



## Trim Healthy Podcast with Serene and Pearl Episode #3 - Let's Talk About Fear (Part 1)

*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!***

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S = Serene • P = Pearl • D = Danny

[00:00:00]

S You guys are listening to the PODdy.

P This is Pearl.

S And Serene.

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

P Welcome to the PODdy. Serene's got chocolate in...

S I've still got chocolate. It's a delicious a hundred percent chocolate.

P She eats hundred percent chocolate, no sweetness, zero.

S Has a slow [overtalking] time, it's from Madagascar.

P She calls it her wine.

S It is delicious.

S Alright, but the fact is, is we're going to be talking about...

[00:00:27]

S Fear.

S And anxiety and stress, causing havoc on our bodies, making us feel physiological symptoms that aren't necessarily rooted in the physical. Well, they're rooted in the mind.

P And I think some of what we say here might bother you.

P Because, hey, you wanted more. With these Poddies, we're going deeper. Remember, if you tuned into our first podcast, we said, this is stuff we wouldn't put in the book.

S And if you don't like it, turn it off, mate.

P Well, I feel like, when Serene and I get going and talk, we say stuff that just comes off the top of our heads so try not to hold it against us. Know that we're sitting here smiling. We're just sharing stuff that's just blurting out here.

S Brain fluffs.

P Yes, some of it, you might not agree with.

[00:01:11]

P And when we write the books, every sentence, we're like, no, let's go over that, oh, don't say that, they'll take that wrong, put it this way, frame it this way, Serene, should we say it that way?

S Well, we won't have any of those filters here.

P It's not going to be that way.

S So, maybe that's the flip side to the word PODdy.

P What?

S There's no filter to a potty.

P That doesn't even make sense.

S Well, I'm just saying, some of it could be just crap.

P Oh, my goodness. Put your hands over your children's ears, Serene said the C-R-A-P... word.

S Oh, it's not too much of a terrible word, it's as bad as I get.

P It is. It's as bad as you get. So, from here all up, it's all gravy. She went as low as she's going to get, mamas, and it's all going to be bells and whistles here on after.

[00:01:57]

S I might get a phone call from my father if he ever listens to this. I'll have to go up in the altar call on Sunday.

P Mum would not like that. But let's start. This is a serious subject because we can eat all the health food that we want, we can do it all right, but if we're filled with fear, anxiety and stress, man, it's going to mess with our bodies.

S Do you know that I could have a panic attack right now.

P Watch out! She's about to panic.

S No, literally, my brain can do things to my synapses and if I tell myself, oh, that's got an off, rancid nut in that cookie, my throat could start closing. All mind over my body. I've had to train myself out of a lot of allergic reactions through just calming myself down. And I realise after all of it, it was psychosomatic. It wasn't physical, it was mental.

D You know, I grew up with a cat. And when I got a cat as an adult, I was allergic to the cat and I was really upset about it, because I was like, man, I want this cat, I don't want to be allergic to the cat. So, my thought was, you know, be a man, and snort some cat hairs or something and just tell your body what to do. And it actually worked.

[00:03:11]

D I had cat-scratch fever when I first got the cat, if you know what that is, and it just went away. And, of course, if I were to have went in and ask some professional...

S Oh, you'd still be allergic to cats. You'd still be on medication for it.

D Yes, get rid of the cat because now you're allergic to cats.

P And I think there's a balance in truth, right? Because I have a sensitive stomach, have had my whole life, and certain things, like raw nuts, if I ate too many, I get a powerful stomach ache. But what I've realised is that if I went and got diagnosed, they would say, stay away from walnuts, you are allergic to eggs, you cannot eat gluten. And yes, maybe some of those things, I don't need to go, like, whole hog on and stuff. I just feel that if we give ourselves in to the fear of these things, we won't be able to eat anything but three things. And that's just not freedom.

P It's not.

P I'm not saying that people that are allergic to peanuts and have anaphylactic shock should go eat a peanut.

S No.

[00:04:03]

S But we're saying, the regular person who's just sensitive to things, you go and label yourself, I am allergic to this stuff and you stay completely away from it, and you don't have a couple of walnuts here and there in a granola or whatever, you're going to make yourself miserable. And you're going to make the allergy sensitivity worse.

P I think, and this is so not politically correct, but right now, it's politically correct to take it out of your diet.

D Oh, you got an allergy.

P The whole gluten thing. Now, yes, modern hybridised wheat has more gluten in it and that's the problem, but I mean...

S Yes, but, hey, you're fixing the problem by going on white rice starch and potato starch and all this, like, high carbohydrate white glue that's not gluten but it's just spiking the blood sugar. And so, that's going to fix the problem? No. I think fixing the problem would be going to some ancient grains and being a bit more balanced.

P Exactly, the ancient grains that had the right amount of gluten, not gluten puffed up to the moon. God made gluten.

S He did.

[00:04:56]

S And God made cats. And yes, it's a fallen world and some people are really crazy allergic and they need to, you know, with whatever their doctor says, treat it with care. But a lot of us can just get placebo'd out.

PS Oh, yes, I've personally placebo'd out. Like, I've actually had food in my mouth that I've had to spit out and quickly brush my teeth and be all worried and, like, call up my husband and start, you know, please pray, please pray, my throat's closing. Like, I can be a little bit weird like that.

P Yes, I know you can.

S It's all in my head.

P No, but what you're saying when you're in your head, these things manifest physiologically. Like, my husband will say, oh, it's all in your head, but I'm feeling it in my body. But our hypothalamus is in control of our body, you see. And when we live in fear of these things, fear has an effect on our hypothalamus which then starts the adrenalin going, which then starts, oh, my goodness, I'm having a reaction.

S Well, fear is a feeling, you actually feel fear.

S Fear is an emotion, you feel it. You feel it in your body. You feel hate, you feel anger and you feel fear, right? So, it is actually manifesting in your physical, it's not just a...

[00:06:01]

P It's all that to say, Danny, okay, we're not doctors here but you want to know what we think? I think maybe you got a sensitivity to, hey, maybe it's, like, a dairy that's modern dairy. Have you ever tried, like raw goat dairy or something?

D You know, well, as I'm listening to you, I started to think about how quick my mind goes to something like that when, you know, I often find myself after 10:30, with handfuls of parmesan cheese going into my mouth too. And I wonder

if some of it could be the lack of self-control in how I'm eating because one thing I noticed is I went on vacation, and I didn't think about it at all. And it magically was not present at all on my vacation. I ate anything I wanted. And again, I gave no thought to it until the end of the vacation, I went, wait a minute, I was eating cheese on eggs and all the things that normally, I find, you know, strikes me down, and my belly bloats.

S Well, maybe, on your vacation, you don't really care about walking into the office with your real nice [Inaudible] suitcoat. Maybe you're just human and your belly's meant to bloat.

P Yes, we all bloat after a meal.

S Maybe, you're just human, Danny.

[00:07:21]

D My little babies bloat.

P Exactly. Oh, the little children. Listen, what you said is so true, okay?

D Not going to fat shame them.

P I know. We're so hard on ourselves because last year, I really struggled with anxiety and fear. Okay, there was a lot going on in our lives, and a lot with Serene's children and work was just so intense and we had so many deadlines. I found myself stressing and worrying more, I found food's affecting me more. I think I was really running down and...

S Well, fear runs down your immune system.

P Yes.

S And then, your immune system is where you get allergies from.

P I was getting all these symptoms, like my throat was hurting on one side, I felt like I had a lymph node and I was just starting to worry about every single thing. So, my husband, it was Saturday, said, okay, Pearl, every Saturday, you can take a break from your symptoms. We're going to go out, we're going to eat. I ate Crossovers, you know.

[00:08:14]

P Take a break, you're going to take a break, okay? So, I had the best days. You mean, I don't have to think about this symptom that's bothering me? You mean, I don't actually have to worry about what that's going to do to me? He said, no, you don't have to worry. And I felt so wonderful. And then, the next day, Sunday, okay, back to worry because, you know, you should. But now, I'm taking a complete vacation from my worry because I understood that the vacation from our worries is what we need to rest in the whole time.

D So, to be clear, these things actually are manifesting in our bodies.

S Yes.

P Physiologically, absolutely.

S They're real.

D But where they come from and the source of them is the big question.

P Fear, stress, anxiety, worry. You know, of course, some of them are stupid stuff that we eat, like if we're going to eat stupid gluten, white flour and all that.

S You can eat McDonald's every day and all that stuff. It's a no-brainer to eat healthier.

[00:09:02]

P It's not to say we can't eat that now and again, but if we're going to live on that, yes, we can do things to ourselves, and we're going to mess our bodies up because God wants us to honour our bodies. But a lot of this stuff, fear and anxiety, that manifests physically.

S Okay, so, I just took a holiday with my husband and we went to Taos [?].

P Vacation, you mean.

S Yes, vacation.

P Serene's still, like, in New Zealand and you call it holiday.

S Oh, okay. So, we took a vacation and we went to Taos, it's a little ski, tourist town, right there in the Rocky Mountains. It's beautiful but, I tell you what, they're all, like, hippies up there. Oh, I better be careful, people might be listening.

P In Taos?

S Okay. Anyway, but they're all health nuts, health gurus. It's all, kind of, like, you know, New Age, healthy, all that stuff. But I tell you what, these people eat perfect, Pearl. They've got every herb for everything and they have all their greenhouse gardens. They live in Earthships, no electricity, no EMFs, they're just off the grid, they're just all, like, doing it, like, the way they think is perfect.

[00:09:58]

P Live to 200.

S They don't look healthy. What? Because they may be demented. I mean, they might be full of fear, full of stress, full of everything. It's not what goes into our mouth that defiles us. The Bible says it's what come out. So, if you're full of stress, if you're full of anxiety, you're oozing out stress from your body, or bitterness or gossip or whatever, you're going to be sick.

P And we're the authors of Trim Healthy Mama, but I can sit here and say, there is no amount of health food that can fix a worried mind. Because it's stronger on your body than all the health food, like...

S McDonald's is better than the worry. I'm actually a purist, and I'll say that.

P No, I can't believe you said it but it's true, I've discovered this. And the Bible says, okay, not to get too preachy, but, a merry heart doeth good like a medicine. But I find myself going around frowning. What an idiot I am, I want to be healthy, smile, Pearl. I was sitting in the car the other day after this stressful morning, right? And I was late, and I had to go, and I could feel it coming on me.

S Oh, I do that.

P I was driving and tense, feeling my shoulders tense up and I'm like, Pearl, and I didn't want to, smile. I'm sitting by myself in my car, smile, just do it.

[00:11:04]

P So, like, I turned my mouth up, you know. And I was just smiling, holding it there, and I could feel my body changing. It was like this physical thing that started happening. I know this sounds voodoo...

S It's not, it's science. They've actually studied it now, Pearl, where doctors...

P It's Bible.

S It's Bible. Well, science always backs up Bible in the end. But the doctors are saying now that most of our degenerative diseases today come from stress, fear and anxiety. It can be from, yes, a run-down immune system which causes a leaky gut and all this stuff, but where is the seed from? It's all mental and spiritual.

S And Pearl and I, we were talking about this the other day, actually, it was an enigma for us. We have this friend, this old man, he's our father's age, he looks so amazing, right? We thought, like, what diet is he on? He lives in California, he must be all into the health. He's like, no, I live on sugar and Weet-Bix. Weet-Bix is a cereal from Australia, right? We're like, how could he be so healthy? He's not on any medication, he just oozes health. And we realised, he's just the happiest guy. He loves Jesus, he just loves everybody. He's a lover of people. He calls us up, like, twice a week just to say he's praying for our ministry and loves us.

[00:11:42]

#### Honest Tea Advertisement

S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.

P So, they use stevia and erythritol, which we are cool with.

S You can check out the ingredient list and they even pass my approval, Mrs. Purist...

P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea...](https://www.amazon.com/honesttea)

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest. When I see mothers with children that have matching socks, Serene, I mean... I have to stop. Honestly, I have to wonder where she is getting her super powers from. [Serene laughs.] I have never been able to manage to put my children in matching socks!

S They're not my super power, no...

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting [honesttea.com/podcast](https://www.honesttea.com/podcast).

[00:13:26]

PS He hands out our books. He doesn't even do the plan himself, but he hands out our books to all the people in need. He puts, like, ten teaspoons of sugar in his coffee. Now, we're not advocating that, of course, but we just saw the incredible foundational truth that it's where we are in our soul and in our heart and in our mind. That is so much stronger than food.

P It is, and then, you do that, and then, you also honour your body. Because if you're going to be happy, and yet, abuse your body, well, okay, then, you're going to reap what you sow if there's abuse. Of course, because God doesn't want us to abuse our bodies. But how about being happy? Like the Bible says, a merry heart, it doeth good like a medicine but a broken spirit drieth the bones. Our

DNA is in our bones. Our DNA, our immune system. Our immune system is all in there, I mean, science has discovered it's in the bones.

S It's true.

P And so, we pull down our immune system with just these thoughts, constantly projecting the future. What if? What about that? What if my child does that? What if my husband says that to me? What if I eat that? Man, I'm feeling bad tonight.

S Yes, like, what if I eat the dairy? Oh, I know it is the dairy. Oh, I know I should be off that dairy but I love dairy. Oh, I feel like a failure because I can't keep off it. Dairy, dairy, worry, fear, fear. You're going to get more problems with your dairy. Because you're just worried about it, you're causing a lowered immune system.

[00:15:22]

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

S I'm Serene.

P I think that a scale can really tear down your joy on this journey. I mean, if you're letting it rule your life, like, if you're getting up, first thing you do is get on the scale, and then, you're weighing after lunch too, please, okay. You're not allowed to get on the scale after dinner, you're weighing your food.

S No, after lunch, whatcha talking about Willis??

P What are you talking about [inaudible]? You're weighing your food.

S You are.

P I think it's a good idea to weigh about once a week or not weigh at all. But the problem with not weighing at all can go against you too because then, maybe you have no idea. It's okay to have a gauge, although you're not a weigher, are you, Serene?

S I don't weigh. I don't use a scale at all. You know, you can have those jeans or those skirts that keep you accountable.

[00:16:16]

P Yes, so, you could stay a little accountable by your clothes, but weighing daily is, sort of, ridiculous.

S I tell you why I hate it, because I'm about five pounds heavier in the afternoon than I am in the morning. It sounds dramatic but it's true. I just hold on to water and food.

P Absolutely. And let's just say you eat some carbs today, let's say you have some Energizing meals, tomorrow, your scale might uptick a little bit because your body is pulling in water with those carbs. It's what your body does. But it doesn't mean that you accumulated that fat overnight.

S You actually can't gain weight that quick. So, if you have an uptick, don't stress.

P No. And so, we just want to release you from these things. If you're weighing daily, it's going to be to the point where you're going to give that up and not care about the scale anymore because the scale's not always going to go on the way that you want it. It's just not. Can we just say that right here and there? It's just not.

S It's going to put a negative shroud over your day.

P So, stop fearing it.

[00:17:14]

S And that fear causes your serotonin to go down. And your serotonin goes down, to get happier, you want to eat more.

P Absolutely.

S So, it's a cycle.

P Serotonin goes down, it affects your whole endocrine system, your thyroid level goes down, then your metabolism goes down. Just stay joyful. Don't let that scale pull down your health, that affects your weight.

S A bowl of ice-cream will make me feel happier. And it's not just a mental thing, it's a physical thing. Your body is looking for something to make you happy. Your serotonin levels are down, you need this happiness. So, it's just...

P If that scale's pulling your serotonin levels down, give it a break. I mean, once a week is fine. Once a month is fine, or be a Serene and don't weigh at all. Because, okay, when you're a nursing mama, don't count the milk inside your

breasts for goodness' sake. You shouldn't even weigh. I mean, the baby's going to take it and then, it's going to fill up.

S Some women, they're nursing a baby, they're like, well, I still got ten pounds to lose. No, you don't! You got ten pounds bigger boobies.

[00:18:09]

P Yes. Oh, man, that scale's a robber of joy. It can be. I just want people to just release yourself's.

S And don't, you know, compare yourself to other women too. Some people have heavier bones. It's just their bones are heavier. Their structure's heavier. It's not about fat. Muscle weighs more, I mean, people have been saying that for years but it's so true because it's more dense than fat.

P Yes, absolutely. We're so unique. And also, too, this is a big thing, I think, those of us getting in our forties, even thirties, forties, fifties, sixties, and them okay, let's choose a goal weight. I'm on my path to be trim and healthy. Okay, what was I when I graduated college? It was 142. Okay, 142 is my goal weight. But since then, you've had babies, you know, you've gone through metabolic changes, that was your princess weight, ladies. Now, you're a queen. So, you don't have to go back to 142. What's your queen weight?

S Exactly, and it doesn't mean you're giving up and allowing yourself to be a bit of a less of what you should be. No, it's not. It's just embracing your season. God made summer, He made spring, He made autumn, He made winter. They're all fabulous. And you know what? It's embracing that you're meant to be where you are now. If you're a queen, trying to be a princess is going to be miserable and it's going to look weird on you.

P It is, it's going to take your joy.

[00:19:31]

S Yes, but it's going to look not natural. I look at our mother, Pearl, and she's in her seventies. And she has some wrinkles and some lines and, you know, a little bit of some queen weight, but I tell you what, she looks so dignified. And I've seen some women who try and stay in their thirties when they're in their seventies, and you can tell they haven't embraced it. And it doesn't look as confident, it doesn't look as queenly and it doesn't look as beautiful.

P No, I know.

S Embracing our season is beautiful.

P It really is. And that doesn't mean we be unhealthy and, you know, we eat junk just because, well, I'm in this season now, I can stand to have this weight on me. No, but you're just a little bit of a different shape and the healthiest you can be for this time.

S Exactly.

P Which is different to your teenage times.

S And it doesn't mean that there's only one season in our humanity, in our human lifespan, that is just the best. No, it's different. autumn is not any less beautiful than spring or summer. It's different. It's a season. So, I feel even as we age, Pearl, we're getting to the age where we're getting some fine lines and all of that.

[00:20:36]

S It's not that we're going to go out and smoke a Marlboro pack a day to try and make more lines. But there's a natural beauty to the look of wisdom, to the look that you know, some nice soft lines that have come from smiling at your family all day and living life. And not paralyzing your face so that you can't make expressions because you want to make in concrete your 18<sup>th</sup> year. You know?

P Yes, our 18<sup>th</sup> year was our spring. And man, I love the fall.

S It's aged wine. I tell my husband, I'm aged wine.

P And aged wine is good. Man, I look at it like relationships too. I look back at mine and my husband's courting time, you know, we were freshly falling in love and it was so beautiful, so magical. But to constantly recapture that, my marriage would be over because that was that season. Now, that it's matured, it's something that is entirely special and beautiful. But I can't try and relive those courting days every day.

S I know, and if I had to go back to them, I don't think I'd want to. I played a lot more games. You know, like, a lot more manipulation, a lot more of that stuff, you, kind of, grow out of it.

P Well, yes, you had to. You had to grow up. And now, you look back and you're like, man, that was special but man, this is good right now.

[00:21:45]

S Hey, talking about our mother once again, she said something that really struck me one day, it's stuck with me ever since, was one of her birthdays in her seventies. And I said, wow! Mum, you're seventy-something, can you believe it? Like, would you ever go back? Would you love to be forty-something today? She's like, no. She almost looked revolted by the thought. She's like, then, I'd have to go back to that headspace. I'm more confident than I've ever been, I know who I am, what I'm about, you know, what God wants me to do and I feel pretty great. So, why would I want to go back to my forties?

S And it struck me, Pearl. It's like, I feel like embracing where we are, I think that you can be so much happier and lighter in your head than you were in your youth because you're not, kind of, used to being able to carry all the burdens. You get used to, kind of, being able to take them off your shoulders as you grow up.

P It's so true. You learn to give them over. And speaking of our mum, you know, I always say I was born a natural worrier, our mother wasn't. But I'm learning to shake that because I wasn't born a natural worrier. I just let worry be in me. But, you know, our mum, she's hardly suffered a sick day in her life, just colds and flus and natural things that happen, but not conditions.

S You know, she's not on any medication.

P She's never had a condition. She's, what? 74 and she's not on any medication, feels great, she could work around the clock.

[00:23:18]

S She could give us a run for our money walking up a hill.

P Absolutely. She's fit as a fiddle. But, you know, things might try to come upon her and I'll say, how are you, mum? Are you a little under the weather? And she'll say, oh, Pearl, things come and things go, so, maybe I've got something today, but I'm sure it will go tomorrow. And you know what?

S And you try, because it's our personality to be, kind of, more microscopic about our symptoms, you know, we're very much in touch with our bodies and how every silly little twinge feels. We're like, mum, what does it feel like? She's like, oh, I don't know. Well, mum, think about it. Tell us, is it, like, a pain on this side of your head or that? Oh, I don't know. And it gets us mad because we want to know every single detail. But that's, I think, her secret to success. She doesn't dwell on the symptoms and doesn't dwell on the negative.

P She always says, I've got no time for thinking about that, things to do. And so, I mean, yes, I read a study the other day. They said, it was about cancer, that a quarter of women will have cancer through their lives but it will actually go by itself. So, things come and things go.

Now, obviously, sometimes breast cancer progresses. But we all have cancer cells, sometimes they proliferate, sometimes then, our body attacks them.

[00:24:32]

S And so, we can have these things but having this positive attitude... Our bodies are natural healers, God made them that way. And so, this attitude is just, oh, so important and something that I need to take hold of.

S So, getting back to the beginning, like, are you worried about the scale? Are you worried about, you know, getting onto it? Well, this could be adding to your weight issue. Well, we're seeing here, through this whole conversation, Pearl, that it's our worry, it's our fear that can cause this negative impact on our lives and magnify the issues.

P Yes.

S This is the PODdy, the unfiltered PODdy, where we just brain fluff. We just let all the thoughts escape from our head the way they are. It's the uncensored Serene and Pearl PODdy.

[00:25:30]