give to you, peace I leave with you. Not as the world gives. Don't let your heart be troubled or afraid.

[00:06:34]

S Now, if the Bible says not to be afraid and not to be troubled when it talks about peace, then peace is the antidote for trouble, it's not the absence of trouble. Most people think peace is the absence of trouble but when the Bible talks about peace is like, no, I'm not talking about peace that the world thinks. Peace is different. I'm talking about peace to you right now and I'm also going to talk about not letting your heart be afraid. Why would he say don't be afraid if there was nothing threatening?

P Yes.

S Peace comes in the verse when it talks about threatening situations. So, it got me thinking peace is a weapon, a weapon for warfare.

D Let's go.

S It rings through my mind again – peace that subdues. Just think about it for a while. Peace that subdues. To subdue something, you have to be stronger than the other force.

[00:07:26]

S Peace is greater and stronger and more powerful than trouble, more powerful than anxiety. True peace puts out a greater pressure than any pressure that trouble or fear can press in upon us. Peace that comes from God, which is the only kind of peace, because peace can only come from God, because He's the creator of it, right? So, the other thing we think is peace.

P Yes, because He is the Prince of Peace, right?

S Right. So, everything else is just a counterfeit. It's not peace, it's just some like faker. Right? True peace that comes from God crushes everything. Everything. Every little bit of dark and dismal and tormenting thing around us. Peace is greater. It's the light that peace is the darkness. So, I just want to speak out to everybody out there and I've been speaking to my heart since I read that verse. Peace that subdues.

P But how do you grab that peace?

S Well, I just want to speak really quickly about this to those who are heavy of heart right now. Because I found myself... You know, my husband comes home from work and is like, oh, well, here we go, round two, they've been talking about it on the radio all day. And he's not all getting worked up about it but he's just telling me the facts of life out there and then this whole word peace that subdues has come as my rescue this week, you know.

[00:08:48]

P Yes.

S Because... And I want to talk to you, those who are heavy of heart right now, or your mind is fearing and your emotions are reeling and they're melting down. I just want to encourage myself and I want to encourage you guys out there to pick up our weapon of peace and let it subdue the monster in your world and, Pearl, I'm going to get to how. Let it crush the mountains and let it crush every molehill because sometimes it's just molehills that we're thinking.

P Yes.

S You know, our freak-outs, they're not really mountains. But it can even crush the mountains. And how do we...? Well, first of all, like I said before, true peace is only found by the Prince of Peace, because He's the creator of peace. So, we find it in Christ.

D Thank you, Dave Ramsey.

S We do, we find it in Christ, because all other peace, the peace that is fake, is subject to circumstances and environmental...

P Yes, I know. I remember you did the whole PODdy. Remember, you were walking through Target and you were like, okay, I'm going to practice my peace.

[00:09:41]

S Yes.

P Because peace does not mean that my kids are behaving right now.

S Yes. John 16:33 in the Passion translation again, but look it up in the KJV if you want to. It says, and everything I've taught you so that the peace which is in me will be in you and will give you great confidence as you rest in me for in this unbelieving world you will experience trouble and sorrows. But you must be courageous for I have conquered the world. So, this peace of Christ talking about in that verse has subdued the trouble. It doesn't remove it necessarily. Sometimes, miraculously, God removes the troubles but it doesn't necessarily remove it but it just overcomes it.

P Yes, and it's funny that, you know, when Christ came, He came in a world of trouble when, you know, the people were subdued by the Romans and everything was topsy turvy at that time.

S Topsy turvy.

P And He came and He brought peace and He's like I'm the Prince of Peace. He came to a race that was subdued. You know, all the Israelites, I mean, the Jews and the Benjamites at the time, they all thought that the Messiah would come and overturn the Romans. And He didn't. So, what you're saying is, Serene, right now...

S Peace isn't going to necessarily remove the troubles.

P And make this pandemic exactly what we want it to be.

[00:11:02]

S No. I mean, I believe in miracles and I believe in faith and I believe we're meant to speak the authority of His name into this world of chaos to bring order. I'm all about that. This is not dismissing that but I'm just saying we can have peace when all of it is a freak-out.

P But what about...? I'm asking you how to grab that. Maybe you're going to tell us but what about people sitting in this room right here, Lesley Psalmo, you know, she doesn't ascribe to necessarily Christianity like we do, and we're talking about Christ and Prince of Peace and all of that.

S Well, this is the deal.

P And a lot of our listeners...

S I try to bring Pasamo into a place of a crossroad where she doesn't want to get to yet. And I'm not trying to bring any of our listeners there.

P No.

[00:11:42]

S But I'm just trying to say the whole world jolly well needs peace and everything else is a fake because everything else is subject to circumstances.

P Right. But if we're grabbing any peace. Let's just say you bring practical applications. I want to ask you this question theologically.

S I'm going to bring practical later but...

P Right. Let's just say you bring practical later and you're bringing peace into your situation, even if you decide, forget it, I'm going to stop having anxiety and I'm going to bring peace into my mind.

S I don't think you're bringing peace. I think you're bringing willpower to deny thoughts of fear. I think you're being...

P Isn't any peace like what you said, Christ... Aren't they bringing the peace from Him even if they're not understanding or acknowledging that? That's what I want to know.

S I don't know, Pearl. I'm not God. All I know is that... You know, I come from a past of panic attacks. I mean, my name is Serene. That means tranquillity and that's where the enemy attacked me. Just as... Even since a child, like TMI. But I was like nursed until I was four. You know, it was like Mummy's little last favorite. Not favorite but like, you know...

[00:12:42]

P No, you were.

S No, no, no, stop that trauma. No, but I just mean like, you know, hid underneath her skirts for too long. But why should I be filled with fear? It was an attack against my life. Attack against my calling which I believe was to be a giver of peace, to be a bearer of serenity to my family but, you know, I actually was the freak-out of the family, you know, like having panic attacks and being like running off to the hospital, like saying my goodbyes to children, blah blah, and that's not okay and it was an attack. I felt fear, like the fang of it, in the back of my neck. That sounds really descriptive but I felt... I knew it was the spirit over my life. Anyway, all that to say is I tried. And I've been a Christian my whole life but I never really had allowed the Prince of Peace to take rest in my life, and I'll talk a little bit about that later on, because I talk about practical ways of that. But you can try the mechanical things of the world, think peace, and they go a little bit, Pearl, but they only go so far. And so I just believe that... So, I'm not trying to bring anyone to a crossroad, like come to this point in your life and think about this now but I do believe for situations that are big and massive and the mountains in our life, they cannot be subdued without the true peace.

P Yes, I agree.

S I believe they can be maybe silenced or snuffed out or like put your head in the sand.

P Lesley Pops wants to come and speak to us.

[00:14:22]

S Oh, Leslie Pops. Psalmo can come share.

L Only because very quickly because I already know that Serene's probably going to be like, oh, but I didn't mean anything like Psalmo. I have never felt true peace. Maybe for ten minutes. There's always anxiety lurking. So, if that's me expressing that I totally agree with you because I am very envious a lot of times of the way... I haven't been as close to Christians as I am now with you guys and I have a great deal of respect and love and all that, you know, mushy stuff but you've taught me a lot. Yes, you taught me a lot and so I am... I do get envious sometimes of that you all... You just know and you have that grounding because... I don't... I can't say that I can get there but like I kind of agree with what you said, Serene, because I truly can say I have never experienced more than ten minutes...

P Even though you're such a positive person naturally.

L Oh, totally positive. Willpower's strong. I can turn...

S She's got the big socks out. Lesley I think has... I'm so proud of Lesley for that way.

P That's really interesting.

L No, you're not. It's your show.

[00:15:41]

S No, it's not. Lesley, I just do want to say like that's what I have learned from Leslie. Because I feel like we've been raised in faith, Pearl and I, and I now look at Leslie who hasn't been necessarily raised in faith, I look at her smiling and I look at her big girl socks pulled up and she does inspire me to say, what's your problem, Serene. If you're filled with this river of peace and you're deciding to like snap at the children and then she's like got her big girl socks pulled up and she's doing it by the nitty gritties of the chinny chin chins, well, then, Serene, you know, like come on, get with the program.

D That was like 30 seconds of full like I need a translator.

P No, I know what Serene was saying. No, I see what Serene's saying.

D You're like the nitty gritties by the chinny chin.

P Like Lesley was saying, okay, so she's learnt... She hasn't been around people of faith but we all... We can learn from one another. We try to be an example but Lesley... What Serene is saying is Lesley has been an example to us of someone without faith but someone who still has so many qualities of a Christian, of showing a lot of a Christian, yet she doesn't espouse to that faith because she just wants to attain to that... I don't know, she's just this naturally positive, naturally something. So, I need a translator too. But all I'm saying is we learn from each other.

[00:17:06]

S Yes, we learn. And so, yes, we love having Leslie around. And I'm not trying to bring any... Not Lesley Pops and that's why I wasn't bringing... Yes.

P I was actually asking that, though.

S Yes. And I'm not trying to bring any of you listeners who are in the same camp as Lesley Pops and we beautifully accept you and love you as friends and the sisterhood, the whole thing, but I just do want to say I feel like... Like I said, with my panic attacks, that positive thinking can only take you to a certain point. It was only God that brought me true freedom.

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, you know when it comes to meat, it's quality that matters, right? Out of all food products, I think when it comes to meat, it matters more. And there's more to it than just texture and taste. We want to know where it is raised, how it is raised. I mean, these things are important to us. Well, I know they are for me. We also want to know, you know, if it's better for us it also needs to be better for that animal and better for the environment and Serene's rubbed off on me. I've

become more of a purist in my older age. I just have. I care about where my meat has come from.

[00:18:20]

P My favorite sort of animal food is actually fish, fish to eat lately in my season, and so I love Butcher Box because they have just a wonderful wild caught Alaskan salmon that I am crazy about. They also have grass-fed and grass-finished beef. Did you hear that? Grass-finished, that means grass all the way. They have free range organic chicken, heritage pork, sugar and nitrate-free bacon. It's the way meat should be and not everyone has convenient access to this high-quality meat but Butcher Box is changing all this. Butcher Box believes everyone deserves high-quality humanely-sourced meat. It's a no-brainer. It's the best meat and it's just shipped right to your door, which means one less trip to the grocery store and you're going to get all these beautiful pristine, Serene-approved and Pearl-loved, meat options. You've got your Drive Thru Sue option with it coming to your door and you've got your purism stamp from Serene there. So, mark a visit to the meat counter off your list and receive quality meats delivered to your door now. Just go to [butcherbox.com/trim healthy](https://butcherbox.com/trimhealthy). That's butcher box, you know, your butcher, BUTCHER, box dot com/trimhealthy.

[00:19:45]

S This is the PODdy with Serene.

P And Pearl.

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

P And can I say something before you continue, Serene?

S Yes.

P Something clicked in me. I hadn't thought about this when you were speaking before. You said your name was Serene and, you know, and you feel your calling on your life is to bring peace. Your name means peace but all your life you live in fear and tumultuousness. But I never thought... You remember part one of pandemic and you brought some really amazing I feel like life-changing messages to this podcast and, I mean, I heard from hundreds of women who are just like this is spot on, just what I needed. I don't think you went and came out with the information that you brought, like I'm Serene and I need to bring peace. Somehow it was a calling on your life and you were there for that season. What if you were created to be a mouthpiece during this time and your name is Serene and we are living in a time of complete tumultuousness and here you are, Serene, and you keep saying peace.

S Well, it's just so weird, though, because I told you the other day, Pearl, I mean, I used to pay the little girl at the top of my street in Australia, when we'd all get on the bus for school and in Australia you just... It's not like America, I don't know, but you walk yourself to the bus stop and you walk home. Your parents don't just drop you off. It's a different world.

[00:20:59]

P Well , that was our day, yes.

S Okay, maybe it was just back in the 70s. I don't know. But, anyway, I remember paying the little girl, don't call CPS on my parents, it's just a whole other world, paying at the girl at the top of the street, a mile away from my home, and saying I will give you an ice block, you know, what have you got, a Billabong or at least we called it like yummy chocolate treat on a stick. If you walk me back to my house. I was too afraid. In the beautiful broad daylight, beautiful community, not a dangerous area, not hoodlum, to walk myself to my house. And when I got home, like if my mum was at the grocery store and she wasn't necessarily home, I'd like hide under the bed with a phone and a knife. I was just paranoid. It was not okay to sleep... Pearl and I shared a room. I couldn't just sleep in my single bed. I had to top and tail and put my feet in her hair.

P And pee on me.

[00:21:45]

S Yes, and pee on her. I had a pee problem. Now I have a good P problem and that's peace. I can't get rid of the peace. That's what's happened to me. It's a great problem. I said to Pearl the other day... I said, Pearl, I can't even try and work out fear. Even about this whole pandemic thing and everything. It's like there's just...

P But can I ask you another question? I know you've got more stuff to bring. Is that because you practice this peace, Serene?

S I do believe it's a practice. I do believe in it. That's what I'm going to talk about soon and it's about unclogging the dam and I'm going to talk about that. Okay, but I just want to say... Okay, so we all know... We all know the world, the whole globe, not just this nation, needs peace. It's a necessity for life. And let's get to the practical. It's not just a necessity for spiritual life, it's a necessity for health, for our physicality. Anxiety is a sickness breeder. It's a disease incubator.

P Yes, it is.

S It's a stress hormone activator and even leads to weight gain. Peace is important for the inner man but it's so important for the outer man, for our physicality.

P That's what the Bible says, I would that you prosper and be in health, even as your soul prospers. I know you brought that last week or a couple of weeks...

[00:22:53]

S But it's all combined.

P It's so intertwined.

S It's so important for your health journey. It's more important than S or E or FP. We've got to put peace on the menu for dinner. Right?

P Oh, bring it.

S You've got troubles?

P Dan, that's a good one.

S Have you got troubles, Dan? Peace is for dinner. Are you at a weight loss stall? I wrote store.

P Good job.

D Did you write it in your own accent?

S I wrote it in my own accent. Have you had a weight loss stall? Sprinkle a little peace in there. Your best friend has got an awful doctor's report? That one needs an extra-large biggie 64-ounce slurp of peace. We've got to add in the peace to our life. You don't need an extra glass of wine, you need an extra glass of peace. I'm not saying there's anything wrong with a glass of wine but I'm saying a lot of people, if they've got these practical steps, they're like, okay, well, I'm just going to have a little wine and I'm going to zone out to a funny movie or I'm going to do this and that. These things only go so far. Practical points can numb but peace can subdue where it subdues the monster. Budget is overspent by farsies and farsies.

P Translate, Dan.

D Farsies and farsies?

S You know, like it's totally... You're in the red, beyond in the red. Deposit peace into that account. Peace... Listen to this. Peace was made for trouble. It is exercised by trouble. And so that's why I don't understand the airplane scenarios where I walk on the airplane and my baby's having a freak-outscreaming and all the so-called peaceful people who don't have children, there's... Now, don't get me wrong. There's beautiful people that love children, just haven't been able to have children or they're not married or whatever, I'm not talking about you, I'm just talking about the people that have totally deprogrammed children out of their life, because they're not peaceful beings. Children aren't necessarily peaceful beings. And you're walking down the aisle and you can see them begging, please don't be the person who will sit next to me. Like they're praying for the first time, like don't let her seat be next to me.

D God, if you're real, prove it now.

[00:24:58]

S Why do they think that? Because they don't want the baby or the child to mess up their so-called peaceful life. But I'm just trying to say that isn't peace.

P So, you walk in there and you're like, I'm messing up your life.

S I'm like, do you think you have a peaceful life? Let me give your peaceful life... Let me sit next to you and you're going to exercise some peace and we're going to work on some peace. I'm going to bring peace to you.

D It's my goal on the plane, when that mother and that baby's there, and for some reason the dad's never there. Why is it always a mom and her baby?

P Yes, you sub in, best dad in the world, right?

D I sub in so hard and I'm like bring me that baby right now. He can ride with me the whole trip. Oh, it's diaper time. Here, you can have him back. But if it's all play, then it's like something for me to do on the plane.

[00:25:39]

P No, I know and you have to do that because there's too many people who will like, please don't sit next to me.

D Oh, I would... You know what my fantasy is? I never get it, though. I never get it. Like I'm never there when the guy comes up and tucks my wife's tag in in her shirt when she's at the supermarket. It's just, I guess, God's way of sparing me from prison or whatever. But like I'm never there. Like I want to be there when someone is rude to the nursing mother on the plane. Like it's my fantasy.

P Do you have fantasies about like...

S It's true knighthood there in his blood, you see?

P Yes. God put that in you because to save all the women and children. When you're on Titanic, you will be going tucking all the women's and the babies in and saying, no, take them.

D It's true. You know, when I...

P Let me drown. Take the women's and the childrens.

[00:26:25]

S I'll just stand here with my Topo Chico and like sip my last.

D Yes, my last Topo. You know, when I had a... I used to own a carpet-cleaning business. It was actually the first business I ever started and we're talking like 16 businesses ago.

P I can so imagine you doing that.

D And I gave discounts to single moms. Not single parents. This was before political correctness and the Internet.

P You were sexist.

D It was a discount rate I put on the flyer that you printed on physical paper.

P Only to single mums.

S You used to walk down the street and put it in everyone's mailbox.

D I would put it in their mailbox, which was illegal. You know what I reasoned at the time too? Is that I'm too poor, they can't hurt me. And it would say discount rates for single moms.

P Sweet.

S That's beautiful.

D Moving on.

[00:27:09]

S Moving on, peace gets its weight training, its resistance training through agitation. True peaceful people are subduers of chaos. If everything is perfect, who needs peace. It's like faith, right?

P Yes.

S Who needs faith if everything is handed to us immediately.

P That's why people think... And to me, you know, I don't want to go on a theological big old bandwagon but that's why people think, oh, sicknesses are given to us from God, which I don't agree with that, because they bring us closer to Him. No, it's not the sickness, it's that you have to exercise your faith and when your faith builds, then, hey, you are becoming closer to God because, you know, God is faith and we start believing more and we start learning His word more and, of course, we get bigger and we get better in our spiritual life. But it wasn't the sickness. Sometimes God can use all these things but...

S Yes, it's so true. And see, it's all our choice. We don't choose our circumstances, we can't, but the choice we have is to pick up the powerful weapon of peace and subdue all and any unrest. Circumstances do not defeat us.

P Yes, and you're about to tell us how to pick it up, right?

S Yes. It's our choice if we're going to order in peace or we're going to order in pity.

P Pity.

[00:28:23]

S Now, for some practical on another subject. It's going to bring back peace. I'm going to come right around peace but... Although peace is super practical, right?

P Yes.

S It's so practical that without it our days are for the dumpster, you know, unless everything's running smooth and peachy keen. But I want to talk about water and we're going to bring it to peace. It's another necessity in life.

P Yes.

S Peace, air, water. And I'm going to talk about practical, just for all those people who are in a Psalmo camp and just want to get some practicals. So, we're just going to put peace on the back burner there for a second.

P Okay.

S Water, it's a practical weight loss tool.

P Yes.

S We have certain questions we ask ourselves on our Trim Healthy journey. Well, I do. One of the ones we ask all of you too is like where's your protein, there's a question, and other questions we ask. But this is when I ask myself, Pearl. I say, where is my water content food?

[00:29:14]

P Yes.

S It's my little quirk. Because naturally I crave dense – nutty, bready, cheesy. Dan, I think you've said that that's your category too.

D It used to be, yes.

S But dense isn't always kind to people's waistline. So, what do I mean by water content food? Cucumbers, like right now in the summer. Fresh tomatoes. Melons in E settings. Papaya, celery, any raw plant food. Fruit. Soup. I love soup. It's actually my little secret, my weight maintenance secret. And research shows that eating a bowl of soup as part of the first part of your meal helps you lose weight.

P Yes.

S The water content cuts down on the density of calories and fills your belly to prevent overeating. This looks like I'm totally switching things right now but we're coming back to spiritual.

P Yes, I trust you, Serene.

S Research showed in a 2005 issue of a study of the Obesity Research Manual.

P Her hands are doing quotations, everybody.

[00:30:10]

S Yes, the participants who ate two servings of low fuel dense soup per day. What I mean by low fuel dense soup is we're not talking chilli.

P Yes, we're not talking thick and hearty pork and beans.

S But there'll be tricks to it.

P Yes, then you gluccied it up, babe.

S You glucied or veggied it up or Trimmy Bisqued it up, right? But participants who ate two servings of low fuel dense soup per day experienced 50... They didn't say fuel, they said energy dense but I'm just talking Trim Healthy language.

P Yes, same thing.

S They experienced 50%, people, 50% more weight loss than those who took in the same amount of calories in a high energy dense snack for that meal. Maybe it's probably not all day. They didn't say that but just in that particular setting.

P I believe it.

S The same amount of calories in a little dense snack because probably they're going to be thinking, oh, okay, well, I just ate like a thumbnail, I need to keep eating.

[00:30:56]

P Yes.

S But, see, that's absolutely incredible. 50%. Choosing soup with broth and plenty of fiber from vegetables and satiating lean protein is super effective. And we're not talking like if it's a chilli or a cream of clam chowder or the regular made broccoli and cheese.

P No.

S Like healthy subs we've taught you in Trim Healthy books before. But they all have their place, that's awesome, but that's not what we're talking about here, we're just talking about the water content foods here. And Pearl has a great... Well, actually, we made it up together but then Pearl has elaborated upon it and had some different versions of it, our Trim Train soups. Check those out because they're highly water content but we've creamed and heartied them up. You would not know they were highly water content.

P Yes.

S Check out my chapter of Trimmy Bisques in the Trim Healthy Table and also in the Trim Healthy Future book that we've got coming up there's a wonderful couple of soups that are brothy and will just burn the fat off of you. But let's talk about more ideas for water, putting water in our diet. Leaving room for a drink. And, Pearl, bingo, that's what you were talking about here, like this is my dessert. Like I don't need anything else right now because I had a great amount of fuel. I had my dinner but I'm just... I left a little room so I could enjoy this.

P The particular crispyness of it.

[00:32:10]

S Sometimes I can eat so much there's no room for even water.

P Yes.

S It's like there's no room. And so sometimes I like to...

P I like that. Where's your water content foods? It's another... It's not actually saying where is my veggies, like we often ask. It's broader than that. It's like where is my... Hold on, I'm having dense food, let's make sure I'm... Maybe I'm having a brothy soup or maybe I'm having fruit or maybe I'm having these water content veggies but it's giving some balance.

S Because whenever the water is brought out of it, there's so much density there, you... It's like a smaller amount of space is filled up. And I like to...

[00:32:47]

P Can I give a case in point of that?

S Yes.

P I'm just chewing on my ice, sorry, people. Oh, look at Dan. Dan is refilling my Topo Chico because he's... He felt it.

S You're not a single mum but...

P No, but I am a lady.

S But you're wearing some jeans that could be like...

P A single mum jeans?

S Yes.

D What are you trying to say?

S I don't know, because maybe I've stepped in a thing. Those jeans are gorgeous on you, Pearl.

P Yes, thank you but I don't think that's why Dan walked over here.

S No single mums probably wear really really good nice jeans too.

[00:33:18]

P That's not why Dan likes single mums. Dan just likes them because they have babies.

S They're from the era when his Mum was a single mum.

D They are special little babies.

S That's what I meant.

P A little bit of flare.

S They're the ones that his mum wore when he raised her single.

P True.

D That's true.

P I bet you that's why your heart is for single mums because your mum was one.

D 100%. I've done that deep dive.

S Because they're bell bottoms, you see.

P Because you know what she went through to raise you.

S He saw those little bell bottoms and he's like that woman needs some help.

[00:33:41]

P Yes, it's so true.

D Well, because I was the oldest son, the man of the house, and I always felt like my mother was not protected.

P Yes. Aww.

S So, there you go. You got your refill.

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 So glad we get to talk about Billie again because Billie has revolutionised the way Serene and I shave our legs. No, for real. We love talking about this subject now. Because self-care and routine, these things are just so important in our lives. They're a big part of our lives and whatever you're using to get ready for the day should make you feel amazing. Well, Billie does this. Billie has recreated everyday essentials by delivering premium razors and high-care performing body care directly to you. No tax, no visit to the drugstore, no breaking the bank.

S So, go to mybillie.com to get their starter kit for just \$9. This is incredible. It includes their award-winning razor, two refill blades and a magnetic holder that keeps your razor safe and dry in between uses. Let me tell you, that magnetic holder has changed our lives because you don't want your razor falling to the floor of the shower all the time and mine always did that. It was gross. And Billie is out to change way more than the way you shave, actually. These days they are releasing awesome products. They just released three completely clean must-have products, your routine like dry shampoo and face wipes. So, go to mybillie.com to meet the razor that made everyone start talking about razors.

[00:35:23]

P Listen, our daughters love our Billie. My daughter stole my Billie razor. I had to get her her own. Serene's did the same. Everybody here on the hilltop now, we all love to use our Billie razors. So, this starter kit is just \$9 and you get free shipping, as always, with Billie. Go to mybillie.com/trimhealthy. That is spelt my B- I- L- L -I -E dotcom slash trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

P This is so interesting with what you're saying because I, in my journey through menopause, here have tweaked my Trim Healthy Mama plan to include a lot more plant-based meals. I'm still... I still have my fish. I still even eat beef and chicken now and then but a lot of my protein comes from plant bases now, like lentils, beans, even tempeh. Serene got me on tempeh, which is incredible fermented soy beans or black beans.

[00:36:26]

S I like to support my eggs with tempeh.

P Yes.

S Because I don't have like a billion eggs. I just have two and then I round it off with tempeh and it crunches it up. It's delicious.

P All of that. So, I've been on these groups and some of them are vegan. I don't ascribe to veganism but we can all learn from other plans, right? They all have treasures in them. So, there's all these people that eat a lot of starch and they don't eat a lot of protein and they do lose weight and everything but if you go on their groups, it's the same thing. I can't lose weight, I'm eating all this starch, right, and then the ones that have been successful, it's sort of like the successful Trim Healthy Mamas, except we're much...

S They're not the ones that eat the cream cheese desserts over and over.

P Yes, okay, but we are a much like more sustainable plan because who wants to go without animal products for the rest of their life?

S It's not healthy.

[00:37:08]

P Okay, those people do but I don't. But you come and you see the seasoned ones come in. Like we might get someone on Trim Healthy Mama say I just can't lose weight and so they say, can I have a look at what you're eating, and they maybe find out that they're overdoing cheese and cream cheese and they're not having enough water content food. It's like on these starch groups, right, they're like can I have a look at what you're eating, and they always come back and say, halve your plate. Have your starches on one half, have your water content and your veggies and your fruits and your soups... Let it be at least half of what you're eating. And so it's the same principle – if you're not having your water content foods, you're going to be densified up. You're going to be breadly nutty cheesy.

S And, you see, without the water you've got all this room to keep breading, nutting, cheesing it up. You're not full. Your stomach, whatever size it is, is not going to be filled up.

P And they actually say to these people, listen, if you just want to keep... Let's just say you've got a big appetite. You're going to eat appetite-dense food. So, eat your veggies first. Start filling that stomach up with either soup or veggies first.

S That's why that research study was those who began their dinner, the first part of their dinner was soup. Sometimes, at my house, the dinner is soup. Most nights it is soup.

[00:38:24]

P Oh, I totally... If I'm doing soup, I make it my meal but 24 minutes in, Serene, bring it around.

S Yes, bring it around. But, you know, I like to leave room for a Trimmy and that kind of feels... It doesn't feel like just water, right? But we can't just... Oh, also snacking on veggie crudités before your nuts and cheese. Once you start on the nuts and cheese, you're not going back to the crudités. You are not. You're not going back to a celery stick, no way.

D Yes.

S Do a little challenge. Eat four celery sticks. And I'm talking large whole stalks before you allow yourself to dig in. Like do little challenges for yourself. I decided that my night-time grazing is only going to be like raw plant food because I tell myself that humans should be asleep, so only rabbits can be up. You know what I mean? Wee Willy Winky taught me... Wee Willy Winky running through the house, upstairs, downstairs in the nightgown, rapping at the windows crying a lot, are all the children in their beds because now it's past eight o'clock. Well, adults should be in their bed maybe past ten.

P Well, sometimes, though, if you're nursing, you need a bit more of a dense thing.

[00:39:23]

S Exactly. But I'm talking night-time, night-time, where it's past ten.

P Yes.

S You've had your dinner at six or seven and then you've had your little snacky poo for a nursing mama at like quarter to nine, eight thirty.

P Yes, you just starve.

S Past ten only rabbits should be awake.

P Yes.

S So, that's what I tell myself.

P But how is this relating to peace?

S Just wait, okay. But what about sippers, GGMS, the Shrinker, Boost Juice? What about just plain water? I've noticed you, Pearl, just walking around sometimes your house, you've got like lemons cut into just a whole quart of water. You never used to do that.

P But that's the new you. No.

S That's the new you.

P The new me.

[00:39:55]

S Okay, and I like to do a little hydrotherapy in the shower, right? When I go into the shower and it's hot and steaming and my skin is drinking in the water, I take a bottle of pure cold water and I guzzle it in the shower. It's just kind of like hydrate, hydrate, hydrate. It's just my little quirk, I'm just telling you. Because water is so important. It's part of our physical health. But not only is it a huge pillar and it's so simple but it's the simple things that we often overlook and sometimes are the most profound and the most effective. John 7:37, we're getting into the spiritual again. It says, Jesus stood and cried out saying, if anyone thirsts, let him come to me and drink. He who believes in me as the scripture has said, out of his heart will flow rivers of living water. I mean, what amazing water, right? You just take a drink and now it turns into a river. Right? John 4:14 also talks about this water. But whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain springing up into everlasting life. Because we don't just get dehydrated physically but spiritually. God wants to put a vast well inside of us so that every morning we wake up refreshed in Him, not exhausted. Dehydrated, cranky, crackly with all kindness and patience wisened up out of us, but we have to maintain this well, and this is where peace comes in, and we want to make sure that the sticks and the mud and the logs of doubt, despair, anxiety, troubles, that they're all out of there, that the flash and all of the yuck doesn't clog it up. So, the living water that God desires to have flow from His heart isn't all dammed up, right?

[00:41:33]

P Yes.

S And so that's the practical step I was talking to you about before. We do have to deny those doubts and deny all that stuff because we're going to clog up the well because in this river is where the peace flows. The peace comes in the river. It comes in this water of God and it comes and He wants to just run a deluge over us and it just washes out all of the doubts. But first we have to make room so that it can start flowing, right? But, you know, peace flows in that river and the source never runs dry. The only thing is that our wells may not be open, meaning we haven't accepted the digger.

P Yes, is that why...? So, I'm trying to think... Okay, so you, all your life had fear. I had it too, right, but now you don't live in fear and you have peace, okay, on the whole.

S I've accepted the digger, right? Like what I mean by that is...

P Yes. You're a Christian.

[00:42:26]

S Right.

P So, you already knew the Prince of Peace. But it wasn't running...

S Because I'd clogged up my well with fear. There was so much fear, there was no space and that's what I'm trying to say. Some people clog up their diet with so much bready nutty cheesy there's no room for water content. So, you have to remove...

P Okay, thank you for saying that. I needed the analogy.

S Yes. So, you've got to be able to remove some of the clogging up stuff so that you make room for the well to flow, for the hydration to start flowing.

P And when you remove them you say no to the doubt.

S Yes.

P You just don't... You don't dwell on them, right?

S That's right. We deny it. Because we say... Some people say, well, I have no peace. But it's because they don't have room for peace to begin to work. There's no room. To open up for peace we have to shut down fear and refuse its residence.

P Got it.

[00:43:12]

S Right. It's the same way with our physical wells, like our level of optimum hydration for health. We need to move out some of the dense logs, like I was just telling you before, and it's not like, oh, poor me, I can't do the bready nutty cheesy all day anymore. It's not like a negative but it's more like I'm making room for healing. So, it's not like, oh, I don't get to be anxious anymore, poo hoo. No, it's like, yay, I'm making room for healing.

P Yes, I love that.

S I'm making room for peace. It's positive.

P So, like Dan-Dan, your liquid used to be Coca-Cola, right, and now it's like water or Topo Chico or a kombucha or something. But you had to take the Coca-Cola out to get those in.

S Right. It's the can, the possible, the vision, the focus and the light.

P He's nodding. He's actually in the room still.

[00:43:55]

S I say... So, we don't look at anything we are displacing as a chore but as a grateful choice of life.

P Yes.

S So, it's not going to be a chore, oh, wow, I'm going to have to remove fear, freak out. Freak out about removing fear. No, it's like, yay, I have this choice to remove fear to make way for something healing and so in the... Like just in the physical, for people that are Pasamo camp, I wanted to talk about it, even just for the diet, if you just want to come here to get diet help. Remove some of the breadly nutty cheesy, make room for life, make room for healing, make room for weight loss but in the spiritual aspect too, we have to get rid of the clogged-up mud clumps. Get rid of the doubt, get rid of the anxiety. Make room for the river of peace to flow, because once it starts flowing, that deluge subdues everything in the way. Water is so powerful. You see the Grand Canyon? The Grand Canyon was cut out by water and so... And the Bible says, you take a sip and it's going to come springing up and flowing like a river that never runs dry. It cannot dry from the source. It can only get clogged up when we just don't allow it to flow through us. And so peace can flow. Peace is powerful. Peace subdues.

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

S I'm Serene.

[00:45:11]

P Clean indoor air is so important but now it's more important than ever because you might not go out as much as you used to and until now air purifiers have attempted to collect pollutants on filters where they can multiply and these toxins just get released back into the air. Well, Molekule... We've talked about Molekule before but it has this PECO technology. It doesn't just collect pollutants and all those other nasty toxins and viruses and all that, people. It destroys them.

S Pearl, do you know it destroys viruses? It destroys odour-causing bacteria, allergens like pollen and dander. Molekule air purifiers are scientifically proven to destroy pollutants.

P That's why this is a whole new thing. Up until now Molekule is the one changing air purification.

S Do you know they even break down airborne chemicals or VOCs? You've heard of VOCs, right?

P Yes. And they carcinogens, Serene.

S They are. Molekule claims have been tested and verified by third party laboratories, that it actually destroys them.

P And they don't look like other purifiers. Molekules are beautifully designed.

S Yes.

[00:46:19]

P Think of them as the apple of air purifiers. They're sleek.

S Yes, and they're modern, and they're made with premium materials and minimalist sensibilities, so they're not all like honking with all these buttons you don't know what to press. And it complements any room in your home or office all while destroying viruses, mould, allergens, bacteria and discreetly doing this without being like a dinosaur humming away loudly. These things are quiet.

P So, whether you need a Molekule for a large space or air minis for small rooms, you can now pick the best unit for your space or your workplace or you can create a discounted bundle to outfit your entire home or office or medical or dental practice. It makes so much sense to do that, especially in medical practices.

S I'll never forget, when we were in the other PODdy cabin and we had a dead rat somewhere. It was just somewhere. We were looking around. We couldn't find it and we were just like, ah, we can't do this, can't even think intelligently. We put the little Molekule machine in the corner there and it hummed away so quietly, it didn't even interrupt our recording. It took care of that smell.

[00:47:26]

P Yes, and the smell had been there for like three weeks.

S Yes. So, for 10% off your first air purifier order, visit molekule.com and at checkout enter trimhealthy10.

P Yes. So, I want to spell it for you. It's Molekule. It's M- O- L- E- K- U- L- E dotcom. And don't forget to enter that trimhealthy10 at the checkout for 10% off. This thing is going to clean up your airspace.

S This is the PODdy with Serene.

P And Pearl.

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

D Right. We're going to go to a listener question who actually sent me this on Instagram and I'll keep her name private but she says, I do not know you personally but I am a THM and I listen to every podcast. I've been having problems lately with what I believe is my gall bladder. I have health anxiety that has convinced me that I am dying which I believe is similar to your story. She's writing in to me.

S I was about to say, is this you writing like a year ago.

[00:48:28]

D I know. Crazy, right? Even to call it health anxiety. I'd never even considered that could be a thing, right? Anyways, I just wondered what your symptoms were and how you overcame them. I am scheduled for an HIDA scan next week because my abdominal ultrasound was normal. Okay. So, yes, that's where I started, was with the good old cheap affordable abdominal ultrasound that you can get and it was normal. And that was probably six years ago and I now know that I was having health anxiety. At the time I just thought I was actually dying. And so her question was what were your symptoms and how you overcame them. Well, my symptoms were stomach pain, needing to go to the bathroom five plus times a day. Stomach pains so severe that I knew there was a tumour in my stomach. Like I didn't think I had cancer. I knew I had cancer.

P I know. We couldn't convince you that you weren't dying.

D I was dying of cancer specifically because my grandmother had surgery for colorectal cancer. And constant anxiety spikes, constant living in fear and it was undercover for probably six years and then it kind of eclipsed here for the world to see.

P You lived yours in front of the audience.

D I did mine publicly and...

[00:50:04]

S And for all those in Kroger's too where you pranced around there with your wife's robe.

D Absolutely. So, my symptoms were very much GI-related. I went to a total of five doctors because none of them would diagnose me with cancer. The first...

P Next one, I don't believe you. I don't believe you.

D The first three all diagnosed me with an anxiety disorder and they prescribed... I forget the name of the medicine.

S Prozac? No?

D No, it wasn't a... One of them suggested Prozac and I just chose not to.

S Good for you.

D And the others were prescribing... It's actually where I learned the gut-brain connection. I actually learned it from a doctor. This is popular science now but at the time I had never heard of it. And the way I overcame was, one, through community. Serene and Pearl were just telling me, you're not dying, man, you're just not. We're just... And I'm like how do you know? You can't tell.

[00:51:06]

P You know what? Serene spoke here today about the Prince of Peace and stopping the fear so you can... Have the dam and then to let the peace flow. Did you have to literally learn and practice stopping your fears, just like forget it.

D I couldn't physically stop my fears. There were chemicals firing in my body that at the time I thought were well-founded in the truth that I was dying.

P Yes.

D And...

P But once you decided you weren't, how did you stop the thought processes and the cycle, because it's a cycle.

D I remember it was very practical and clear of how that... I mean, I think a lot of it was the foundation of encouragement from you two, saying no. I mean, one day Pearl said, I just give you permission to just not have cancer and to just have a great life and live for your family. I mean, I needed permission to do that. I didn't have the permission. I remember John Maxwell talked about giving people permission to succeed. Like people just need to be told, you can do it and you're fine and just move on. Oh, okay, got it. So, I think there was a good foundation of that. But what really was a turning point was when I like flatlined spiritually, emotionally, then kind of hit rock bottom and had to, instead of constantly fighting anxiety and running from it, to actually acknowledge it out loud and admit that I had a problem, that I actually am having a misfiring in my body and I'm drawing wrong conclusions and that I needed to... So, I would actually meditate and pray. I would go...

[00:52:48]

P Yes, you had that big spiritual come to Jesus thing, right? Like you were already, you know, a believer but I remember you said, no, I realized He's my Daddy.

D Well, yes, and I also realized that God is not trying to super... At least for me wasn't trying to supernaturally remove anxiety but rather asking me to take control of my body. Like, dude, your soul is greater. It is living in this body but you are not a slave to this body of yours. And if it's misfiring, you've got to step up to it. And so what I did to step up is I remember sitting in that anxiety in that room and seeing it like a sphere in my heart, like lodged in my heart and I started naming it and acknowledging this is a thing in me and it must go. And so, you know, I don't know that there's any good practical like here's the step one through three. I do strongly believe that medicine is not your answer, that hardcore neural drugs that artificially stimulate the chemicals in your mind, I don't believe... At least they weren't for me and I had all the proper diagnoses, that I needed those medicines. I also, by the way, to back up a little, was diagnosed my entire life with ADD and given medicine because I...

[00:54:13]

S I don't even think you're ADD anymore.

P Well, we label you that just because we joke but...

D It's a description of a personality trait.

P Yes.

D Everybody I know that's been diagnosed with ADD, I just talk to them and I give them practical things to do. Hey, you've got to get serious about a calendar. You know, you've got to put your phone in do not disturb mode.

P Right.

D You need a locking door on your office. I mean, there's literally... I'd love to one day publish that book, on like how to rock with ADD without medication, you know, because I've created an entire life..

S You should, Dan.

P You should. Probably your biggest seller.

D Yes, so I think... You know, I think...

P But you also did some dietary things. You realized, oh, I can't do a bunch of fat and all of that, right?

[00:54:53]

D That's the second thing I wanted to say to our person writing in with dealing with anxiety. Food is a big inflame of anxiety that I didn't even realize. Overdosing cheesy breadly nutty will absolutely mess with your gall bladder, mess with your gut which is connected to your brain which is neuronally connected to your heart. These things are connected. The way you care for your body has everything to do with anxiety. So, I think that I was drinking Coke and eating cheesy breadly nutty to the extreme. Well, fistfuls of Parmesan cheese before bed and I was clogging my gallbladder. And definitely the soul and the mind and the body... Heart/soul/mind strength, those things are connected, you know, and so, yes, definitely inflammatory foods... I had to get serious about eating fruits and vegetables and meat and whatever the earth provides and not what you can open up out of a box. So, I do think it's all connected.

P Rice.

D What?

P Rice has been good for you too, hey?

[00:55:52]

- D Rice has been so good to me. Bananas, rice, things that are just digestible. Like these packaged chemical-laden preservative foods have just got to go. If you struggle with anxiety, like eat pizza from Pizza Hut and tell me how your anxiety symptoms are. They'll totally flare up. So, as an expert in anxiety, which I now consider myself to be, and an expert at overcoming anxiety without drugs. I can tell you that what I'm saying is real and it actually does work. I mean, I'm living proof that you can like what if you could yourself through anxiety without drugs.
- P Yes. And you didn't say her name but we just give you permission to heal, beautiful precious lady who wrote in to Danny, and we believe that your healing can be every bit as powerful as Danny's and... The body wants to heal.
- S And the river wants to flow.
- P It's made to heal. The river wants to flow.
- S The Prince of Peace wants to flow.
- D It does. And get your tests, you know. I mean, there's nothing wrong with getting your tests. Yes, I'm not saying like go meditate until... You know, I mean, for all I know I was dying and Pearl and Serene healed me. Honestly, I think they helped in the healing of my mind and heart state because those are the things...
- S Well, we only said things that... You know, we believe, you know, that we... Because we're believers, we kind of believe that we're vessels now and just everyone who's a believer is a vessel. So, you just say words that God is really impressing on your heart and God was the one that wanted you to be healed.

[00:57:27]

- P And guess what, words are so powerful and I think what Danny said was he realized he had to get this out of him, right, and sometimes we realize things. I had this fear that I had to get out of me too. I know. I remember I was no longer going to tolerate it in my mind and body and it was a big attack, I believe, and I believe fear is a spirit, actually.
- D Yes.
- P That sounds voodoo but I do believe fear is a spirit and I would no longer tolerate that spirit.
- S Well, he hasn't given us the spirit of fear but the power of love. You felt the fang in your GI. I felt the fang in the back of my neck. Like literally it was all... You know, people take fear and they kind of like cocoon around it in different places of their body.
- D That's true, yes. It was like a spear in the center of my gut and...

[00:58:15]

P So, I think you're saying this and it is one thing... You know, Serene told me this the other day. It has revolutionized my life, Serene, when you said... Actually, your husband was saying it. You know how Christ is the word? And Christ in the Bible says the word was with God and the word was God and the word... Hold on, this freaks me out. I've been thinking about it all week. The word became flesh. You've heard that, Danny, right? Bible student. The word... But think of it in this way. Words are so powerful. God is a type, right? The word...

D Can become flesh.

P Became flesh.

D Yes, it can.

S He was like the first example of it.

P Yes, an example. Yes, it's deeper than that but when we say things, they can materialise. Christ the word became flesh on this earth. So, our words are powerful.

S Amen.

D Hey, another thing too. I mean, one of those three doctors that diagnosed me with an anxiety disorder, also let me know that I had very clear textbook PTSD, post traumatic stress disorder, and he asked me all about my past and growing up and stuff you can read in my book, you know. And I told them about that I was... Yes, man, it was crazy, I actually wrote about it. And he's like, what. He's like, of course. He said, he deals with guys, soldiers that come back from war. Their guts are wrecked.

[00:59:39]

P Oh, yes, because it's the seat of your emotions and everything.

D Yes. So, I would say to this person who's written in to... You know, is it also a coincidence that you had some crazy sort of childhood or abuse in your life? I don't know but get in touch with that. Like sit in that. Be conscious of that.

S Well, I mean... Well, yes, I beg to differ in a way that agrees with you. What I mean by that is...

D The perfect argument.

S The point that you're making, that I can tell you're making, I'm totally there with you 100%. I just feel like when people revisit their trauma over and over and over, I feel like it can just become uglier and uglier because I just feel like we are called to get out of it and you said there was something that had to go, right, and I feel like sometimes the more people get introspective, the more things become magnified. And so I think enough to realize that it's got to go.

D That's it.

S That's it.

[01:00:34]

P Yes, exactly, realize, because sometimes you're just numb and you won't look back.

D Yes.

P If you say that literally happened to me...

D That's right.

P I... Now I've got to forgive what happened to me, the people around, the people that weren't there for that poor... That kid was abandoned, yes.

D Yes, that's right, because the other pendulum end is called stuffing where that doesn't matter because you're so strong and that didn't hurt you.

S No, it did matter but God's bigger than all of that.

D Absolutely.

S God heals the most painful of places. And now time's up but...

D It's over.

S See how I agree with you, Dan?

D Yes, that was good. That was good.

P And you disagree.

D Listener, we love you, thanks for writing us. We'll see you next time.

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