



## Trim Healthy Podcast with Serene and Pearl

### Episode #193 – The Ultimate Cleanse

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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

[00:00:01]

S This is the PODdy with Serene.

P And Pearl.

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

P Oh, yes. Hey, that's John, producer John, there on the guitar.

D Bring it back on the PODdy, baby girls. And we're glad you joined us.

P Thank you, producer John, for playing.

D We had John on guitar.

S Danny's playing the zip on his jacket.

D Danny V on the vocals. Smoking Danny V on the vocals. And we're glad you joined us again for another fabulous episode of the Trim Healthy podcast. Gather your family, gather your kids and relax into the moment.

P Are you on PBS or are you like smoking Blues club?

D We'll do it all.

P It is nice to have you back, Dan Dan.

D Yes.

[00:01:37]

S He's got this special touch to his hair. It's like a slick wet look.

D That's also known as greasy.

S It's like he got into his grandfather's grease.

D Well, you know what's interesting?

P We used to call it the Brylcreem.

S Yes.

D Well, it's actually both slick and wet and that's because it's about a week out of being washed.

P Are you telling me that is thick oil from Danny's scalp?

S No, that's product.

D No, no, no. Coconut oil.

P Okay, that's all right.

[00:02:02]

D Now, does that count as, quote, product?

S Yes, it's product.

D It's coconut oil.

S If my man started putting coconut oil on his hair I'd call it product and he'd be betraying the manhood.

P Okay, so he can... Coconut oil, do all sorts of things with it but he can't put it on his hair. It's suddenly product.

S He has to look more than one second in the mirror.

D So, it's not the look he'll have at the end of it, it's the man he has to become.

S No, I can put it in. I like to put a product in my husband's hair. But it can't be his idea and he can't actually do it.

P Serene's so scared of a feminine side in a man.

D Now, do you feel like you have to protect Sam from erring?

S No, I've never had to protect him.

P She's just worried, Dan. She's worried Sam will turn into you. But we're glad to have you anyway.

S Yes.

[00:02:46]

D Yes, well, you know, maybe it wouldn't be so bad, Serene, if he had some... If he turned into me. I mean, I guess fully that would be awkward.

P Yes, it would be a bit awkward.

D I'm going to start texting him product recommendations and just have him show... I'm going to be like, don't tell Serene, I just know... Working with her on the podcast, I know she'll love this. And then it'll be like a proper product.

S Danny will suddenly be less and less on the show. You'll all be wondering and then we'll find out he's some blues...

P It's true, though. He was gone like three weeks. We missed our Dan. We missed our Dan. Dan's got like hot and heavy things going, though, people paying him a beaucoup of money, more than us. But that's all right, he's back. He loves us.

D But that's what counts.

P He loves you. He came back for you guys.

[00:03:27]

S Yes, he did. He didn't come back for us.

P He didn't come back for our measly...

S Before the podcast and all that, he ditched us for years. He used to be like real close, live on the hilltop, then he went into town.

D Town.

S He did the ditch on us for three years at least.

P But, anyway, this is an intro. We need to get to some meat. Sereney, are you bringing some meaties?

S I've got some meat because it's... Well, first of all, let me like prep it all up. And then the meat I'm bringing is some meat that I've dished out to myself the last three days. Totally dishing to myself force-feeding it to myself. This is something I need today.

P All right.

D Self-served meat.

[00:04:06]

S So, we want to get healthy.

P Yes.

S We're all on this journey, right? We've learnt a lot of things, we've made progress, we've cleaned up our diet, we've cleaned up our skincare.

P We hopefully all have done those things.

S No, a lot of us, you know, we're working on it. You know, we've been taking these steps, right? Maybe we've cleaned up our housecleaning supplies and gotten rid of all the chemical toxins in our homes. Maybe we've cleaned up our schedules and got ourselves some time to exercise and, you know, maybe also, because we're pushing it a lot on this podcast, we've started cleaning up all of our negativity, just like getting out of all toxic thoughts, that just sickness and disease were like, you be gone. You're on the can.

D You be gone.

S We have been cleaning up our unhealthy identities that paralyse change and growth and success and all the junk that we tell ourselves, all our failures and all our ridiculous pasts and our inevitable future. We've been incinerating it. Just gone, right?

P Yes, true.

[00:05:09]

S So, we've been detoxing our lives from fear and anxiety, all worry and thinking the worst is getting the can too. So, what's next on our journey? And I'm bringing it to you because I've had to bring it to me.

P Okay.

S Okay. So, hopefully we've already been working on this a little bit. And I've been trying in my life to work on this and we've talked a bit about the subject here on the pod before but we all need reminders and this detox step is going to need more than one reminder.

P Okay.

S Blinking well.

P I'm scared.

S Blinking well, I'm worried about myself.

P Blinking well is a good old Australian/New Zealand almost curse word.

D A blinken.

S Blinking well.

P Have you heard it, Dan Dan?

[00:05:46]

D I've heard of a blinken.

S No.

P No, not a blinken.

D Oh, you meant, hey, blinking.

P Instead of like... Because in Australia and New Zealand it's actually like the soft word for B- L-O-O-D-Y, which is a curse word over there. Blinking... B-L-O- O D-Y...

S Blinking idiot, you blinking idiot is opposite what we're going to talk about today.

P H- E- L- L is the big curse word down under but instead you say blinking heck.

D Blinking heck.

P Yes.

S And if somebody's a real moron, which is opposite what we're talking about today, you blinking idiot.

D Wow.

S Blinking moron.

[00:06:20]

D That's really cute because in America... Like you guys all have your funny words, like over in Britain with Les, you know, you've got your toddle winkles and your jilly joggles. I mean, you get just the silliest little word... Like everything's so silly. Like it doesn't have like punch, I feel. So, like even that, like get your blinking self... Like I'm sure some big muscle bound man probably hurls that insult in traffic at people and feels like, man, God's watching, I should clean it up. Over here we have like blinkers for our little lights. It's like flashy and cute and little. It blinks. There's no consequence to it.

S It's funny. Okay, so we've brought this topic up a little bit before on the PODdy and we often are going to be repeating ourselves on this PODdy. We've often repeated ourselves already and that's okay, right, Dan?

D It's fine.

S It's totally okay. It's actually the right thing to do, Pearl.

D I need to be told the same thing once a week, Pearl.

P Yes, you do, Danny.

D I fall off the wagon so fast.

S In 2 Peter 1 12-13 it's Peter talking. He says, I won't hesitate to continually remind you of these truths, even though you were aware of them and are well-

established in the present measure of truth you've already embraced. And as long as I live, I will continue to awaken you with the reminders.

[00:07:42]

P I need that. I actually need reminders every day to not be a stinking thinker.

S Yes, and, again, in 2 Peter, where it talks about Paul, he says, he constantly speaks of these things in all his letters.

P Yes.

S So, we've brought up a few things that may seem like, oh, they've already touched on that. Well, blinking good.

D Whoa.

P We'll touch it blinking well again.

D Woo woo hoo hoo.

S Okay. So, let's... This is the next step and I'll need a lot of blinking reminders. Let's detox. We've done all this detoxing already but let's detox not just our thoughts about ourselves, we've touched on that, but now let's detox our thoughts about others. Drum roll, please.

[00:08:23]

D I mean, if I had a drum.

P We give you your 25 cents a PODdy. Drum with your mouth.

D I've always felt upset about the...

S Come on, I want the drum with your mouth.

D The tongue roll drum roll.

P Oh, you don't like that.

D I don't... It upsets me.

S What about that one?

D I can be bop. I mean, that's different.

S Well, do something for me. That was a big announcement, detox your thoughts about others. I thought there was going to be a deep exhale from Dan and then something.

D Let's see if it works on the mic.

S No, that's not good enough.

P You have not earned your 25 cents.

D That's about it these days.

P I'll do it.

[00:08:52]

D See what I'm saying? That's ridiculous. No grown man is going to do that.

S I just meant like... Something like that.

D Oh, you want a sizzle intro.

S Thank you.

D Like...

P Yes.

S Give him a penny, Pearl.

P Okay. She didn't like it, Dan.

S Okay, this one, we've been working on our thoughts of ourselves here for the PODdy for a while, right?

[00:09:16]

P Yes.

D Right.

S But this next one is a sly one, Dan. It's one we feel like we don't have any control over. We can't work on that. That's somebody else's stuff. And, you know, it's like if he wasn't such a blinking jerk I wouldn't have to get upset. If she wouldn't be a self-righteous hypocrite, then I wouldn't have anything negative to say about her. Right? It just makes sense.

D Emotion to Pearl.

S This one's a sly one because we justify it, right?

D Yes.

S But is it truth? The wisdom of man tells us it is. We're not responsible for the blinking idiot issues and problems of others and they just affect us. It's just life, it sucks, we just have to deal and stew.

P Right.

S But it robs our life of joy, it poisons our cells with hate. Even if we think negative thoughts about others, it's not exactly as gross as hate, it's all hate's child.

P The offspring of hate.

D Hate's child.

S Yes, hate births negative emotions. All thoughts that are not love and celebrating the unique dignity of a brilliant creation of God are toxic and disease-producing.

[00:10:23]

P But what about the people that don't believe exactly as I do politically?

S Because all of this causes bitterness in our lives. That's toxic. Complaining, toxic. Offense, toxic. Ungratefulness, toxic. Discontentment, toxic. Dishonor, toxic. And masked hate, because we have to call it what it is, it's really just hate with a mask on it.

D These are all great names for a metal band, like masked hate and hate's child.

S We all as humans are so easily offended and I have been too and you're going to hear me talk about it.

P No, I don't know if you have, Serene.

S I have.

P You maybe used to but these days you are not offended.

[00:11:05]

S But, listen, two days ago... I'm about to bare my soul about two days ago.

P Oh, okay. We've had a bit of a relapse, have we?

S We love to nurse it in our heart as a precious. You know, offensive thoughts about others, sometimes it's a glorious negative pastime. For many of us it can be quite glorious.

P It used to be for me. I feel like I've come a long way.

S You don't really think of it as glorious at the time but when somebody tries to take it away from you...

P Yes.

S They're taking away something very precious and it hurts. It's like what am I going to fill this void with. It reminds me of the Grinch. Have you seen that movie, Dan?

D Of course. With Jim Carrey?

S Jim Carrey.

D Hello.

S And he's something like, 12 o'clock, stop living. Nine o'clock, pity is over. Two o'clock, wallowing in deep depression. My schedule's full, I can't...

D My schedule's full. That's such a good scene.

[00:11:57]

S But, you know, we make so much time. We feel like our lives are so busy, we don't have time for stuff.

P No, but I'm scouring my head, Serene, because I definitely used to be this way but now I've come up on something in myself. I'm trying to be honest. I've come up with something, eek.

S No, I know there are a lot of true, factual bad things that people can do and do to you, and we're going to cover that, the real stuff, the real hurts. It's not just like, oh, I'm presuming something about somebody. No, it's real. We're going to touch on that. But I'm here to be honest with you. Much of what has preoccupied my mind before about others has been the very easy to slip in terrible sin of presumption. It's what we deliciously presume people are thinking. Oh, that's been so easy for me in the past. You know, like, oh, I see that facial expression, I know what he's thinking. And he's probably not even thinking but I know, I have judged it. You know? We rush to judgement on people's motives. We presume the deeper thoughts that must be behind their comment. Oh, he didn't just say that. Oh, no, I know, he must be thinking blah blah or she must be thinking... We presume upon their expression. And before long we'd be lost in some daze and maze of presumptive thoughts that are not factually based and the forces of darkness are totally cheerleading along. The wisdom of man is confirming it in our minds and we are sentencing people to verdicts and judgements and imprisonments of air in my minds. Like they're stuck, this is the jerk they are and I really know, you know, when they're not... They haven't even had a chance to defend themselves. It's just all our own inner presuming about people.

D Now, maybe I'm being sexist but I feel like women do this more than men.

S Maybe you're right.

P I was just wondering that too but I think... It could be. Although men can put people in boxes too, like, okay, that guy's a jerk. That's what they think.

S And once they're a jerk, they're stuck as that jerk.

D Yes, but I feel like our boxes are brief and to the point.

P Yes, that's what I'm saying. Jerk box.

D I feel like you guys create an entire volume.

S I know but once that jerk box is there, though... We might have volumes about the whole thing but...

[00:14:03]

P There's a lot of words around our jerk boxes but you just have a box that's got a man in it and it says jerk.

D I have one of those tiny checkboxes at the doctor's office and it's like jerk, not jerk, jerk, not jerk, jerk, not jerk.

P Yes.

S But once you've ticked it, can you easily untick it?

D No.

P Right, well, we get there with much thought and much words, you just get there in a box.

D No, you have libraries, like the chronicles of my pain.

S Oh, yes. The devil loves all this stuff.

P He likes both boxes.

D There's like a whole wardrobe you enter where it's winter all of a sudden. The chronicles of my pain.

[00:14:36]

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

S I'm Serene. These days most of us understand how important it is to use natural products in our homes but, you know, sometimes it's difficult to find, you know, a good variety where you actually have some options. But with Grove that problem is solved. They have collaborated a bunch of natural products that you can pick your favourite scents and your favourite brands and just get them sent to your house easy peasy.

P Yes. You've heard Serene and I talk about Grove Collaborative before but that's because we're sort of truly excited about it and we keep getting excited about it because it has everything in one place. It's the only online marketplace that delivers healthy home, beauty and personal care products directly to you and it takes the guesswork out of going green. So, every grove.co product is guaranteed to be good for you, your family, your home and the planet.

S Yes, and I really love it because, you know, sometimes it's just you can get these special scents, you know, for season...

P You mean smells?

S Yes.

P Oh, scents?

S Yes, the seasonal, like when it comes to fall and Christmas, they have sales on, the festive scents and it's just beautiful when you can have your whole home smelling like the atmosphere of the holiday without it being chemicals.

[00:15:57]

P Yes. So true, with Grove you don't have to shop multiple stores or search endlessly online to get all the natural goods you need for you and your family. So, hey, join us and over two million households who have trusted Gove Collaborative to make their homes happier and healthier plus...

S Plus...

P What, Sereney?

S Plus... We're both so excited about this, we both wanted to say it but it's true. Shipping is free and fast, so on your first order, that is. So, you know, they're being nice to new customers.

P And so for a limited time, when poddy listeners go to [grove.co/trimhealthy](http://grove.co/trimhealthy), you'll get a free cleaning gift set plus free shipping with your first order. So, go to [grove.co/trimhealthy](http://grove.co/trimhealthy) to get this exclusive offer. That's Grove, G R O V E.co/trimhealthy.

[00:16:47]

S This is the PODdy with Serene.

P And Pearl.

S Get it right, it's P O D D Y. The devil resides in this negativity and division. He hates unity, he's disgusted at love and he abhors forgiveness. He's roaming around, seeing how he can trap us into wasted time, presuming upon people's intentions, motives, words and hearts and I know it because of a story that happened to me actually three days ago now.

P When are you telling this story? I want to hear it. I want you to diss about yourself.

S I'm going to set the stage, okay?

P Okay.

S And my husband might be listening to this one day, so I want to set the stage. My husband, you all know him, Dan and Leslie Pops and John and Pearl. He's a visionary, a project man, and when he does projects he does many at a time and he juggles all the logistics and they're big projects, not little projects.

D He doesn't do many, he does all of them.

[00:17:42]

S He does all of them all at once.

D All that are possible, he will do them.

- S And they all come together at the end with creative genius and what looked to me and others like a jumble of mess and unfinished plans that we just have to adjust our lives around, because it takes a while for these big humungous projects to get done, in the end they become perfected and they seamlessly...
- P Is your big Grand Canyon filled up?
- S No, not yet but, see, one day it's going to be seamlessly enfolded into this other project that all at once I'm going to... They're all going to make sense to me and oftentimes it's happened where all of a sudden six of these projects just become like art before my eyes and they're all... He couldn't do one at a time because they all kind of mesh together.
- P But they're years in the happening.
- S It's genius and it's art form, right, but this what I've loved about him.
- P Yes.
- S It's been interesting at times, just having to adjust and like let's not let the children die around all of this stuff but it's what I've respected about him. It's like, wow, you have an amazing mind. I love that. And I love the push that he just constantly has these big visionary plans and he thinks out of the box. It's what I loved, right? And to be this kind of man, he's a workaholic. Even if I go on holiday, he's just desperate to get back. I go on holiday with him. He's having a good time with me, it's great, but I can tell he just wants to get back and get his hands dirty. Like let's just get into projects. Let's just dig in the dirt and bulldoze stuff and do things, right?
- D Let's move this dirt over there and that dirt over here.
- S He's desperately afraid of being lazy and so because of this personality he's often focussed and always busy but I know I'm loved and I've had this understanding for 22 years of marriage, this wonderful marriage, that I'm loved and he's working hard for us and it's wonderful. But, you know, he's not the man that comes home on the weeknights and just cuddles up on the couch and just stares into my eyes and let's just watch a little chick flick together with some popcorn. You know, he's not that man. And he's not the man on Saturdays that's like hanging around and we're walking down quaint city streets with a latte and, you know, maybe we'll go home and...
- D You're describing a retired millionaire.
- S You know, I see these people and last weekend...
- D I know. They're out there, I get it.
- S I saw these people in my mind. I spent hours...

[00:19:49]

D I get it.

S Okay.

D I fight against them all year, so I get it.

P The real men are... I don't know where these men are but you go down the streets, you see them.

S Well, I saw them all in my mind this last weekend.

D All women see them in their mind at all times, thank you.

S My husband's up before dawn and at home at night and he comes in the door, he's got numbers, he's got logistical equations and timelines all whirring in this beautiful head of his. Right? I mean, don't get me wrong, he's loving, he's romantic, he's all these wonderful things but, you know, sometimes he walks through the door and he's focused and it's not like, oh, darling, your dress is beautiful, you know, just like... That's not him, okay? And until three days ago, when my head like, well, just flew into this presumptive state of like agony, I was totally cool with the man he was, like I wouldn't want him to change because then I wouldn't love him anymore because all these quirks was his glory to me. You know? But I just... I got this thought that flew through my head that he doesn't spend time with me because I am boring now and like it's... I'm not exciting to be around and he's just kind of like... I'm just kind of like not something to do.

S Like I don't know, all these thoughts just came into my head, just out of nowhere, because the devil's prowling around seeking who's going to nest these thoughts. And I was just the idiot, the blinking idiot, and I nested them. For the first time in 22 years I started thinking about it. And instead of like understanding our relationship and knowing how solid it was, I started seeing all these other wonderful couples in the head and thinking about... imagining them all walking down the streets of Franklin with their latte. Right? Imagining them together and then I went through all the memories in my head, every single memory of when I've turned up at an event by myself and other couples were together.

P Yes.

S Everyone was ticked off, I remember that, I remember that, I remember that and I don't believe how wonderful my memory was but I remembered every single event.

[00:21:49]

D My wife's listening to this one. I'm finally sending her one. You know how you can send someone something to say a message. This is the one.

S I was 22 years of solidness and beautiful memories. Like I was shaking it with all kinds of stupid thoughts. Yes, you know, he doesn't... He's fallen out of love with me. Like this is just... You know, I know he walks in the door, it's just all about life

now and doing all these projects and he's probably be just as happy if I wasn't here. Like I was going through the stuff. I'm telling you, I totally was. And so I thought I was getting words in my head, strong words, and I thought those strong words must be said and I got the phone and I texted those strong words.

D Oh, my gosh.

S Yes, and I pressed send with righteous indignation. This is three days ago, and I said, we aren't even friends. Shock and horror. When the night before I fell asleep wrapped in his arms thinking I am the most blessed woman in the world.

D Oh, my gosh.

S I love this man, I feel so protected and the hardworking man that he is, he does all on my behalf. And the next afternoon we're not even friends, send. And the worst part about it, it was all this presumption, right?

[00:23:09]

S I had no facts. Like he's done nothing, said nothing, from the perfect husband he was the night before and now everything was like shaken. 22 years, no, he's not even my friend anymore.

P Just because the way you perceived it and decided to...

S Yes, I just decided like... It just occurred to me that I was home alone on Saturday and my children are growing up, my daughter's getting married, she was off doing this and blah... You know, that person was off doing that and I just ended up being all alone with the toddlers just fighting and scrapping at my feet. And my husband wasn't there and I'm like, where's my friend? Every other wife has a husband as a friend, sipping their latte and walking down...

P The streets of Franklin.

S Yes, walking... I saw it, in their skinny jeans, and I just saw the whole thing,

P You won't want Sam to wear skinny jeans.

S No, I didn't but I saw the couples that were together and the man was in skinny jeans. But, listen, it was terrible. But my whole energy was drained. I had told him... Listen, in my mind like his motives were totally, like he was judged. He didn't know his motives. I knew his motives, right?

P Yes.

S And it drained... It gave me a rotten Saturday. Drained my energy, shook my marriage, made him feel broken and hit in the side of the head. Because when he came home to like, what, we're not even friends, like we have this awesome

marriage, what's going on, where did this come from, right? And then it took me three days to repair the whole thing. Like literally to like bring it back...

P Because he was pretty undone then.

[00:24:32]

S Yes, he's like you've been thinking this all along. I said, no, actually you're not. It was just a wild thought that went through my head and then I just kind of like nested it for a while. He goes, no, you've been thinking this, you've been thinking this in silence. It's been growing for. I said, no, it hasn't been growing, it hasn't even been there. And he didn't believe me. He thought I've been really this unhappy wife that finally let it out. That's so sad, right? But it's just so easy, right? And it's not even truth. It's the sin of presumption and we do it. We don't just do it in our marriages, we do it with our children. Oh, yes, yes, yes, I know why they said that word, disrespect. I bet they don't even... That they think so-and-so would be a better mum and blah blah blah.

[00:25:11]

P Yes.

S Just crazy, we do it with our closest friends, with our relatives, with our co-workers. It's toxic.

D Yes, you guys are crazy.

S It's toxic for relationships and it's toxic to us personally and it wrecks havoc on our health.

P You tick box as jerk boxes, so you just hush.

D Like once a year, by the way... Like once a year, like, man, that guy's just got a problem. Whatever, end, it's finished. No one else hears about it.

P I know. But, listen, this podcast is to women.

D I'm listening.

S No, but, listen, I've been around men and I've seen their presumption. No, I have.

D You presume that you have.

S No, no, you've forgotten about it, though, because you guys are quick and then you're over. Like, you know. But I've seen it before where I'm like... I've just seen it in comments of men before. Oh, you know, that guy, I could just tell that he... You know, he's been up himself, blah blah blah. Yes, it's presumption, Danny.

D Yes.

[00:25:59]

S It's presumption.

D Sure.

S And it's so easy. I've seen it too in women. It's like, oh, yes, I can just tell. She invited me for lunch but I just kind of can tell she felt like she had to. You know, like I can just tell, when I'm at the yoga class, that she just...

P Yes, she's a bit fake.

S Yes, she's fake. I mean, we do it. I remember people have done it with my sweet dear mum who's just so sweet. They presume that it was all fake because she was just so honey-dripping, like they've actually called her answer phone to get a good laugh and get all their friends to call because she'd be, hello, this is the home of Nancy Campbell and Above Rubies. And they would think she's so sarcastic and just like putting it on, fake, fake woman she is. She probably yells at everybody.

D That's a solid impression.

S Yes, but it's just presumption.

[00:26:48]

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 When it comes to meat, quality matters. In fact, Serene, quality matters for veggies and stuff but even more for meat because you want your sources to be pristine if you're putting it in your body.

S Yes, exactly. And, you know, when you're making a dish and spending time and choosing the spices and you know that that meat is so incredibly cleanly raised, it just makes every bit so much more yummy.

P Yes. Well, Butcher Box believes everyone deserves this high quality humanely-sourced meat and every month Butcher Box ships a curated selection of high-quality meat right to your door. You pick it, right? And all this meat is free of antibodies and added hormones and each box has nine to 11 pounds of meat, enough for 24 individual meals. It's really budget-friendly.

S And you don't have to worry about it coming... Like being a bit gross. No, it's packed fresh, shipped frozen and vacuum-sealed, so it stays that way. You can customise your box also, or go with one of theirs. Either way you get exactly what you want and they have incredible selections. You have options like 100% grass-fed and finished beef, which is huge. A lot of times it's just grass-fed but not grass-finished and there is a difference.

[00:28:11]

S Free range organic chicken, heritage pork, wild caught Alaskan salmon, yummy, and sugar and nitrate-free bacon. I'm telling you what, they've got everything you need.

P I love the salmon so much. Big shout out for the salmon.

S Yes, it's the best meat shipped right to your door, which means one less trip to the grocery store.

P Yes, I like that. And they even have free shipping nationwide, except for Alaska and Hawaii. Right now, though, Butcher Box is offering new members two lobster tails, so if you're into lobster, and two fillet mignons for free in their first box. So, that sounds like a big celebration meal, right?

S And I wanted to shout out there that Butcher Box is the most affordable and convenient way to get healthy, humanely raised meat for around six bucks a meal. I mean, lots of fast food can't even compete with that.

P So, hey, if you love lobster and you want to get two lobster tails and two fillet mignons for free in your first box, hey, that's pretty amazing. Just go to [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy). That's [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy).

[00:29:11]

S This is the PODdy with Serene.

P And Pearl.

S Get it right, it's P- O- D- D -Y. Listen, now for the senses that are not presumption because they are those, the real official betrayals and official afflictions, you know. So, fallen world and people are deceived and people are broken. I've had to think about this whole thing lately, just because of the last few days. I was thinking about, okay, well, that was just me presuming upon it but, you know, people go through stuff, you know, and actually, you know, all of us here in the room, I believe, you know, because I know all of our stories, we've been through stuff. It's been real, real, real. But it's a fallen world. People are deceived and broken and the Bible tells us we don't wrestle against flesh and blood but against principalities and powers of darkness and many people are totally run by darkness. The puppets. And if people knew truth, if they had a revelation of light and of love and of God in His kingdom, they wouldn't behave like that because they would know. But they don't know. And it's like ISIS terrorists. They're deceived. They're totally deceived. They totally think that this is... That what they're fighting for is the truth and it's almost a righteous thing for them. A lot of people that have been terrorists, they do it in the name of something so much higher than themselves. They even blow themselves up for it.

[00:30:34]

P And so in a likely, you know, analogy, a lot of people that have affairs, they do it almost out of righteousness, like I'm not loved.

S Right.

P My wife doesn't love me, I needed someone to connect to.

S Right, exactly. You know, they're deceived by the depravity of the world, they're deceived by their own self-gratification. They have their own excuses. They may be lies but they're all there. Like for the reason why they have to search outside of sacred, they're all there. I mean, everybody's heard the excuses. When you hear a friend that's fallen that way, you'll ask what's going on and they'll be just like, well, I never had love, I never felt really, you know, blah blah, and it's all lies. I mean, even if it was true, it's all lies because that's no reason to go and break covenant. But people are totally deceived. They do what they do because they don't know better and people are like, well, they should know better. Well, they just don't and that's the brokenness of it and that's where we should have compassion for them. And people who are angry, they're deceived. They feel justified in their head. They have every reason in the book, why they should be full of hate.

[00:31:37]

S They're totally deceived. And it's only the grace of God that we're all not lunatics and hurtful people. I believe that we all, I'm sure, have hurt many people but it's only by the grace of God that we're not deranged hurtful people. And even the people who so-called do everything good, like, oh, they're just a perfect person. You know, a lot of times, without a revelation of true love, good people will do it for applause, will give so that there is given back to them. You know, without God the human nature is selfish to the core.

P Yes, it is.

S So, without a revelation of His love and a revelation of His light, we all have the very, very huge ability to hurt and to wound and to afflict and God died for our sins. We're so mercifully forgiven but the beautiful thing to me is He didn't just die for our sins but for all those sins that hurt you. He removed it and washed it clean, all those sins of others that afflicted you, He died for it so we can be free, not just our sins but all those other people's sins. We're free of them then, right? It's like we don't get to see them any longer, He's washed our eyes. And it's beautiful because washed eyes just brings a better life because we think, oh, well, I'm just...

P Well, what if they haven't asked for forgiveness. What if they're still mad, still vengeful?

S Because they're deceived and that's why we have compassion for them.

P Yes.

[00:33:14]

S I mean, total compassion for them, even more when they're in such deception like that but it doesn't matter, God still died for all sin. Past, present and future, He died for every single little bit of it. He covered it all. And of course those people personally have to come to God for forgiveness. But we who are in God, we see that total coverage. That total coverage was for everything. And we're not designed. That's the thing. This is why I'm coming here to talk about this today, is because of the affliction I gave myself, the miserable Saturday, and we're not designed for hurts and offensive. It actually kills us. It's slow suicide and takes all the fun of life on the way out. It just totally is miserable. We were designed for forgiveness.

P It's true.

S Because we are designed by a Creator who is forgiveness and knows no harboring of hurt. And I was just thinking about how He was beaten and whipped with whips designed to tear the flesh of His back. He was beaten and His beard was ripped out so that His face was so marred that He was unrecognisable. And He brought all of our sins, every ugly sin, and it became sin for us.

[00:34:30]

S He wasn't even recognizable as Jesus, the son of God anymore because... I believe that's why He was totally marred beyond recognition, because He had to become sin for us. He actually lost His identity so we could gain back ours. And He hung on that cross and was suffocating to death. As they say, one of the most painful parts of crucifixion is that every breath, they have to push up against those nails gone through the bones in their feet and it's like almost a suffocation at the end. And as He hung there with all of our sins because even if like we're so-called good, half of our reasons for it is all messed up anyway. But He hung there for all of our sins. And what did He say? Father, forgive them. They don't know what they do. And we are designed by this creator. He is that. He is forgiveness hanging there. He didn't deserve any of that. Perfect innocence, like we're human. I'm sure we may have... Not everybody, not in every situation, but sometimes we deserve a little bit of the flak we get, right?

P Yes.

S But He hung there, total innocence. Forgive them, they are deceived. They are lost. And that's the incredible forgiveness that we, as those who believe in Him, we get to... When we identify that death and we see ourselves... You know, when He hung there and died on our behalf, we see ourselves now as dead and we identify with His resurrection that now we are risen again. But now, because we... You know, sin died. We died there. Our flesh died but now we're risen to live as Christ and I love that, how the Bible says, it's no longer I that live but Christ who lives in me and the live that I now live, I live through the son of God who died for me.

[00:36:09]

S And so now we get to live like God has just put us on like a glove and we have to live that forgiveness, that beautiful forgiveness that is undeserving.

P You know, Serene, you talked about how we were created to forgive, right, like you said, and that's our design and when we live in design, like we've talked and we've sat here and we've talked about, you know, we were designed to love.

S Yes.

P We were designed to be thankful. We were designed to forgive. When we walk in this, we also... Our bodies and everything is connected. Our bodies also respond to that. Interesting study I read last week, actually this week, because I've still been studying about the vagus nerve. You know, we've talked about that here today, that biggest nerve in your body that's like a telephone pole from your gut to your brain and scientists have discovered that it's more like a muscle than a nerve. So, when you practice turning it on in your body, it pulls down inflammation, it builds your immune system, it is your anti-aging pill, it is your disease-busting pill, but it's your nerve. Right?

[00:37:11]

P So, they did... They're figuring... It's a pretty new science with the vagus nerve and they're doing more and more studies about it because they're like, okay, how can we turn it on, what are the things. So, we did a PODdy here about how love is powerful. Showing love, even micro moments of love to strangers or to your family and just allowing that love, because we were designed for love, God is love, it turns on your vagus nerve. It makes sense, right? God's love, He's our creator. When we love, we get healthier.

But this is interesting, how we think of people. So, they did this study. They had two groups of people. One group, they told them to think good thoughts about others, people in their lives and about good things, just things in general. And the other group of people were just told to meditate, clear their minds, get out the junk, you know, just calm down, just think of nothing, you know, meditate. So, then they tested the vagal tone, which is the way that you test if the vagus nerve is working well or not.

So, it was pronounced significantly more in the people that thought good thoughts about the people in their life. And so it is the way we think. We choose to think these good thoughts. Like you said, Serene, you could look at your husband as either this creative genius who is always distracted with a million things but he's just lovable and he's wise and he loves you so much.

S Yes.

P And he doesn't walk down Franklin in skinny jeans with a latte but he is who he is and you love him for it.

[00:38:39]

S Yes.

D Which is a very manly thing to do, by the way, walk down Franklin with skinny jeans and a latte.

S I don't even want him to do that. I would hate that. That's what I love about him, is he's not that. But it's just that all the couples I could imagine doing it had the skinny jeans.

P Or you could think of him as neglectful, someone who doesn't even care to be with you and someone who chooses work over his wife. It's two different ways to look at it.

D And depending on which you choose, literally will be your reality. You will actually... It's not like you'll just think that your perspective's wrong. It's that in your life experience you will actually be married to a negligent man who doesn't care about you.

S Yes, isn't that sad?

[00:39:17]

P That's so true, Dan.

D And who's going to argue with it? Who's in your mind to argue against it, if you're committed to that.

P And he'll even believe it. You know, I've done the same thing with my husband. I've told you guys over and over again, I could look at my husband like a control freak. I could look at him as so cute and caring. I choose to look at him as so cute and caring and I just love him. There's two ways to look at your spouse.

S Yes, like he rearranges all her groceries. She puts it up on the little thing that moves the groceries across, he'll quickly take the bananas and put it with the other bunch of bananas and look a little bit concerned while she puts a can of tomato paste next to the bottle of oats because they don't go together.

P And when we fly on the... When we go anywhere flying, definitely I could look at it as cute and caring or control freak self, we have to be at the airport not two hours earlier, three hours earlier and he gets all red-faced and flustered if we don't get through on time and all this and can only relax, bad mood, until we're behind, like have gone through the place where they check your security and all that and finally he can relax. But up until then, and I could really think, what, just chill, take a chill pill. I'm married to a really like intense husband who gets angry... Or I could say, isn't that cute, he can only relax when he goes through security. How funny.

D That's such a good tip, to cute-ify your spouse's bad habits or whatever it is.

P Because we've all got them, and one thing... I think I learnt this from my husband, right? He doesn't naturally... He doesn't have to tell himself, think of Pearl as perfect but all through my life, no matter what, I'm so not perfect, but he has this idea, which he just told himself, oh, I married the perfect woman. He's always said it. He tells it to me almost every day, honey, you're so perfect, you're so perfect, and of course somehow he must know I'm not but to him I'm just perfect. I'm perfect Pearl.

[00:41:05]

S It's so beautiful.

P And that's just what he thinks of me and nothing can change it.

S It's a choice. He chose it and...

P He chose it and so like your box, Danny...

S And he exercised it.

P He ticked it. There we go.

D Yes, it's been filled out. He doesn't need to revisit it.

P No, and so I just think it's so true. But when we do these things, when we think... Listen, my husband's not bashing me. He didn't turn from a good guy into a bad man, so I'm going to keep him, right?

[00:41:35]

P If I keep him, I should think about good thoughts. And guess what it does for us. Our vagus nerve turns on. We build up our health when we think about people, when we forgive, Serene, when we say, well, they didn't even mean that. Or when we say, look at them, they didn't know what they meant.

S I can find myself at the crossroads so many times and thinking, mmh, yes, they haven't visited for a while. They're probably... Yes, they're probably done with us. They probably think maybe like, you know, that we're a bit of a weird family. You know? Or it could be just they're busy, they really love... Like presumption, you're at a crossroads and it's so much... It's an exercise for me now and I find it a really fun challenge. It's like what Graham Cooke says, I'm only challenged by goodness. So, it's a challenge for me. Whenever I get a stupid thought from the devil, like the enemy that's just like presuming upon what somebody may be thinking about me or us or somebody's intentions, I'm like there's no facts here, I'm moving on with total moving ahead, loving them and not putting on something upon them that may not be even there, and even if it is there.

P Yes, even if there's facts.

S Love them because they know not what they do.

[00:42:45]

P And we're not saying stay with your husband if he is cheating on you. We're not saying that. We're saying sometimes you need to remove yourself from untrustworthy situations.

S But even when you've removed yourself from that...

P Yes.

S You know, you could be praying for reconciliation. It's not like you have to be like total divorce and sometimes it ends up in divorce and that's okay, when there's been a broken covenant.

P Yes.

S But the thing is you can actually say I've forgiven them because they were deceived. And have compassion for their souls because what they're doing there is killing their life and killing their soul. It's destructive for them. You know who you are in Christ. It hasn't changed you being in the heart of the beloved and you're no less loved by God and no less knowing your purpose. It's just that there's somebody that's been derailed and deceived and it's like a sickness of the mind and just like we're compassionate about people who have a sickness of their body or dying of cancer and we're like, I have compassion, I've got to pray for them, we need to have compassion for people who are actually being overtaken by these dark spirits which the Bible says we don't wrestle against flesh and blood but there are spirits of darkness out there that are actually deceiving people and to have great compassion for them. So, it's no longer this, yes, she deserves it and all of this like unforgiveness and this presuming or... You know, even when there's bad hurt, just like holding on to it and nursing it. The wisdom of man stinks, really. It ends up causing rot. His ways are higher than our ways. His thoughts are higher than our thoughts and it's time that I am challenging myself and it's time that all of us start to detox because his ways just bring light.

P Yes, and it's the next cleanse, really. It's the deepest cleanse, right.

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

S I'm Serene. Everybody's got to get ready in the morning but not everybody is using something that they really enjoy. For years I used razors that absolutely frustrated me until I met Billie which is like the best razor in the world. It's amazing. It's just... It's changed my shower in the morning from duty to pleasure.

P So, we want you to meet Billie too. Billie has created everyday essentials by delivering premium razors and high-performing body care directly to you. There's no pink tax. You know what that is, right? The pink tax is when you have to pay more for high-quality stuff. Well, in my mind that's what it is.

S I don't even know exactly what it is but it's not here with Billie.

P No.

S That's what we know. And no visit to the drugstore, like no extra drive that tacks on five bucks worth of petrol just to get there. I'm telling you, this is just a quick press of a button online and to your door is sent a wonderful Billie or Billie products, which they've got, like incredible dry hair shampoo and other things but just check out Billie because they've got... Whatever they've got you know it's full of integrity, from sourcing to all their ingredients.

[00:45:52]

P Yes. How about their starter kit for just \$9 that includes their award-winning razor, two refill blades and a magnetic holder that keeps your razor safe and dry in between uses.

S Here's where I have to rant. That magnetic holder is just miraculous. Because you know all those like suck and stick little tips that you have to put, you know like they have like a licky thing and you lick it and you stick it on your shower wall? They don't stay. They fall. But Billie's thing stays. It stays put in its magnetic... And every time you finish shaving, you just go plonk and it like connects like magic and it never falls.

P So, go to mybillie.com to meet the razor that made everyone start talking about razors. And keep talking about razors. Serene and I are still talking about it. Mamas, go to mybillie.com/trimhealthy and get the best razor you will ever own.

[00:46:44]

S Now, remember, it's just \$9 to get your starter kit, which is absolutely unbelievable. And you get free shipping always. Go to mybillie.com/trimhealthy. That's spelled M-Y-B-I-L-L-I-E.com/trimhealthy.

Announcer Trim Healthy Mama Product News and Notes.

P Hey, Serene, let's talk about our relaunch of our dark chocolate and dark chocolate with almonds.

S Please, because last weekend that's all I needed, was just a case on the couch.

D Wait, so, it's been shut down for a while or what's the story?

P We haven't had chocolate, Danny, for like a year.

D What?

P Something like that. You know, because we were trying to manufacture it with other people and that wasn't going well and it was too expensive doing that way and we actually had no control and we didn't really... It was pretty good but we wanted to revamp the formula.

S I loved that chocolate and it was so on plan and it was great but because we did it all by ourselves and we were all the Willy Wonky as far as the recipe and, you know, it's not like we were chocolatiers our whole life, we had a bit more cocoa butter than was needed and, if you noticed, it took a few seconds before chocolate landed on your tastebuds.

P Yes.

S It was like cocoa buttery first.

[00:47:57]

P So, we decided to buy our own chocolate machines and we thought we can do this. We can become proper chocolatiers. So, we've worked on this for a long time and now we have dark chocolate back. Guys, it's pretty phenomenal. I think you're going to love it. It is dairy-free, Serene, of course sugar-free, what else free?

S Inulin-free and dextrin-free.

D Is it guilt-free?

P Of course, Dan.

D Is it guilt-free?

S Yes, it's guilt-free. And, listen, Danny, you just missed the main point. Dextrin-free, inulin-free for all those people whose tummies bloat into different hemispheres.

[00:48:30]

D Inulin hurts you, right?

P Yes, Danny.

S Well, not everybody but for the bloaters...

D I'm a bloater.

S Yes.

P I cannot do some brands of sugar-free chocolate because they put the inulin in there. They do it to bring down carbs, right.

S But it's a fake way because it's still got that many carbs in, it's just a way that...

P Fake.

S Well, tell... Explain it, Pearl.

P Okay. There's nothing wrong with inulin. It's not unhealthy. But for a lot of people it goes into the stomach and causes it to act like a balloon with air and air has to come out somehow.

S Pheew.

D Or on someone typically.

[00:48:59]

P So, listen, even though it may not be unhealthy, it does make you very uncomfortable.

S So, you'll be in Wal-Mart and you'll be just letting it out and then quickly running to the next aisle so somebody else can be blamed for it.

D Why do my sons have to involve me in letting it out? Why do they bring it like they're showing off something they invented? I'm like you're not unique.

P Danny, that's a boy thing.

D This isn't cute. That wasn't funny. And they do a big move and I'm like...

P They lift the leg at the same...

D Where did you get the impression that I was impressed at like...

S They got it somewhere, Dan.

D At like your delivery.

S They got it from you somewhere.

P Yes, it's genetic.

[00:49:32]

D They got it from me somewhere.

P But, hey, you know, go try this new chocolate. Even if you're a milk chocolate lover. No, I want you to try this dark, actually, because it is slightly sweeter and it is dairy-free.

S But back to the point about the inulin, not that it's bad and it can bloat but it can falsify the numbers of carbs.

P Yes.

S Because if there's a certain amount of numbers of carbs in there, like they put extra in. Like in a milk chocolate they put extra milk powder or they've put something else in there, dextrin or whatever, that has a certain amount of carbs. If they say inulin, they can put it well under what is actually in there.

P So, they can subtract more than fibre with inulin. You get this to subtract... It's this whole... I don't know, it's a tricky thing. But we don't do that, mainly because we want to be true with carbs and, secondly, we don't want to bloat people's tummies.

S For those that don't want to be fluffing at the movie theater.

P I don't want fluff next to my husband.

D So, it's for sale again on the website?

P Yes. We should have brought you some, Dan.

[00:50:30]

S And as soon as you snap that baby in your mouth, you taste chocolate.

D We should be eating... What is the deal, girls? We should be eating chocolate now.

P Okay, so milk is coming soon. The milk chocolate's coming soon, people, but it's not here yet.

S Shall we talk about the nut one?

P Yes, there's dark with almonds. It's great but actually we need to make the almonds bigger. Right now, this batch, the almonds are teeny tiny.

S Yes.

P There's still almonds.

S This is still good but I want to see like a few half whole.

P Yes.

S You know, then you get a good crunch.

[00:50:56]

P Guys, you know, we're always going to work to make things better and better for you.

S But we do have a milk coming. We tasted the final today for the first time and... I only got the tiniest little sliver because my children like were all fighting over it, they loved it so much. It's good, it's really good.

P It's really good, mate. Hey, check it out... [www.trimhealthymama.com](http://www.trimhealthymama.com).

S Blinking good.