



Trim Healthy Podcast with Serene and Pearl

Episode #196 – Purple Is Your Color

(AIR DATE: 10/28/2020)

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

[00:00:00]

S This is the PODdy, with Serene.

P And Pearl.

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

D Is anyone listening? Is anyone out there in Podcast Land? Because, it's the Trim Healthy Podcast, with Serene, Pearl and Danny, and we're so pumped that you tuned in. You've tuned in again. What are we going on, three years?

P Yes.

D We're getting close to four years now, where you listen to the show, hopefully you're getting great meat out of it, because that is our very heart and intention. And I want to say that I probably speak for the group, I'm sure I do, when I say that we're so grateful, that after all these years, you still tune in. You come to our social media, you tell us what you heard, you tell us what you loved, you tell us what's working for you, people. We love you back. And we mean that from the bottom of our heart and could I lead out with something, gals?

[00:00:53]

P You could, Dan.

D I've got a Non-Scale Victory.

P No.

D Oh I do.

P Oh.

D So the other day I was going to put my jeans on...

P Yes.

D And as I tried to button the button, it was almost like I had to suck in a little bit.

P Yes.

D It was a little tight.

P I was thinking you looked a bit...

S Girthy?

P Nicely girthed up.

[00:01:16]

D Yes, and I got a little fat roll.

P Okay. Was that a good fat roll, like not from junk food, or are you just putting on some good weight?

D This is proper, I'm doing P proteins...

P Oh you go...

D I'm getting carbs from fruit and potatoes from the earth. This is not going to relate to most of you...

P Yes.

D But I get that. But now listen, I've learned some things with this Non-Scale Victory.

P Okay.

D Here's what I've learned. Many of you may be hard... It may be hard to lose.

S Yes.

D I'm a hard gainer.

S Right.

[00:01:49]

D So I feel you from the opposite perspective, but it's the same...

S It's the same mental beating yourself up over it.

D Absolutely, it's the exact same mental challenge. It's the exact same work. Because I've put in, since I totally had to drop all my weight, because of my digestive issues, I've put in years of work, to gain it back in a healthy way. Years.

S Yes.

D Years and years of looking in the mirror and being disappointed.

P And just to clarify too, for people out there, that same insecurity and that same self-worth issues that the enemy beats us up with, is for the flip-side as well as it is...

D Absolutely.

P For those who feel overweight or are overweight, it's the same thing for those who feel like they don't measure up.

D Absolutely, and very rarely I'll get someone, and it's usually a woman, who will put on my Instagram or something, I just want you to know, I'm maybe one of the only ones, but all of your side of sharing things helps me so much, because I'm struggling and it's affected her psychologically and...

[00:02:56]

S Yes.

D So there are people out there, like me, who do struggle to gain weight and to gain it healthy. I mean I could eat pizza all day...

S Right.

D Lose my gallbladder and probably be a little chunker. So, yes, the mental work and the physical work and the years and years and years of not giving up, has really paid off. I still don't weigh as much as I used to...

S Yes.

D But I don't want to, because when I look back at old pictures, I was, for me, now not for you, for me, I was overweight. I was over my healthy weight.

S Yes.

D And so I feel like I've learned so much that you guys have taught over the years, about like, what is overweight? Well, what's overweight for you, is not overweight for another person.

S Right.

[00:03:45]

D This is Trim Healthy Mama my way, or your way.

S Yes.

D So, yes, I just want to say, don't stop believing.

P Well applause to you, Danny.

D Thank you.

P How many pounds were you up? Two?

D Yes, I'm up all two pounds. No I'm up ten pounds, which for me...

P It's good, Dan.

S Great.

D People, it's hard to really project here, but you know for me, that might be like losing, for you, like losing 100 pounds.

S Yes.

D For me to gain ten pounds...

[00:04:12]

P Your face looks very healthy.

S Doesn't it?

D Does it?

P It does. Yes, your face looks really healthy and so you've learned to do it then obviously not by doing pizzas and chugging down Coke...

D That's right.

P But by eating all those good carbs, and then you were able to have a little bit of good fat within these days.

D I'm mixing in a little bit of fat.

P Yes.

D I'm still conscious, because I spent most of my life, like many others have done, they just don't feel the consequences like I did, but you eventually will, but I spent most of my life abusing carbs, fats and sugar.

S So he wrecked his gallbladder and so he can't eat...

D Gallbladder and digestive systems.

[00:04:43]

S A lot of fats, so yes...

D So yes, if I eat too much peanut butter, I know it, I'm aware of it. I get nauseated.

S Yes.

D Any time I get nauseated, it's my gallbladder talking to me.

P But a lot of it must be also, you just gaining a healthier overall body, which gives you more appetite, because you were...

D Yes.

P A person that didn't have much of an appetite.

S Yes you were like the one egger.

D Yes, I could only eat an egg and it's like, oh, I'm so full, but then I felt bad and that's because my gallbladder was shutting down.

S Yes.

D Yes, so for the one possible hard gainer out there, listening, yes, push ups and exercise really helped rev my hunger...

[00:05:18]

P Yes.

D And need for food and kind of pushed my body.

P What's your latest breakfast? What's a good Danny breakfast that you do, Dan?

D Well I'm really, I'm up to three eggs.

S Good, Dan.

P Good for you Dan, I can't believe that. I never thought I'd hear that, Dan, ever.

S That is a victory. It's an NSV.

D I could tear up, thinking about how I'm able to eat food.

S Yes.

D People don't know. People don't know where...

S Yes.

D Like the depths of despair, thinking I was dying, writing last words to each of my children...

[00:05:44]

S Yes.

D Real last words, people.

S Yes.

P Isn't it amazing how foods from the earth can heal, but they take time?

D They take time.

S It just takes time.

D To do it right, and to reclaim, I mean if you're really overweight, to really reclaim, man, you're going to have to put in years of work, but I'm telling you, it's worth it.

S Yes, I'd like to encourage people out there, a lot of people too, you know they'll get on some herbal supplement because they hear that it works. Maybe it's anti-inflammatory, to help with their condition, and they get on it one day, it's like, I don't notice the difference. Bam that one gets shoved to the back of the cupboard, you know.

P Yes.

S But with health, just like it is with health food, whole supplements from the earth, give it time, because it's not a shocking level of stuff for your body to deal with, like medicine is. It takes time, but it works. It works when you put in the time and just stick with it.

[00:06:33]

P It's so true.

D Yes, and it's actually brilliant design, if you think about it. It's actually so smart that it takes a long time for you to get healthy. Because think about it in reverse. What if it was in a second that you could die from eating poorly. Like if you ate poorly tonight, if tonight's meal was bad, you would just die from it.

S Yes.

D So that we sort of want that on the positive side, like we want to do a week's worth of work...

S Yes.

D And also in our bodies, you're like, boom, right where they're supposed to be...

S Yes.

D That's actually super unhealthy.

S Right.

D If you went through that dramatic of a swing, I promise you an organ would fall out.

[00:07:07]

P Because things, things, they have their natural balance. Like you said, we want on the positive side. But on the negative side if we...

D Right.

P Ate poorly for a week and we'd be dead...

D Right.

P We wouldn't want that.

D You don't want that.

P Things balance out that way. It's like faith and fear.

D Yes.

P Faith has just as much a harvest as fear has a harvest, they actually have... Their power is equal there.

D Yes.

S Yes.

[00:07:26]

P You know you fear, you can bring on terrible stuff in your life, you have faith, you can bring on amazing stuff, and so, just like with health food and junk food, they're equally as powerful, and thank the Lord, they didn't have us killed off in a week with our bad choices.

S Yes.

D Yes, things aren't overnight and that's brilliant. You have to actually rejoice that you're not getting your results overnight.

S Yes.

D You certainly didn't get your negative results overnight.

S Yes.

D So you're not going to get your positive results overnight, but that's the beauty of this planting, sowing, reaping type of mentality, is that these things are grown over time, and when you put that work into plant water faithfully...

S Yes.

D You're going to get it.

[00:08:01]

P You know, I'm so glad that Danny brought this NSV, because it's just the very profound point that he brought to the surface here with that, there's a balance to the negative and the positive. And we should be so jolly glad that things don't happen overnight for us.

S Yes.

P It's a huge... It just was a breakthrough in my brain. Like even though I knew it mentally, you know, natural herbs take time, you've got to give them time, it's just a big breakthrough to me. Yeehaw and I'm so glad I'm in this for the long haul, because it's going to show up and I'm going to reap my harvest in due time.

S Yes.

D And every time I'm pulling a little tighter to get my fat butt in my jeans...

S You never had it.

D I think about...

P So funny you saying it, looking at you.

D I think about my lady friends out there who get so excited when they get their skinny butt in their jeans, and it's too loose and they've got to tighten their belt up for whatever, because they're seeing little...

[00:08:45]

P So you haven't had to go up a pant size yet, but maybe it will happen.

D No I don't think it will, honestly.

P Okay.

D Because...

S You see...

P They're just not falling off yet.

S You see how his glory dream is a fat behind?

P Yes. His glory dream.

D It is, and I feel it too, I'm like, yes, I've got a chunker back there. I don't think that I'll be going up in jean size, because I'm at my healthy weight.

P Okay.

D And I know how to maintain it...

S Yes.

P Yes.

[00:09:04]

D Thanks to Tri, Tri, Tri, Tri, Tri, Tri.

S Tri, Tri, Tri, Tri, Tri, Trim Healthy Mama my way.

D You got the song covered.

P Hey, thank you for that Dan, I do have to give a little...

S Thanks for the song!

P Yes. Thanks!

D That was a great finish.

P Something I did want to bring, Danny, that you've all encouraged us to do, and it's not your fault, mate, I still love a Topo Chico. I want to talk about Topo Chico for a minute. It's come up in the groups, loves.

D What?

P You didn't know this Serene. They did a bunch of testing...

S No.

P On a bunch of mineral waters and they found out that Topo Chico, I don't have it in front of me...

[00:09:45]

S Don't...

P Had a lot of toxins in the water.

D Blasphemy.

S No.

P I need to get Jessica to send me that.

S Nobody will ever trust us again.

P There was a blog post and this blog post wasn't trying to be sensational at all. He was a guy that loves his Topo Chico.

D Wow.

P He was a really reasonable guy and he's like, guys, sorry. I hate to bring you this bad news. He said, I'm still going to drink my Topo Chicos, but just less, until they get this situation sorted out.

D Wow.

P They need to clean up their water for Topo Chico.

[00:10:13]

S What's going on?

D What did they find?

P And I believe that they will. And so it's nothing to be like, freak out, we can never have a Topo Chico again. I believe they'll clean up their source.

S Did the toxins make it particularly crispy?

P Was it... No, the particularly crispy, I think was just the amount of CO2 in there.

D They put in a lot of CO2.

P But you know, Danny, you've given a lot of free advertising for them. You should tell them, clean up your water source, we all want to go back to Topo Chico. You've got a fridge full.

D Yes.

P Jessica sent me the blog post and I just lost it.

D And do you know what toxins were found?

[00:10:46]

P That's what I'm trying to do. I'm trying to go back there. If you talk amongst yourselves, I could probably find it.

S How did the chicken cross the road, Danny?

D You know, how. Well he walked. The question is why.

S Yes.

D Why did the chicken cross the road?

S I've always questioned that too.

D Yes, and you know, people traditionally say, to get to the other side. But that's too simple.

S Yes.

D It's too simple. Chickens have purpose.

S Yes.

D They don't just show up and they're like, I just want to go over there.

S Yes.

[00:11:14]

D I mean people may do... I mean what person do you know says, I just want to walk over to the other side of the road?

S They sense the vibration of that fat worm squiggling in the dirt over there. And they knew. They knew what they were going for.

D Yes.

P Okay, so I found it. It's called Topo Chico. They tested a bunch of mineral water and Topo Chico, sadly, had the highest PFAS levels in the CO test.

S What's that?

D What's PFAS?

P What's really, it's a Consumers Report.

S It's so pfas mate, I'm so pathastic.

P They have a PFAS rating...

S You're sounding very clinical and scientific and boring.

P Or a polyfluoroalkyl substances.

[00:11:55]

S Where are they getting their water from?

P They're called forever chemicals, because they don't naturally break down, and there's no known way to destroy them. On nearly 50 brands of bottled water Topo Chico was one of the highest testers for this.

S So basically you can trust us, even though you feel that you can't trust us, because we told you to drink it.

P Well we did.

S Can we just...

P We just said we're enjoying it.

S We're humbling ourselves in telling you, don't drink it right now.

P It's not like we sell it.

S No, but I'm just trying to say...

P I'm not saying no one ever drink it. They're saying it's well under what the government says that you should...

S Yes.

P Consume but still you might want to go easy

[00:12:28]

S We're humbling ourselves. We didn't just say, oh, we lucked upon it and so we'll just say nothing, because then we'll look like idiots. No we're saying, we don't mind being idiots to say...

P There is some in other ones too.

D We got new information.

P Yes.

D So do we know what these chemicals...

D Like why are these chemicals in the water?

S Yes, like getting it out the gutters?

P This PFAS has been linked to adverse health effects in humans from increased cholesterol and...

S You're reading a teleprompter with a teleprompter voice.

[00:12:56]

P Yes, I am. I don't know much about it. I'm just saying, this was brought to me, so all I'm saying, is we need to encourage Topo Chico to clean it up, so we can go back to enjoying it a lot more unlimited...

D Yes, and you know, for all we know, they were not aware.

P They weren't. I'm sure they weren't.

D Yes.

P We love our Topo's.

D Absolutes, man.

P And like we've been sent oolong tea. We didn't sell it, because we found out beforehand, it was too high in lead levels.

D Wow.

P If we weren't really diligent about looking at our levels, we could have put that out to people, but we're diligent, because we know we have to be.

D In the case of our tea, was the lead because of the plant that manufacturer had cut it had on the equipment, or...

P I don't know. You know it was grown in the same place where it was grown before, and for some reason, this particular crop had high lead levels and all the others were good.

[00:13:41]

D It's weird.

P Isn't it weird.

D Where does it even come from?

P Some things are just naturally in the soil and ground.

D Okay, so maybe something could have got into their...

P Yes.

D Because supposedly they have a spring source, right?

S Sometimes it's not outside of things too, isn't it? Lead and cadmium or whatever those things are all things in the soil...

P This something's naturally in the earth, anyway. Things come from the earth and so...

D Okay.

[00:14:02]

P But you know, we're not doing a big, oh, they're evil. Topo Chico's evil and never drink it again. I'll have a Topo Chico. I know I'm going to be way under the levels if I'm just having one every now and again.

D I'll be having one this afternoon.

S I'm not touching it.

P Serene will never touch it now, until she sees...

D With PFAS and everything.

S Topo Nono.

D Topo Nono.

P I don't believe her.

D Well, if we can get their attention, you know, I've tagged them several times on social media and they don't...

P You would be their best spokesman in the world, but you'll only do it if they clean up their stuff.

D And they give me some attention on social media.

[00:14:31]

P Do they?

D Instagram, specifically.

P Do they know that you speak, like you encourage...

D If they do, they don't respond.

S Oh it's just like Aldi.

P You have caused...

S Boyfriends that don't call back...

P Tens of thousands of women to enjoy Topo Chico. They should be sending you a check.

D They should say something. And dude, it's just the social way. If you tag me on Instagram, I'm sharing your stuff.

S Yes.

D That's just the truth. That's the way you do it.

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

[00:14:58]

S I'm Serene. If you haven't met Billie yet, I just think it's just the best razor in the whole entire world. I want to introduce you to it. I have struggled with razor hatred. You know people have road rage, I've had razor rage. Especially because I'm a cutter, no, I don't cut myself, like I'm a freak-out. No, I've cut myself shaving.

P Yes.

S Because I like to do it fast.

P Yes.

S And furious and Billie is just so well done. It has five blades in it that America made and it just gives such a smooth shave. And my favourite thing about it, before I let Pearl take the show away, is that it has a special little cute magnet holder, boom, it goes to your shower. And whenever you put your shaver even near it, it just sucks it up and holds it tight. Now all those other lick and stick brands...

P Lick and stick.

S They end up all soggy at the bottom of your shower and all that lovely little shave gel line gets all goo gagger and I can't stand it. But Billie is the bomb.

[00:15:58]

P This is why we speak for Billie, because we love it ourselves. And it's just not only the shaver now. Billie has started making everyday essentials and natural ones. And so Serene and I are all about that and all of it comes directly to you. No paying tax, no visit to the drug store, oh my goodness, no breaking the bank.

S I'm not lying, people, I'm just telling you I personally, and I don't get it free from advertising, I am on Auto Ship. Every month I get sent Billie razors because I paid for it out my own bank account. I don't even like Auto Ship. I put myself on an Auto Ship.

P So go to mybillie.com to get their starter kit. They're just \$9, which includes their award-winning razor that Serene has changed her life for, two refill blades, and that magnetic holder that goes joop, and that keeps your razor safe and dry. And Billie is out to change more than the way you shave. They change the way women shave and now they've got these awesome products, like their dry shampoo and the face wipes.

S Listen, it may not come with the starter kit, I don't know, but if you ever get money or you want it in your Christmas stocking, ask for it. Their shaving cream...

[00:17:03]

P Yes, you'd like that.

S It's like putting icing... Like it's so luscious, and nary a cut happens.

P Go to mybillie.com to get their starter kit for just \$9, right?

S No, repeat that.

P Just \$9.

S Yes.

P That's unbelievable. So, that's mybillie.com/trimhealthy. That's mybillie. B-I-L-L-I-E. It's not a y .com/trimhealthy for that \$9 starter kit.

Announcer Trim Healthy Mama Superfood Spotlight.

S Pearl, you're wearing purple

P I'm wearing purple for a reason and this is my... You're going to bring some meat soon, but I'm going to bring an early..

S I'm going to bring a slice of deli meat.

P We usually say it nearer the end. We are going to do a Superfood Spotlight right now, a quick one, because I want to do it before you bring the meat.

[00:18:05]

S No, you can bring the long one. You aren't wearing purple for nothing.

P Bring in purple because I wanted to...

S You know I dyed my hair purple once by accident?

P Talk about my new thing.

S Yes, permanent by accident.

P Yes, you thought it was like a maroon...

S Oh, I thought it was mahogany.

P Yes.

S Like auburn with a little more mahogany lights...

D Maroan?

S I thought it was a semi-permanent. I re-read the box after I came out like an eggplant. Permanent.

D No way.

[00:18:27]

S I had to get it stripped.

D What if you said, what you said maroon? Just since that's the way you pronounce it?

S I don't know. I say maroon.

D But maroan is like moron pronounced differently.

P Yes. When I told my brother he was a moron because he told me, if you clean my room, I'll pay you \$5, this was when I was seven years old, I put big signs all over the room, you are a morone.

S At least she put an E on the end.

D Oh there's an E?

P It's not an E but I didn't know how to spell. You are a morone. You're a morone, you're a morone.

D Back to focus.

S She tried to call him a moron.

[00:18:56]

P Yes back to my Superfood Spotlight. So lately, purple cabbage has been rocking my world and I've got a challenge for you guys, right? And why purple cabbage?

D Yes, why.

P If you're going to do cabbage, and I love cabbage, because of its versatility and because of its health benefits, okay. So cabbage is completely anti-cancer, cabbage is one of the lowest calory vegetables there are, low in carbs. It's such a great non-starchy and it is cheap, baby. It is a cheap filler.

S You know, when you think about the slums of England, you see cabbage leaves.

D As I often do.

S You know, in your head.

P That's supposed to be a good...

S If you've seen a great PBS and it's gone back to the times...

P I think of it...

S Of the slums of England...

P A slop of cabbage, then.

S No there was, you'd see cabbages rolling down those cobblestone streets, because they were cheap, baby.

[00:19:47]

P Ah, cheap.

S And they were even in the poorest of the grovels.

D Watch out, kids, there's a cabbage rolling down the streets.

P If you can't do Trim Healthy Mama you think, because it's too expensive, put some cabbage in your life and...

S Roll it down your cobblestone.

P I'm going to show you how you can even amp it up, all right? So, I never have in my life, bought myself a purple cabbage.

S What? Miss Purist queen here, herself.

P I have bought lots of green cabbage, but you know, because I'd buy it for eggroll in a bowl and I buy it to slice it up and sauté and have under eggs, and it's a great noodle. Finely cut cabbage is a great noodle. I love to buy the little bags of it pre-shred and just shove anything over it. You've got a stir-fry. If you've got cabbage and you've got any protein sauce, you've got a stir-fry that can last you meals upon meals.

[00:20:36]

S And all you purists out there, you can make purple sauerkraut. Oh my goodness.

P Yes. Why purple cabbage? Now I was reading in this book, How Not To Die, just about how...

S Good name, by the way.

D It's called How Not To Die.

P Yes, it's called How Not To Die. It's a really interesting book. I don't agree with everything in it, but isn't that the case with many books?

D You mean specifically the die part?

P Many gems. I don't agree with the aspects where meat is brought out to be...

D Okay.

P Dangerous and not really meant for humans, so much.

S Yes, we've read plenty of books like that and we've almost died trying to be vegetarians.

D So it's what the health type of situation?

[00:21:07]

P Sort of like that, but there's many gems in this book, and I think there are many truths. Just along with some extremes, but that's okay. You know, God bless them.

S You love me, and I'm extreme.

P That's true Serene. Purple cabbage, right? Now I think to myself, if I'm going to do cabbage, why not do purple. And it has ten times the health benefits of the green.

S Probably goes with the purple onion too, hey?

P It does. Anything purple has about ten times or more the health boosting capabilities of its counterpart, which may be the lighter colour.

S And it's prettier.

P It is pretty and it's the xanthans in it, the flavonoids. So, ten times the amount of vitamin C. Did you know that cabbage is already high in vitamin C?

D I did not.

P Purple has ten times the amount, Danny. And it tastes just as nice.

D Is it similar?

P Even a tad better.

[00:21:53]

D Okay.

P It has ten times the amount of flavonoids. Cancer fighting flavonoids. Ten times the amount of vitamins. So if you want to fight cancer, prevent it, have a purple cabbage rather than a green. So I tried this challenge for myself.

S Yes.

P First of all, cabbage is super. It's got something in it that tells your body to burn fat.

D Wow.

P No, it does. So Danny just don't have too much of it, okay, because you wanted to gain.

D Yes, because I love cabbage with meat. Such a combo.

P I know, but if you've got a carb on the side, you'll do fine, Dan.

D Have you ever had...

[00:22:31]

P Get you some rice in there.

D Have you ever had corned beef and cabbage?

S Oh, my Mum used to make it.

P Yes and in our first book we made something called Kai Si Ming that we grew up with.

S Oh, and in the Future, the Trim Healthy Future coming up, I have a recipe called Red Revival Salad.

P Yes.

S It's based around...

P It's got a purple cabbage.

S All the reds, and it's got a purple cabbage, it's purple, reds...

P There's quite a few recipes of cabbage in the Trim Healthy Future book. So I gave myself this challenge. I bought myself a purple cabbage. It was a small one, because I thought, I'll never be up to do this challenge if it's big. You know, that would be beyond a joke. I said, Pearl, can you get through this whole, entire red, you know you can call them red, you can call them purple, the same thing, cabbage in one week by yourself? This is not your other family members doing it. Because I thought to myself, how much am I going to boost my health in one week by doing this?

[00:23:16]

S Did you flurge?

P Did I fluff?

S Yes.

P No, because I found out that cabbage, if I eat it raw, I can eat it raw in small doses and it doesn't fluff me up with air. But if I cook it, my stomach is completely beautiful.

S Yes, cooking it breaks down the flurge things.

P I don't get a lot of fluffy air.

S Yes.

P So I found, for me, I almost made my challenge. Some of you might going to take this challenge and you're going to make it all the way, but there was a couple of days where I was out and I didn't use it.

[00:23:47]

S You were out on the town. Not out.

P A couple of days, yes, I was out on the town.

S Yes.

P So I got through about three quarters of my purple cabbage by myself in a week.

S I'll give you B+.

P And I felt my health just flourishing. Here's the way I do it. Now if I have a salad, I just get out some purple cabbage, cut it thinly and what I do is, I put it in the pan for about two minutes with seasonings, nutritional yeast, salt, pepper. You can even put a little water in there to break it down quickly. Or if you're doing an S you can just a...

S The water will evaporate as you steam...

P Yes, it evaporates, so it's not slushy. And I do that, and I put it on top of the salad, so every salad I have, I've got purple cabbage on there as well. And it just amps up and you feel like you're eating more, because it takes longer to eat than the green leaves.

S Yes, there's more chew factor.

[00:24:36]

P So you get a more filling factor. It's very slimming. I've found I have to do more Crossovers when I'm putting a lot of cabbage in my life.

S Such a Purple Queen Wonder Girl.

P And it bulks up your meals. It's very inexpensive, so there's so many ways you can do it.

S Yes.

P You can even put it in your Eggroll In A Bowl stir-fry, or you can put it with every single meal.

S It's even yummy at breakfast, fried on the side of eggs.

P Totally. I find that cutting it finely is the key, because then it gets cooked very quickly.

S Very.

P If your stomach can handle raw cabbage more the power to you. But there are a lot of health benefits that come out when it actually when heat kicks it too.

S And if you feel like those crisp vegetables like cabbage, purple cabbage, purple onion, the red radishes, they have a little bite to your throat.

[00:25:24]

P Yes.

S That gets totally taken away by cooking it.

P Cooking it takes it away.

S I can't eat raw radishes. And I can't eat hot, hot peppers, but they just burn the back of my throat.

P It's bitter.

S You cook those things, they're like smooth potatoes and red cabbage has no bite. Red onions have no bite, when you cook them up.

P Yes, so I'm just finding it amazing. So I don't know if you want to take that little challenge?

S I'm doing it. I'm doing it Monday onwards...

P Tell me and see what you can do. Let me know on Facebook or somewhere else.

S Fist pump, Pearl, I'm doing it, hey Dan?

D Padoosh.

[00:25:50]

P He doesn't mean it. Look at his face. I'm fist pumping but I don't mean it.

S Such a fake artist. Are you in for real?

D I'm totally in.

S That totally looked like totally not.

P It's like I'm totally in this challenge.

S I'm totally calling your wife to make sure you're in this for real.

D This is the cabbage challenge.

P Yes, red cabbage.

D Yes.

P A small one, okay? Try it, to see?

S No, I'm doing large.

P Are you?

[00:26:09]

S I'm doing large.

D I mean we're going to make it for the whole...

S Go big or go home.

P No I'm worried about yourself, because you're underweight right now. It's going to make you go underweight.

S Go big or go home. I'm not underweight, because Trim Healthy Mama is like an under nourishing thing... It's just...

D I hate to be one of those guys...

S I was pregnant and my metabolism does a thing when I'm pregnant.

P You had a miscarriage and you lost too much weight.

S And I had no appetite.

D You can have some of this. I've always wanted to be that guy, you know, like I'm always talking to men and they're like, oh, you can take some of mine, if you want. I'm like, shut up.

S No but some almond butter, toasted almond butter on sautéed red cabbage is what I'm going to do. I'm going to put those good healthy fats in there.

[00:26:39]

P Yes, you could have a... Guess what? This sounds so weird to people, but right now it's so yummy. Do you know I thought Serene I was going to tell you. I found at Whole Foods, you know how you can get that German... You know how I love your sourdough bread?

S Yes. Praise cake.

P But I'll never make it. I'm a drive through Sue.

D Praise me.

S You taking a picture?

D No.

S Good, because I had my nostril in there.

P Whole Foods used to do a sourdough whole grain wheat, right? But it was just regular wheat, but at least it was sourdough. I used to buy it. They stopped doing it.

S Yes, the dreaders.

[00:27:08]

P Guess what I found the other day? It is rocking my entire world.

D What you find?

P It is a rye. All it is, is 100% rye, salt, water, and guess what? Sourdough. It is a sourdough rye.

S In the Whole Foods? In the Whole Foods?

P Yes. It's only \$3.49.

S I'm going this afternoon. Driving an hour and a half.

P Serene, I gave some to Rashida.

S You gave some to Rashida, and not me?

P It's at the bottom of a little... You will miss it. I only found it by mistake. I was just looking down at some coffees and I saw it down at the bottom level.

S Hold on. In the bakery section...

P It's called pumpernickel. They call it pumpernickel, but it's dry.

S In the bakery section?

P Yes.

S In the fresh bread in brown bag section?

[00:27:44]

P No. Opposite there.

S Oh, where the coffees are.

P Yes, close to the coffees. And it tastes sour, it's got that sour...

S Tell your Whole Foods to bring it in, people.

P It's thick like a brick. Serene, it's thick like a brick.

S Tell them to bring it in, people, and then you can do the challenge. The brick bread and purple cabbage challenge.

P This is really going back to when people didn't have much money. Brick bread and cabbage.

S Yes, you can see the brick bread rolling...

P But those are the best...

S You got, you went into jail for stealing the brick bread.

[00:28:08]

P That's the best foods for you.

D Built like a brick.

P So all I was saying, is you could do like brick bread on the bottom, oh yummy, sauteed up purple cabbage with nutritional yeast and then top it with some nut butter.

S Oh yes, that's for us.

P Collagen in your hot drink.

S Yes, that's for us.

P You're for a Crossover.

S Trying to do Crossovers, yes.

P Or you could do a peanut butter.

S Oh totes.

P But I want you to do two tablespoons.

S Oh, I'm going for it.

[00:28:30]

P I love it.

D Do you think assuming both sources are good and it's not filled with added sugar, nothing added, do you think that almond butter is better than peanut butter?

S I think unless it's...

P People think that way.

S Do you want me to be puristy about it?

D Yes.

S And then I'll be...

D Yes.

S First I'll be creation about it. Okay? God created the peanut, as much as He created the almond.

P I know...

D That's kind of where I'm at.

[00:28:54]

S It's got tryptophan in it, there is things that make you happy in peanuts. And I'll tell you what, people that love peanut butter, everything else is a substitute and it's not the real thing. Okay? So I believe of the creation side of things. Lucy's got here hands up and Hallelujahing.

P Some are just...

S Made by the Father.

P Did the hallelujah.

S Okay, but on the other side, I think that when it's not organic, that I think...

P Or, what do you think? Or do you just think?

S Well I say like above ground crops...

P A lot of people think there's mould and phytotoxins...

S Some call it toxins what is it... aflatoxins?

P Mi... Something like that.

S Yes, aflatoxins you were right. Mycotoxins are on the coffee, aflatoxins are on the peanuts.

P People say that a lot, but I've had peanut, you know, we even sell peanut flour, but it's aflatoxin free.

[00:29:38]

S Yes.

P But a lot of people think that it's in peanut butter, because of the fat, I think in there, developing it, I don't know. I still eat it, but in my head, my head tells me almond butter is better for me, so I eat almond butter a lot too and...

S So God made almond butter, the devil made peanut butter?

P That's what people think. That's what social media tells them.

S Hey, you've got an allergy to peanuts, we understand that. There's a no-brainer.

P Yes.

S But a prayer in time you get a miracle and can partake too, but the deal is, that I do believe deep down, God didn't make no junk.

P What do you reckon Dan? Do you like the almond or the peanut?

D Yes, I'm going to throw a... Unless there is a weight gaining aspect to one or the other, over the other, then I'm like... I have one question. Ever. And that is...

[00:30:32]

P How can this make me gain weight?

D What part of the earth did this come from?

S Oh, okay.

D And if it's from the earth, it is supposed to be in your body.

S Yes.

D IMO. IMHO.

S Yes.

D In My Opinion, In My Humble Opinion.

S I'm weird about certain foods that are not organic, like corn. I have to do it organic. Peanuts? I feel like I have to do it organic.

P Do you buy organic peanut butter?

S I do.

P Wow, no I don't either.

S Not for all of my ten thousand tribes. They don't care.

[00:30:57]

D That's funny I feel the same about corn.

S For my toddlers, I do.

P Yes.

S The young children, I buy organic and then I throw the...

P The teenagers.

D The teens can eat the slop.

S They're going to eat at the church.

P Teenage swine. Potluck.

D Yes. That's right...

S And I'm like, you can have the...

D And they're going to burn it off, too.

S Yes.

D And they're not...

[00:31:12]

S Burn off the toxins, right?

D Yes, I feel like you're in the teenage years, somehow you're invincible. Eat your ice-cream.

S Yes.

P Yes.

S I feed my teenagers the top-ist of the top food. They eat my sourdough brick bread, they eat all of the good garden organic vegetables, but I'm just saying I can't feed ten children organic peanut butter, but I want to start the toddlers off strong.

P Choose your favorites, Serene.

S No, the toddlers, they get extra protection.

P It's the insurance plan?

S Yes, you know I have a full coverage on the toddlers.

P Oh my goodness, Serene, you had meat to bring today and we've got like ten minutes.

S Oh, no it's just a good little meat. Just a slice of deli meat.

[00:31:44]

P All right, here we go.

S With purple shirts done.

P Purple, oh I do want to say, so I've switched now. When I buy things I just thought might as well get the most bang for my buck. There's still good things in green cabbage, but I've switched to purple onion, I've switched to purple cabbage and what other purps are there?

S You can get like the radicchio and all that kind of stuff.

P Purple lettuce, any time I can find it, I buy that.

S With the purple fringes on the...

P This is 40 times more flavonoids.

S It's not completely purple, people, so when you're looking out for this, it's just the green lettuce that has purple edges.

D Oh that would have thrown me.

S You know it's like three quarters of the way up it goes purple.

[00:32:13]

P 40 times more flavonoids, Dan.

D What about purple yams.

P Yes, oh the purple potato.

S The best.

P Purple potato...

S The best.

P I had a study. You bring your meat and I'll look for my study.

D This is so interesting.

S Okay, so my meat's no teleprompter meat, this time, mate. This is just something...

D Could I ask something real quick because I'll never remember it again.

P You go Dan.

S For the longest time.

D Why is it, do we know why is it purple? And interesting that it's...

[00:32:42]

S God made it. God made it purple.

D And His royal... Okay. That explains it.

P That's the anthocyanins, though, isn't it or the exastins?

S Axanthisms?

P Agzastins or something.

S It's in the black rice, it's in blackberries.

P This incredible study about purple potatoes. You love them, don't you Serene?

S It's the only ones I have.

P Purple sweet and purple regular potatoes.

S Oh, the purple sweet potatoes and they have a little firmer texture. They're divine. Do you want to do deli-meat while you're looking?

P Yes, I'm going to bring this at the end.

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

[00:33:18]

S I'm Serene. Hey if you're a woman in the US, chances are you have at least a couple of children, a \$300,000 mortgage, student loans and lingering credit and card balance.

P Ouch.

S That's just where most women are. So what happens to your family's ability to manage all those finances if you pass away?

P Depressive.

S That's a question. I know, but that's taken care of if you have Jenny Life. Jenny Life makes it fast and easy for women to know their families will be taken care of with insurance that's uniquely built for your needs. With Jenny Life you can get your life insurance policy without blood work or unnecessary red tape and you can do it all online, which is a plus...

P And listen it's not a very exciting subject and it's worse to go and find it and go in meetings and interviews about this, right?

S You know this is a very specially serious time we're adding.

P Yes, because it's better to do this online, because it's a personal thing, where you can just take five simple questions, and then you can find the plan that you want from dozens of A-rated insurance carriers. And they can personalised this for you. So, for example, a healthy 32-year-old woman can get \$500,000 in coverage for about \$1 a day, and you never have to step into a doctor's office.

[00:34:36]

Life insurance is something that's really important and because every family deserves a secure financial future, so just take a few minutes to get your Jennylife policy and visit jennylife.com/trimhealthy, to get a free quote right now. That's Jennylife. J-E-N-N-Ylife.com/trimhealthy for your life insurance quote without all the other hassle.

S This is the PODdy, with Serene.

P And Pearl.

S Get it right. It's P-O-D-D-Y. Like I said, this is just off the top of my head, I just mentioned it to Pearl yesterday on a personal matter. It had nothing to do with bringing to you guys, and Pearl's like, no I think you should bring that. I think that could really help. We've talked so much about the power of the mind here on the Poddy and just speaking into our mind, letting ourselves be positive fellowship for ourselves and not fellowship with darkness. A lot of us and I have done this in years of my life, where it's just, you know, we think and we have conversations inside of our head all day long and many seasons of my life, those conversations have not been bright sunshine. You know they were full of fear and they were what ifs, which led to a lot of panic attacks and crazy stuff in my life. So, because of our own personal journeys, Pearl walking out of different sicknesses, where she was basically like mind over matter, this is a personal pet subject on us. So we've talked about the power of the mind. And I believe it and I believe in thinking good thoughts, but just recent, and I know that we are two entwined into one in our body. We have the spiritual body and we have this physical body and for many times doctors and scientists for years back, used to think they were separate. Completely separate. You know, your mind didn't affect your body. Your body didn't affect your mind. But we know that they're totally intertwined now. So I know that, but I had a little experience, personally in this past week, where I realised, sometimes you have to speak directly to your body and not just speak it into your mind.

D Agreed.

S Okay so you're all, I don't know if you all heard...

D Let's get weird.

S Yes.

[00:36:52]

D No, let's get weird.

S I had this miscarriage lately, and you know, I was almost to the end of my first trimester. The baby actually went on to Eternity way earlier, but I didn't know and I was carrying this baby, because I was, my body still thought it was pregnant, so I was still feeling all the symptoms and everything. So, it was more of a shock when I lost the baby, because it was at the time when I was going to hear that end of trimester heartbeat kind of stage. I've had a miscarriage before, it was very early on. It was just as sad a loss, but this one was more traumatising, because I had connected to the pregnancy in a way like, this is for realsa, this is the earth suits putting on. This baby's putting on the earth suit, mate. So I've been in a grieving process in the last week, but my mind was in a healthy place. I shared it, I don't know if you heard the Poddy before this, where I shared about just the beautiful uplifting words that the Lord had given me and just the place I was in my head was healthy.

S So I was in this happy place and I was encouraging my mind and I was not mentally sad, but I felt like, what is wrong with me? I couldn't get out of this slump. And it wasn't a mental slump. And I started to think, what is going on? And I realised, I said to my husband, my body is grieving. My body is grieving separate to my mind. It's like I told my mind, it's all good. Like this baby is Fraternity, God is Sovereign...

[00:38:13]

P But I do want to announce too. You did grieve the baby.

S Oh no, I totally grieved. I'm still grieving the baby.

P Yes, and it was a lingering sadness.

S No, yes, I'm still grieving the baby and even to this day, I'm never going to stop missing that baby, but God gave me this incredible revelation is that missing is going to be turned to a hope.

P Yes.

S A hope for future reuniting. I can't miss and just hold onto the past, without any hope, so, what I'm saying is, mentally, I had this hope, this anchor of hope and this great peace. But my body, and it's not that I was mad at my body for having this, it's totally natural, but it wasn't a healthy place, because it was getting to almost a darkness over my body. Where I'd wake up in the morning and the children would be, how are you doing, Mom? I almost wouldn't want to answer because I wouldn't want to say good.

[00:38:55]

P I know and I saw you and Serene and I saw your body doing something too, and it was natural. You live in an earth tent.

S Right.

P These are tents. They feel hormones, they express themselves in different ways and I know you're coming to a point, but I saw you, and your body wasn't Serene's body.

S No, but you could tell when you talked to me my mind was fine.

P Your mind was. But your whole tent was in a dark place.

S Yes, it was like, I didn't want to let go. My tent, my body didn't want to let go of that baby. It held on, and held on, and held on, and the miscarriage was not one of those ones where you're just, ah, it's so sad you lost the baby. No it was, it's still in the process of letting go...

P It's pretty traumatic.

S And it doesn't want to let go and the pregnancy is coming out very slowly into the whatever, but the point is, is that, so I'm not saying that you can't grieve and allow your body to feel that. And I'm proud of my body for loving that baby and not wanting to let go, but there is a point where you have to say, like David said, he spoke to a soul, he said, why are we downcast? He basically spoke right to the matter.

[00:39:58]

S And I was telling my husband, I said, I feel like even though my mind right now is not crying, because I've done that, I've done that emotional la-la, you know I felt like these tears are all catching at the base of my throat. And it's like I'm constantly stopping crying, you know how when you're very emotional, you swallow back tears, you swallow back grief like that, that's how my body was. And I said to my husband, my body is crying by itself. So I thought okay, well that was okay, and I've allowed that, and that's good, but for the sake of my family and the environment and the joy in my home and for the sake of the baby. Because if I truly know where this baby is, I've got to move on, not move on for the baby, but move on in joy. So I spoke straight to my body yesterday, this was. And I said, body, I'm so proud of you. And I love the way you clung onto our sweet baby, but guess what? It's time to be happy, body. Body, you've done a great thing, but body...

P This makes me cry.

S I speak to my body, and I say, body, be revived. Body be filled with joy. Rejoice always, body. And there was something that lifted incredibly, because even though my mind had been encouraged in all these great places, speaking directly to the mountain, was what I needed. And then I started thinking about it and I'm like, this is a Biblical thing. I mean God's, the disciples were on the storm on the Sea of Galilee. A huge, massive storm. And they were freaking out and they were afraid and He didn't go straight to the people and say, hey, don't be afraid, I'm going to do this, and you'll be all right if you trust in Me.

[00:41:29]

S No, He didn't waste the time on that, not that that was a bad thing. He went straight to the storm and said, peace, be still. He spoke directly to the storm and that was Him, that we're created in His image. And He also said, He gave us all authority in His name and He also said, you can say to the mountain. So we're allowed to speak to the mountain and speak to the tangible things of flesh, so it's great that we encourage our minds and think positively. And I don't want to take away from that, because we've been delving into it for the past year on the podcast, but if there's a time in your life, where you have to speak directly to your body. Or speak directly to something that's tangible, flesh around you, I feel that it's powerful, because it cuts to the chase.

P Yes.

S And I feel like Pearl, you've had to do that too.

P I have.

S You've talked there, but Charlie Straightpants, your husband, has come in.

[00:42:19]

P Hi, welcome.

S Welcome, Charlie Straightpants. Tucked in all nice and tight. He's got his shirt tucked in tight.

P I do want to say, when you said that to me Serene, because you called me on the phone and I said, yes, we were just talking and I said but your body, there's something... You're not Serene right now.

S Well I had a midwife appointment and you're like, don't cancel it Serene, even though you feel like the bleeding's slowing down, don't cancel it.

P Yes, I said there's something wrong with you, Serene. You're not you. And she's like, yes. She's like, I don't feel me. And I saw her and you know, you usually stand straight and secure and you was a little round, it was like rounded and your body was just going through it. And then you told me this thing. You said, I think I have to speak to my body. Pearl and I'm like, I was reminded of, in the scriptures, where it actually said, lift up the hands that hang down.

S Yes.

P If the hands are hanging down, they're hanging down, because that's the natural way your body feels like hanging them down, right? But it was a direct scripture to say, do the opposite.

[00:43:15]

S Yes.

P Lift them up and that was a direct command to the body and so I believe what you're saying, it's true, Serene, we actually have power over authority, over our futures and over the journey we can take.

S And over our physicality.

P This is a grieving process. Of course. And there's a loss, but we don't want to bring in things to our body that don't have to be there, and either sickness, it's a prolonged sickness.

S Or a season that has done it's beautiful time and not that I'm ever losing the tenderness of that love for that child, but that state of heaviness...

P Yes.

S Needed to be lifted, just for my own health, too.

P Yes. Your own health.

S So I feel like, even people that are going through journeys and in their body and there are certain issues in their body, like I would start to speak to the varicose veins.

[00:44:06]

P Have you?

S Okay so I have an elder sister, Pearl's sister too, Vange and she's had ten children and never had a vein.

P Yes.

S Like gorgeous legs, you know, and Pearl and I got the rotten end of the stick, you know. And we got these varicose veins, more with each baby and I wear my trendy stockings, my good old compression, and I'm like, I'm speaking to, this morning I got up after...

P Did you?

S I just felt this lift of speaking to my body, like, rejoice body it's great, I spoke to my veins, I said veins...

P Did you?

S Veins, strengthen. Veins, you're the walls of my veins are strong.

P Did you say that...

S Please be strong.

[00:44:43]

D Say, peace, be still.

S Yes.

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

S I'm Serene.

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S This is the PODdy, with Serene.

P And Pearl.

[00:44:32]

S Get it right. It's P O D D Y.

P Do you have milk, because we can break and see what Charlie wants?

S No...

P What is it? What have you got there?

S He's bringing in presents for us. Oh, the fountain?

P Oh this is the Super Fountain.

S Can I keep this? Oh my goodness thank you.

P Scott was talking about this the other day.

D Tell us about, now what is this? Tell us about this.

P It's called the Super Fountain.

D The Super Fountain.

P You know, he took our fountain and then he shoved...

D You're talking about the anti-aging cream?

P 500 mg of CBD.

[00:46:03]

S 500?

P And the Fountain is reformulated.

S Our CBD creams are only 300, by the way. This is on steroids.

P He said, I said, I don't want to try and put more creams onto our ladies. He said, no Pearl, this is so way different. And he said the Fountain is redone. He said, just use it and tell me what you think.

S It's probably one of those Christmas present creams, not your every dayer, right?

P I don't know if we're going to be selling this or not. He just said, use it.

D So it's the Fountain Anti-Aging Cream Plus CBD.

S Oh man.

P Yes, because CBD amps whatever is in a cream.

D No way.

S Thank you Charlie, that was worth the interruption.

[00:46:30]

P Oh, it smells good.

S Oh I love it. It smells good, hey? It's decadent.

P But it's thicker.

S Yes.

P Not oilier.

D Thicker than a Snicker?

S But it's just you can tell it's got more on.

P I like it. I like it a lot.

S So that was my slab of deli meat. And it goes along with the rest of the sandwich we've been talking about here, at Trim Healthy Mama. Speaking to the mind, speaking positively, but sometimes you might have to cut to the chase in your life. I mean Dan, what about you? What do you think about that?

P Authority, mate.

D Serene, I'm just sitting here, like, when's my turn. Because the first time I started to take what you're talking about seriously, my wife, magical little fairy that she is, came fluttering around the corner, when I was in the depths of despair with my digestion issues. And she said, you need to love your stomach. You need to love your gut. Instead of this like, I've got this bad gut, and it's the source of anxiety for you, she was like, you start loving it. And I was like, all right cool. And I love my gut then. And she's like, no, say it to your gut. And I was like, all right, I looked down and went, I love my gut. And she's like, say it to your gut. And I went in the mirror...

P Yes.

D Pulled my shirt up...

S Did you?

D And said, I love you.

P Oh.

S Yes.

D Which was so weird for a man to do.

P Yes.

[00:47:54]

D So vulnerable and so woo-woo, and just, it actually set me on this whole new thought process, actually in my life, believe it or not, because I started to think, what if, instead of Christ teaching us how to get God to extend His sceptre and grant our wish...

P Yes.

D What if He's teaching us about the laws of physics?

S I believe He is.

P He gave us authority to speak too.

S To the physics

P Yes.

D Like look, I've always had this image of these prosperity preachers.

P Yes.

D These guys who are just like, you just tell God what you want and He's on the main line, He's going to give it to you. And I was just like, what kind of freak is out in space, like waiting for us. You mean I've been broke all my life because I didn't call Jesus on the main line? Like you mean I could be in that Ferrari I've been wanting, like Italian design, baby. Let's go, Jesus in space. Well, I started to reframe my whole understanding of that whole concept of making things happen and started to think about what are we doing on the earth? And what is our destiny and what are we supposed to do? And what's possible? In our life, in our career, in our health. Her telling me to talk to my stomach, started making my brain think about what is possible within the laws of physics, not in magical Christian Land...

S And within the laws, not those laws, but you know you said the laws of physics, but in the laws of what is actually scripturally sound.

P But you see, it's so true, yes, because quantum physics is different to physics. Quantum physics actually disobeys physics, sometimes.

D Yes, they have extra powers.

P So it's beyond.

D Yes.

P Now a lot of people say oh, new age, new age, you know, blah, but they've found out it's not new age. It's old age, because you see, God was the author of quantum physics. So yes, when we have all authority and when we speak these things, we're just walking in God's realm.

[00:50:04]

S Exactly.

P In God's realm, Danny.

D Well, and check this out...

S Saying to the mountain.

D Like if you zoom into anything, you're going to find it's made up of these little things that are tiny things, that are just sticking together.

S Yes.

P Yes.

D Like this guitar, there's a guitar right here, right?

S Yes.

D To me and you, who are big, who are huge, in the world, this feels solid.

S Yes.

D I can't put my hand through this material, but if I could get tiny, tiny, tiny, tiny, I could walk through it, like Jesus walking through a wall.

[00:50:34]

S Yes.

D I could physically, not magically, I could physically pass through this space. And so, I started just taking, well I started nervously asking a bigger, scarier questions of the reality that I lived in. Because of my wife telling me to say, I love you to my stomach. Like is she serious? Could that actually matter?

S Yes.

D What would happen if I talked to my stomach. Is it listening, does it have ears? Or are there just vibrations from my mouth that are vibrating the air...

P That's a good question.

D In between my stomach and my mouth?

P You know we talk in our book, our upcoming book called I'm That Girl, about how can things hear, if they don't have ears, right? Because plants do not have physical ears...

S Yes.

[00:51:22]

P And yet you play certain music for plants, certain words to plants, they respond differently. Their root structure gets deeper. They grow more chlorophyl, they...

S Pearl, they actually harvest...

P Bigger yield.

S Yes.

P No ears. Yet, the power of vibration has a big effect on them and actually that's going to be the future of plant growth. I read this whole article...

S Yes.

P About it. They're going to be using sound. Different sounds...

D Wow. Different frequencies.

P Instead of pesticides and things like that.

S Yes. It's amazing you know, cancer cells don't have ears right, but certain sounds will actually, called apoptosis...

P Yes apoptosis.

S Where the cancer cells just totally blow up and just go away.

[00:52:03]

D Yes.

S And there's certain sounds that are actually healing.

P Yes.

D Yes. You want to get weirder?

S Yes.

D I can go as weird as you want.

P Maybe.

D Let's get weirder [inaudible].

P We don't know how weird Dan is, so...

D You're about to find out.

P We'll see.

D Let's get even weirder. These are, you can Google this and find the universities that did this. These are secular university studies.

[00:52:23]

S Yes.

D Of taking, reading from a measuring device, the hearts of mothers and babies. And they're able, the heart has the circumference of energy that is able to be picked up on their devices. Sorry, I don't know the names of these devices. You can Google this. By the way, for all the people who are like, these aren't doctors, these aren't quantum physicists, who do they think they are, telling us about these things? Google exists, people.

S Yes.

D They're not even teaching this in college, by the way, it's on the Internet. But they were measuring and they were finding that the mother's heart was synching with the baby's heart, when it was placed in proximity to the mother's heart.

S Yes.

D So the baby would be born, and then the baby would be placed first on the mother's heart, which is traditionally done when a baby comes, and they would find that those heartbeats would synch.

S Oh yes.

D And so, the energy of the heart and the way it beats, but also the frequency it puts out, changes depending on who enters the room...

[00:53:27]

S Yes.

P So true.

D And this radius is measured up to, it doesn't mean it doesn't go further than this, by the way, it just means our instruments can measure it up to 10 feet away.

S Oh that's so huge.

D So here's where I want to get weirder, okay?

P Yes, because that was moderately... That wasn't even very weird.

S Yes, it's not, I'd consider that nice and sound.

D Good, well we can rabbit hole all night, then, but here's the deal.

P We've got two minutes.

D So if you talk about the vibration of your words potentially affecting, there's also this possibility that, combined with the vibration of your words, is the feeling and energy radiating out of your heart...

S Oh.

[00:54:01]

D That actually can change a room. The atmosphere, the spirit of a place, the way life happens or does not happen. And I don't take this so far to say, okay, so, if you're not in step, like these negative things are going to be happening in your life. I don't see it that way. I see it much more simply within the physics realm, of actually having authority in the world.

P Yes.

S Yes.

D Not being a powerless victim on planet Earth.

S Didn't God say, greater things will you do in My name than I even did?

P Yes.

S And it's because of the authority, His power that we have...

P Because He's creator.

S Jesus yes.

P You know what, you know when you said, I love you, gut, I love you stomach and you looked at it? We even did a PODdy... (Episode 71)

S I love you thighs.

[00:54:48]

P It's called...

D Yes, some thighs in there.

P Yes, love avocados and thy thighs. But I hated my thighs all my life. Serene had these most incredible, athletic thighs, just lovely and streamlined and not very big. And I'm a thin person, but I had big thighs with cellulite.

S Your hubby loved them.

P Very jelly like. No matter what exercises I've done, they just stay jelly even though I'm quite fit. My husband loved them, he was like, what you talking about? But I hated them.

D Started to say let all the men in the room.

P I hated them, I couldn't literally look at them until my 40s and then one day I was convicted by God. How could you hate what I made?

S Well you know why you were convicted, you came and told me that you had this thyroid issue and you looked it up and thyroid issues can oftentimes be related to...

[00:55:36]

P Autoimmune.

D Yes.

S Autoimmune to self hatred.

D Yes.

P Because autoimmune is the body attacking itself.

D Yes.

P And I realized, I thought no, I love myself, I really like my personality, I think I'm pretty nice, I like who I am, you know all those things.

D Sure.

P What do I hate about myself, and then I realised, oh, I literally hate my thighs...

D Yes.

P And actually now I just love those thighs.

D Yes.

P Well I like my jelly thighs and they're not jelly, guess what they are? Feminine woman padding.

[00:56:08]

S There you go.

D Way to go.

P Look at that.

S Change the wording makes...

P You got to change the wording...

D I can get way more descriptive, but you keep talking.

P That's okay. But you know, it doesn't matter if they've got some dimples on them. That's cute.

S Oh, that's real cute.

D Girls, cupcakes.

S No, she's cuteness.

D I will...

[00:56:23]

P I was made that way, with some good estrogen, I'm telling you. I think that's awesome and I'm at my healthiest I can be, so that's all good. And I'm just saying I had to have a love fest with them and finally drop the hatred.

S Yes.

P And since then, I've just got healthier, people.

S Yes, yes.

D Pearl, I had to look in the mirror at my thin face and my long nose and just go, you specimen.

P Yes.

D You've got it, dude.

P You do, Dan.

D How many people want what you have?

P They do.

D It's just this brain change of accepting...

P It is.

[00:57:02]

D What you've got, and even if it's...

S Wording it differently.

D Look, I'm even going to hit this one. Oh yes, but what I got, I did it myself from eating unhealthy. Right?

S Yes.

D So that's where this ends. No it doesn't. No it doesn't. You did what you could do.

S Yes.

D You know, we don't know the stresses in your life.

P We don't know what you were taught.
D What you were taught...
P And it's not your jelly thighs' fault either.
D Yes, absolutely.

[00:57:28]

S No.
P It's your tastebuds. So we're not going to blame those lovely thighs.
D Yes and look, you can take steps.
P You've done well by taking the hit.
D Yes, change your health. Lose the weight, if you're convicted in your heart that you need to lose to get to your healthy weight, whatever...
P Yes. Your healthy...
D Your specific healthy weight is, but man, while you're on that journey, that's the biggest thing...
S Love them on the journey, yes.
D I've learned from this podcast, is this, while you're on the journey mindset, because so many people get depressed, because they have these destination mindsets.
S Yes.
D Dude, who knows, in a thousand years, we don't know the journey. No one's seen it. We don't know what it looks like a thousand years from now after we've shed this mortal tent.

[00:58:10]

S Yes.
D We could still be going on adventures. I assume we will. I don't know. But the point is, is that the quicker we can break out of this, I've arrived, or I'm trying to get to this finished spot...
S Yes.
D Where I'm there, Dude, you will save yourself years and years and years of depression.
P And it comes back to your NSVs. We can end with this you know, you started with an NSV of, you were able to button pants and didn't...

D I can't squeeze my fat butt into my jeans anymore. A victory.
P You know, okay, so and it's not fat but you use that word as a nice word for you.
D I mean it very joyfully. I'm proud of it.
P But you actually had to learn to love your gut when you were very skinny.

[00:58:50]

D When I was skinny.
P When you were real bad, okay.
D Yes.
P But you loved it the way through, and now it's flourishing.
D Absolutely.
S So whether...
D Years later, by the way...
P It wouldn't be flourishing now, if you didn't love it, Dan.
D That's right and years later, I have to say. It wasn't, and then a month later I was filling out. No man. Years and years of loving myself the way I was in order to get...
S Yes.
D While I was on the journey, while I was putting the work in...
S Yes.
D Loving myself where I was at. In perfection.
P So whether you have to speak to your body, in a love letter...
S Yes.
P Or whether you have to speak to your body and say, be well...
S Yes.
P Or whether you have to speak to your whole emotional system and say, rejoice, cut to the chase, speak to the physicality, because it's actually science.
S And you have the authority.
P Yes. Exactly.
S Given by your Creator. We're done.

[01:00:21]