



Trim Healthy Podcast with Serene and Pearl Episode #20 - The Topic We've Been Too Scared to Touch

*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, it's P-O-D-D-Y.

S Hey, we are here at the PODdy Cabin...

P It is Wednesday and you're listening to the PODdy!

S And freshly brewed here on our little coffee table is a beautiful PODdy of tea. Thank you Danny.

D Woot-woot! And today, it's going to be mind-blowing. I've got an extra... Well I wanted it to be a secret but no one else will know if I don't say it so a little bit of orange peel's going in today.

S And I see goji berries. It's a clear little kettle thingy and I see goji berries floating...

P It's unbelievable how many requests we get for the tea recipe. And I keep saying, when we see these requests, I don't know the recipe... Danny brings it every week, but it's a new thing every week.

S But he surprises us. He feels it. I think he doesn't know what he's going to put in.

D Oh, no... I don't plan this.

[00:00:51]

S He has little pouches of things.

D Yes.

S Little secret pouches that he pulls out of his backpack.

P You're like the not evil medicine man with all your little pouches.

S Well, once he was a little evil I think. Because I walked home seeing things in the sky, it was a little bit scary.

D We may approach that level today.

S It was that Indian herb that you had been given by somebody and that went in.

P Do we even know where you're getting these herbs?

D We don't.

P Oh!

S Do you know, Daniel? They just appear in your bag?

D It's possible.

[00:01:17]

P I think it's an online deal. No guys, I think they're all sanctioned. They're all THM-approved.

D Oh, no doubt... no doubt. These will be THM-friendly all day.

P Alright. Hey, we're going to tackle a subject today that's actually really difficult. But I think it's necessary. I think it's time. This has actually been on mine and Serene's heart for a while now... But it's really, it's a tough one.

S Yeah... and we didn't even really... We were thinking, boy, we're not even, we're not even

P Equipped.

S Equipped was the right word. Thank you, big sister.

P Pleasure.

S Equipped was the word I was looking for, equipped to even tackle this subject. But then we kind of said to each other, you know what? We aren't but God is. And it's His word that cuts through bone and marrow. It's His word that just, it can just cut through all the issues that are so involved. Whether it be emotional and...

P Absolutely. And there's such wisdom and today we're going to need a lot of wisdom, because this is something that many of you are going through. And honestly you hear a lot of times Serene and I will bring Scriptures and something where we've found such truth and where we've been helped in our lives during, you know, struggles.

[00:02:26]

P And maybe you think I'm not a Believer. I'm not a Christian, so Serene and Pearl, why are you telling us this? But, even if it's not... We believe with our spirit. Even if it's not your spirit, science is now proving the Bible to be true. I mean - A thousand times when the Scriptures said...

S Yes, neuroscience.

P Yes, neuroscience. Think on whatever you think on. Think on the good things, think on the lovely things. And let not your heart be troubled, and all these things. And now science is now coming and saying this is the way you need to think. It's backing up the Bible.

S It's not "New Age". God had it first.

P It's backing up the Bible a thousand times. Even our whole plan, our Trim Healthy Mama plan, we don't pretend we got S and E from the Bible. But certainly these truths came from His word when He gave us these food groups and said they are good. And so we came to our peace from eating from the Bible too. So we're not apologizing for bringing...

D Well, it would be plagiarism to not quote your source.

[00:03:21]

P Absolutely.

D It just wouldn't be right.

S Yeah, our source is the Word of God. Amazingly. And like Pearl said even if you're not going to believe it with your spirit man, believe it with your science man here today.

P Yes, so it's today...

S Because this is...

D Great point.

P Prove with your science man. But, let's talk about this actual subject, and as we said it's a tough one. I think some of the things we are actually going to say here are going to be tough. I pray that you know that we're doing this with love.

S And also, Pearl and I we tell this kind of thing to each other all the time.

P Yes.

S The hard, tough words that are really more loving than the flattering words.

P Absolutely, Serene, and we said them right to Danny too. And Danny right now just to...

[00:04:02]

P He's pouring the tea.

S Yes, he's pouring the tea. The tea is, it's an interesting little kettle...

S We won't describe it, we won't describe it.

P The kettle pees out the tea, it does.

S That's awful! But you place it on your cup, and out it pours from the base.

P From the base in the middle.

D Well, you did a terrible job of explaining that. You rest the kettle on top of your cup and it opens a spout and gravity lets ...

P Yes, it pees out...

D That's what I meant.

S Well, let me tell you... I'm not allowed to taste?

P What are you doing? Are you putting little orange peels in here?

[00:04:38]

S I took it before my peel was dropped in.

P You know it's like we can't even get around to this subject. We're all skirting around it.

S Yes, I know.

P This subject is... Thank you, Dan-Dan. This subject is...

S Danny, this rocks.

P When things get tough, when we experience things in our life, even losses, even really tough things... Maybe we lose a loved one. we're not just talking we lost our job. We're talking the deep dark things here that hit us.

P Miscarriage. our loved one may be in hospital. Our children are diagnosed with something perhaps...

S Or, maybe you are yourself, or...

P Then, what do we do with that when it comes to our own health?

S Yes.

P So many times when Serene and I have travelled. We're trying to not travel much these days, and we talk to ladies and we're like, well, how are you doing? Ah, Trim Healthy Mama was so awesome for me and was doing so well.

[00:05:34]

S I lost 30 pounds, just easily...

P Yes, great! And you're going strong? And then they'll say to us... and I had a miscarriage. I'm so sorry, when did that happen? Two years ago. And they haven't found their way back because of the grief.

S Yes, it just derailed them. And it derailed them so hard that they couldn't find the light to come back and...

P And there's a spiral down.

S Yes and it's not just one or two. We're finding a pattern here.

P Yes.

S When people go off the trails not to come back for a while.

P Yes.

S It's because of grief.

P It is.

[00:06:11]

S Or, just really hard hard times. Even financial hard times that become more than just paper.

P Yeah, when they're trauma.

S Yes, when it's a trauma.

P When something traumatic happens to us, I think, this is where the tendency to just give it all up happens. Andm I think, this is what Serene and I talked amongst ourselves... And listen, like Serene said. We're not certified counselors here.

S We're not coming with any of that, like we know.

P No.

S We're just coming here and we just feel like we're going to share some God truths that have helped us. And just share encouragement, because we've gone through stuff too.

P And really we do want to boss your brain around a bit. Because, I feel like when we listen to our own minds. Often times they're full of junk and lies and toxins.

S Well, because there's two worlds, right?

P Yes.

[00:07:01]

S There's the Kingdom of Darkness thing and the Kingdom of Light, and there's a lot of Kingdom of Darkness thoughts in there because he has entrance to the brain too.

P And we live in this world.

S And we get to choose which thought we will believe in.

P So we have to encourage one another in the right way of thinking. And sometimes I think that when these things happen in life, and we all go through them. Sometimes there's a pathway of even self-sabotage and self-destruction.

S Yes.

P That happens.

S Yes.

D I heard someone say, the way you relate to food is the way to relate to food is the way you relate to everything else in your life. Do you agree, or disagree with that?

S I kind of agree off the top, without thinking deeply about it, off the top I agree. What do you think?

[00:07:42]

P Well, I don't know. I think that could be, but sometimes we can have great relationships with our family, or our children. We got all that going on, but then we have this huge sugar addiction.

D Well, why do you think that deep pain or great trials ends up finding its manifestation, if you will, in our food?

P Well, food can be...

S Food can be comfort.

P It can be comfort, and yet I think it's some sort of; it's a toxic comfort for some. Where I feel it goes beyond comfort...

S They almost know that it's the poison comfort.

P Into this self-sabotaging self-destruction.

D Is it a give up?

P Yeah...

D Is it... now maybe this is off the reservation, but we're talking right? We're in the cabin right?

P Yeah...

D Is it a form of self-destruction?

P Oh, it absolutely is, yes it is...

[00:08:36]

D Is it a way to punish yourself?

P Yes, it is, and think about when a death happens. That's goodness, that's hard, a miscarriage. I've been through a miscarriage.

S Yes, me too.

P And it was just, it was grief like I can't explain that grief.

S When I had one miscarriage, I just remember the cries didn't come from my

throat and my eyes. They came from so deep within me.

D Wow.

S It was like, there was a fountain deep within me, the bowels, like where the Bible says. The seed of your emotions are your bowels. I'm not talking about your intestines. I'm just talking about the deep, deep, deep.

P Yeah, I know.

S And I just remember wailing. And I couldn't stop. I couldn't stop because my baby was in the cupboard. I didn't know where else to put it. You collect it, you wear it, so I just...

[00:09:17]

S And then you just... That's just too awful for your brain to think. So there's cries you can't even, can't even comprehend.

P Yes, and so obviously we're not saying straight away after your grief go and make a Trim Healthy Mama meal. That's ridiculous, of course there's going to be this time where nothing matters, and you get through that time.

S I just wanted to clarify?

P Yes.

S We made a burial for our little baby, and a rose bush and everything, but couldn't do that in the middle of the night.

P No.

S Just had to clarify that.

P Yes, but there comes a point. And this is what we talk about today. Where you need to honour your body. Your family needs you. You have to say enough is enough, this spiral. Yes, this grief is real, but it doesn't mean I also bring death into my own body.

S Amen.

P Because when you choose and the Scriptures say: I set before you this day, life and death... and it says to us right there.

[00:10:17]

P Choose life and God is the one that gives and takes away. And He is all knowing, and He's divine and that's tough sometimes but He didn't choose you. And so every day that we live we have to make that choice to choose life and honour this life that He's given.

S What do you mean: He didn't choose you?

P He didn't choose to take you.

S Oh, yes, yes...

P Maybe He chose to take your loved one...

S Right, right, right.

P It doesn't even seem fair. You know sometimes we'd rather say: Take me!

S Right, yes...

P But, we have to choose life, and before each meal, and we have to choose trust.

[00:10:49]

S Trust that He knows best, that we'd make a miserable job of being God. We wouldn't do it, right? He's the all-knowing one. He knows eternal scope. We just have this very finite, very small mortal scope. Where we can't see the end, we can't see what He's weaving. We can't see the beautiful tapestry, so we just have to trust.

And in that trust, I feel like, maybe, I don't know, I'm just thinking aloud? Maybe it's a form that we're just unhappy with the decision God made maybe. But laying that down, and finally trusting Him we can release ourselves to...

P Sometimes it is, sometimes it's a lash out. We're all talking. Hey, I know what it feels like. Sometimes we get angry with what has happened because it doesn't seem fair. Okay, you made me, but I'm not going to look after who you made. I'm not going to look after this for now because I'm grieving and I'm upset.

S A Scripture's coming to mind. Though you slay me, yet will I trust you. It's a hard one right? You read it through the Bible, at Sunday School, all through your life, and all of a sudden you go through something. And, are we going to

trust Him? Are we going to praise Him? When we feel slain? Right, yes we are...

[00:12:08]

P Yes, and Serene, you faced this last year. Was it this year or last year?

S This year. last year, last year.

P No way, hold on. It was last year.

S Yes.

P Where are we 2017?

S Yes, last year's when it began, yes.

P Yes, so you had two boys fighting for their lives, both in trauma wards in the hospital, to be removed from you.

S But I remember the first, when my son first came home from the Doctor's diagnosis and everything, and he told me about it.

P For those people who don't know Serene's oldest son was diagnosed with a very aggressive form of Hodgkin's Lymphoma that very quickly went to stage four.

S So, I wasn't used to dealing with that kind of information. So the first little talk I had with God was very freaking desperate, right? So I went on a walk and I took a stick from the bush, and I was waving it around the air and I was pleading with God and desperately talking to God, and it was...

[00:13:11]

S And I think it was perfectly good to do, but I realised that I wasn't settled. I knew that God wanted me to contend for the faith, but I wasn't at all content with what He might choose. And I think that the, to contend the whole way, but to be content. I just heard that from somebody the other day.

P Yes, Rohndy Ponds...

S Our wonderful photographer.

P What? Say it again.

S She was talking about how because she's dealt with her son with autism. Very, is it called low-functioning autism? Very, it's severe...

P Yes, he has severe autism. He's fifteen, but...

S And she was saying, she still has faith, but it's so much easier for her to... For her, it's easier for her to be content, but it's not easy for her to contend. But I was thinking that with me, I'm a contender.

P Meaning fighting.

S A fighter.

P For the faith for the healing?

S Yes, yes, being content is the balance of them both. Being content and contend.

[00:14:02]

S But anyway, I was contending and all that stuff, which I think is fantastic. But I think I had to come to that place. God, you know. You know you know before the beginning of time, you know you know what's going to happen. And you know what's best. You know what's best. And to be able to give him away. To give my child away is huge.

P I remember you told me, I'm like how you were dealing with this Serene? Because I'm not the mother, but I'm his Aunt and I feel like I half raised him.

S Yes, yes, yes.

P How are you doing this? You said: Pearl, God loves him even more than I do.

D Is that what you mean by when you say you have to give him away? What do you mean by that?

S Well, to trust him, into His arms, I completely never did... I have been a Christian my whole life, but I never knew deep soul rest. I was a very anxious person. It was mainly over my children.

[00:14:54]

S I suffered with incredible anxiety... Checking if they were breathing all through the night, just incredible anxiety about, just over, over, over protecting them.

Over mothering in a way that was just... It wasn't resting in Him. And I had to come to a place where, yes, God loves them more than I do. And can I really lay them in His arms and take a breath?

S Because, it was a very awful way to live the other way, because I was just always... Every single tiny thing that was happening to them, or could... The what if's were the worst. But I came to the realization that all else was misery. That I really didn't, even though the Bible says you have a choice, because we do have a choice. But really we.

S To be able to even enjoy the next minute we don't have a choice, because there's only one real way to live, and that's just to lay it down. Right?

P Yes.

S To lay it down, but in laying it down, there's the balance with contentment. To contend for the promises and to really believe them, and so... Yes, I don't know, it kind of all went into a rabbits trail.

P No, but, no but that's good, but I also want to say, during that time I want to get practical here. During that time when your two sons, because your other son at the same time had a very traumatic accident and had severe brain trauma and was fighting for his life... You know, at that time you had the choice to completely throw it all away.

[00:16:18]

S Oh, throw it all away!

P And who cares even about my health? Whatever, but you see you wouldn't have been there even for your family...

S No, I had this feeling that the only way to make it through and I was nursing a baby too...

P Yeah...

S Was that I had to take care of myself. I felt that it wasn't a selfish thing. I felt like it was a service to the family. Because there was so much that seemed to be falling apart around us, but I didn't need that to be my...

S You know, with God, it was more than human comfort. It was incredible. I've got to give glory to Him. But I knew that if I just lived on. Not that we're against

coffee, we're for it. But if I just lived on coffee all day long and sugar stuff at the hospital that I was going to tear my nervous system down no matter what God was trying to do to comfort me.

[00:17:06]

S I would have a physical manifestation of falling apart. I would feel the sugar rushes, the lows, the caffeine, anxiety, jitters. I would feel the nervous unzipping. And, so I knew that if I wanted God to do his part, I had to do my part too.

P Oh, that's pretty big. That's pretty big right there. And we do, and that's why He tells us to choose.

S And you know, I lived at the hospital, but I still made my little smoothies and put them in my little igloo purse.

P And you took simple things, like nuts and cheese and very simple.

S Yes nuts and cheese, and dark chocolate and two Yuk Yum Bitty's.

P Yes, we've talked about the Yuk Yum Bitty's a lot. So it wasn't like, man you were getting your greens and all that. No, you were just making it through.

S I was just making it. Yes, yes.

P But, you know I think about this. And this is where it gets to saying something that's hard.

S The joy of the Lord is your strength... I just wanted to put that one in there.

P So true.

[00:18:01]

S And it was what I concentrated on. I could have concentrated all day long about how terribly awful it was. That it's almost like I had to cling to every positive thought, and it was God. It was God giving me those keys. But it, I tell you what it was the only way to survive.

Announcer: Hey, Mamas! Do you have a question for Serene or Pearl? Send your email to support@trimhealthymama.com

P I have to say this scripture sometimes to myself, fifty to a hundred times a day. My peace, I give to you, not as the world gives, give I on to you. Let not your heart be troubled, neither let it be afraid. Let not... Our hearts are going to be troubled especially... especially when the hard stuff hits. But it says, "let not". And as peace is something so different from what our mind and body are in a state of usually. So, we have to put on the peace, and we have to let not our hearts be troubled.

S Yes...

P And when these thoughts come in and when we're not experiencing joy, and we're going through these hard times. Yes, we're going to grieve, yes we're going to experience, but we still put on that other nature.

S It can be grieving that's done with a beautiful tenderness. Just a beautiful grieving, but then there's a dark grieving. There's a depressed grieving.

P Yes.

S One thing that helped me was just obedience, where it really didn't want to make sense to my brain. My brain wanted to work it all out and do mental gymnastics all day long.

[00:19:34]

S All day long. But that Scripture you said at the beginning Pearl, think about the things that are noble, beautiful, lovely... Think of all these things.

S So it was just like okay God I'm going to do these things out of obedience. So I refused to think of the negative. I refused to look at those movies that run through your head all day. When you're there at the funeral just those futuristic awful ridiculous movies.

S But it was like, tut-tut, obedience, obedience. It doesn't make sense to me. I should be able to go sit there on my couch and to be allowed to. To be allowed to... I'm going through this, why can't I be allowed to just nurse these thoughts for a while. And I was like no, obedience, and I feel like there's blessing in the obedience...

P Absolutely. And, I think that's what you were saying Danny, and I loved it. You said and there comes a time when you have to take the steps out of the spiral down. Because this and this is what I was going to say before, and this is the hard thing, and I hope you all don't come to loathe me and hate me and think

I'm a big meanie. But when we actually use the something that happened and it's the reason for the spiral down even when we should be coming out of it, it's still the excuse.

[00:20:43]

P You know well, this happened to me. My uncle died and then my mom passed away and then my father had a heart-attack and then I had a miscarriage. And these things are tragic.

D And, you don't know what I've been through... You couldn't possibly understand. I hear you, but have no clue what's going on over here, therefore you're disqualified from encouraging me. You're disqualified from helping me move forward. Those are the things that come to my mind when someone tries to speak into my situation. ..

S Right.

D I often get defensive. Because sometimes, I don't know, I think I punish myself for things. Especially great losses, because we've all had them.

P Yes, it's the punishing of yourself.

D You want to hurt yourself a little bit.

S There's another scripture coming to my mind. Pearl, you might remember where it's from. I'm terrible at references, but... though there be no figs on their vine...

[00:21:33]

P The fig tree does not blossom. And it goes through a whole list of things. Yet will I praise you, yet will I rejoice in the Lord.

S There was a list though. There was like seven tragedies.

P The fig tree does not blossom, though there be not fruit on the vine, though the... Come on, Danny!

D Shoot.

S You forget your Sunday School days?

P Anyway so it says, there's a whole paragraph of negatives.

S It was a decimation of all good.

P I will joy in the God of my salvation. God the Lord is my strength and He... That's where we get our strength from because to walk out of this. To make that decision we'll spiral no more, okay? And if that's you today, it has to be your decision. Spiral no more, today's the today we're going to walk out of this.

S Right, instead of saying what Pearl said.

P I know, it's awful to say it's an excuse, because it sounds trite.

[00:22:24]

S No, yes, it does.

P But sometimes it becomes that.

S But we're saying that in love.

P There it is, John our Mr. Producer found it for us.

S Thank you, John.

P Habakkuk 3:17-19: *“Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the Lord, I will joy in the God of my salvation. The Lord God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places.”*

S You see that person that wrote that? That was a decision.

P Absolutely!

S In those times that was everything, back then.

P That means you've lost everything.

[00:23:04]

S So the decision was, yes... I've just been dealt a bad lot. I'm going through the hardest of times. I'm in the valleys of hard. But you know what? I'm going to praise Him. So, it was a choice.

S Where was I going to put my thinking? What camp was I going to rest my thinking and the last year for me was where was I going to rest my thinking? And it wasn't like I chose to do anything grand. No, it was the only real choice for victory.

S So Pearl and I are trying to, and Danny here, are trying to encourage today and put some input in if you are going through struggles that are super, super hard. If you've been in the hard times for a long, long time. Maybe it's time to just start saying, you know what.

S Not taking away from the fact it is hard, or that... The facts are the facts. But yet you're going to praise Him, and if you're not a believer, I'm going to start thinking happy thoughts because...

P And part of that is honouring your body and looking after yourself for your family. There's a spiritual, there's a physical, but it goes hand in hand.

S Oh, hand in hand. It's hand in hand you can hardly be healthy spiritually if you're... Well, that's a hard thing to say, I'm sorry forgive me all you people. But I'm just saying it's hard to be kind when you're in a sugar rush. It's kind to have emotional zipping up if you're just, if all your chemicals in your body are unzipping your emotions.

[00:24:36]

P Yes because these things un-do us and so they make even treating our families hard.

S Hard to sit down and have a good devotional if you're just ADD about it all,

P You're scattered. Because of your blood sugar and we've been talking a lot about blood sugar lately so hopefully you've been listening to those podcasts. The basics of just Blood Sugar 101,

D You know caffeine and sugar they actually tap in to the existing dopamine in the brain. And so it makes perfect sense for great grief to be nursed with extra caffeine, plenty of sugar, no one is consciously.

S It's the body crying out.

D It is the body crying out. That's a great way to put it. I don't know how many of us are consciously going, you know what its Frosted Flakes time baby. Let's wreck this body. No we're going, what would be delicious right now? And it's

subconscious.

P So true because the grief is so strong.

[00:25:33]

D Please numb this pain.

P We're crying out for numb, it is the false comforter.

S It's the false comforter.

S I remember once, I had just had one of my babies and there were rushed off with breathing, they weren't breathing, they were rushed off and I couldn't even nurse them for the first two weeks. This one particular baby, this happened a couple of times, that's why I said them. But in this one particular case the situation...

S I wanted to run to the internet to research what was going on with my baby. Run straight away for the comfort words of people. Oh yes, I've had this experience. I wanted to hear, I wanted the solace of I've been through it too.

S But I felt like God say, yes, that's fine nothing wrong with that. But come to me first. I am the only true comfort. Maybe there's an occasion for a treat, here or there. It's the false comforter to just rely on that alone.

P Well because it becomes a vicious circle.

S Well it becomes the poison, right?

P It does.

S It becomes the comfy blanket with tarantulas on the other side.

P It's the wolf in sheep's clothing. Do you have any more analogies?

[00:26:41]

D Wow, well you know whenever these types of things come on us. I know for me, man, I don't want to get better. I don't want to go to the party.

P At the time

D At the time

S Bingo Danny, can I just shove a little thought in and then I'll go?

D Please, this is your show.

S I had that thought a lot too. When the Lord was really helping me, with the Arden and Isaiah situation and was walking through that. God was really incredible. Like I said it was more than, it was super natural comfort.

S But you thought like, if somebody hadn't seen you for a while and they came to you and you had a smile on your face because you're full of faith and you're full of the comfort God was bringing you. It almost felt like I can't be like this, I had to my downcast face on.

S There was times, before even, that particular thought. I had the thoughts like Danny said. I don't want to feel good because that would be a dissing to what I'm going through.

[00:27:35]

D Yes, that's it.

S I'd be dissing my sons! If I joke with that person, if somebody comes over and they say a joke. If I laugh at that I'm dissing my sons.

D Wow a disservice.

S And, it's not dissing them.

D No.

P So Danny, you're the one that's gotten through a lot of things in your life by putting on something, believing something and becoming it.

D Oh, yes.

P So how then does this relate to when something bad happens, and you've been through some hard things in your life.

S You could have chosen to just completely be a depressed head.

DP Oh gosh, I, I've got, abandonment by your parents, things like that....I've got so

many grounds for self-destruction. I could, I'll write the book one day you know...

S But Danny you're the happiest person I know.

[00:28:19]

D Oh, yes, well you can be whoever you want to be.

S Can we break this PODdy, if we actually need to go to the potty.

S Danny's hanging from the rafters just because he's had to release some happiness that was...

D Hey, but you inspired it often. Often when we go to break or we stop tape, Serene instantly gets up and starts doing the MC Hammer, or something. You want to break grief, jump up and do the Hammer for a couple...

P So, you've got anything practical for us Dan-Dan, because we've got one more minute.

D Well, I'd love to share some practical things. One, I think you first and foremost need to go into a dark room and just weep your head off.

P Yes, you do.

S That's Biblical. They hire the grievers to wail. Because the Bible...

P Because, you need to get it out man.

D Man, I tell you what, when I go. I've got a little... my office at home is very remote, four inches of acoustical treatment to block out all the noise of the outside world. It's a wonderful little studio. And, man my wife will sometimes send me to my room because I'm puking it out on the family. And she's like, can you take twenty minutes alone, and go stare at a wall?

D And I'll go back there, and I will get my junk out. I'll quietly listen to, whether it's God, or my own brain. I need solutions. Sometimes you need solution even if it's a point of grief that isn't a, you're not fixing your car solution, but you need a mental solution.

D Where do I park this? And that doesn't come by pumping in TV shows and pumping in the wrong kinds of food and the wrong kinds of advice. That often

comes with being alone with yourself for a little bit, dumping out your tears on the floor.

D I would say secondly, talking to someone, these two sisters that's almost a default. But a lot of you might feel like you have zero people to talk to. But you might have one, and if there's someone you can talk to as hard as that may be, I found that to be really helpful too.

P I agree, but...

S And if you don't have one, then you've got one that's better than and that's God.

[00:30:30]

P Better than a brother, one thing I'll say about that and this is what Serene and I have seen too just talking to a lot of women and I know John, we've got hardly any minutes left.

S He said we're fine.

P Oh, he said we're fine?

D We've got at least an hour.

P Make sure it's not someone who causes more of a spiral down with you. Who commiserates with you and eats the sugar with you. You need someone in this who actually...

D You might not need a drinking buddy.

P Yes, a drinking buddy is what I'm saying.

S Sometimes Pearl and I will call each other up even if it's about, you know what? My husband he just said that... I really feel hurt about that.

P And we are, no! Serene, I've done that with you. Charlie said this, and I'm really wanting Serene to say you poor thing, he should never have said that.

[00:31:14]

P Maybe he shouldn't have. If it was really horrific, Serene would be on my side. But if it's just a dumb husband thing, I'm sorry, my husband's not dumb. But every man, okay?

D Oh, gosh...

P Come on, every woman too. She's like no he didn't mean that Pearl, I know Charlie. You look at it the other way. So that person that you're talking about Danny. Yes we all need that person.

S You almost have to be willing to lose the friend, to be the friend.

P Yes.

D Wow.

P But that person has to yes, commiserate with you and yes cry with you, but bring you out, bring you up.

D Boy, this better be a great counselor friend. I don't mean professional counselor. I mean they're good at counsel. Is that what you mean?

S Well they're just good at telling the truth. Hey you know what? I love you, this is hard, but you are, you're just looking at yourself.

[00:31:53]

P And they're not going to bring the sugar laden cake, they are going to bring the Trim Healthy Mama cake to you.

S I didn't mean it the selfish thing looking at yourself, because it's not selfish to grieve over bad things. I'm just saying, but there is looking at your own issue. When there's issues going a lot around the world every second.

S And we just have to just look to God because he's got it in control, because He does and He is a good God and He is doing things that we cannot see and He is bringing it beautifully.

P What's your third one, Dan?

D Well, these are pretty practical but I've actually found some great use in doing physical things to get mental things right. And what I mean by that, and maybe it's this way for women too? I know for me, when I face sometimes the biggest stresses, I found that exercising starts to get my brain right.

P There's science to that.

S You feel alive, and you feel like life is worth living.

P And for me too, going like you said. Finding that place where you get it all out. If I take a walk, we live thankfully on a beautiful hilltop right here the cabin is surrounded by woods. But when I go out and walk and see the green, and just experience God's nature.

[00:33:09]

P It's just, okay I can do this, I'm not going to live in this toxic mind-set. Okay let it out Pearl, as your heart's beating, as you're walking, it's healthy. It's a great step Dan.

S My prayer walk, that's combining prayer and walking at once.

P Oh, yes...

S And then sometimes, I'll just put the audio Bible on and that is just awesome.

P And I'm hearing a lot of people have called, we can't compare to the Bible for goodness sakes', but a lot of people are listening to this podcast just to change their brain space while they're walking.

D Yes absolutely. Another thing I would add, and this is definitely a podcast for our podcast friendly, is to make the right food. And that's where we started out by talking about this. Nourishing your body correctly will nourish your brain correctly. There's something about what you're putting inside your body that changes things. Pointing physically yourself in the right direction will help your spiritual and mental self get pointed in the right direction.

P And that really is a great way to close and bring us full circle, so when things happen and if you're going through something right now. You know obviously there's a time for grief, like Danny said. And then there's a time for walking through it and that's nourishing yourself and your mind and your body and your family, because you need to be there for them. And it's time and you can do it, and you can step out. The past is past...

[00:34:35]

S And choosing life is amazing...

P Choose life.

S I'm excited because we've experienced it ourselves in situations, Danny you too. And it's a beautiful thing to move on, to move on with God, to just move on.

P So, we'll see you here next week guys.

D Thanks for hanging with us...

[00:34:58]

Announcer: Trim Healthy Mama Product News and Notes

P Noodles, noodles [singing]

S We're noodle folk, we're noodle folk.

S That's a weird accent I don't know what that was.

P I love noodles and on Trim Healthy Mama you can eat your fill of noodles. Listen, we're about to talk about a product. You don't jolly well need our products to be on plan.

S Hey, grow a zucchini in the garden and whizz it around in a thingy and use that.

[00:35:26]

P What do they call it, a spiralizer. Spiralize a zucchini if you don't want to use any special ingredients, and I do that anyway. But if you want noodles, we use konjac noodles. And they're actually not special Serene, they've been around for hundreds of years.

S They've been around for millennia.

P Yes, and they are from the konjac root, grown in Asia and they make konjac noodles. We call them Not Naughty Noodles.

S Because they're not naughty, they're nice.

P They have zero carbs, zero calories. Just zero anything and yet they're vehicles for flavour.

S We need to do a five second "Noodle Therapy". Don't eat them and

expect them to taste like Italian Fettuccini. They have their own wonderful texture, that when you open your mind up and allow yourself, you know they're going to be a little different at first they're so much more scrumptious than the regular noodle. They are so addictive and I just can't get enough.

P It is that thing that we keep talking about is opening your mind to new taste and new experiences with food. Because how is the old box working for you? It wasn't. And so these are awesome noodles. Now yes, they're a little chewy but, it's all how you cook them so I think the best way to start with not naughty noodles, konjac noodles is to just stir fry them. I love sesame oil Serene.

[00:36:46]

S Soy Sauce with a little fried egg, having the Asian way with the fried egg.

P The fried egg, vegetables whatever you have in your fridge, or even frozen vegetables.

S A little soy sauce.

P A little soy sauce or Braggs Aminos.

S Sprinkle some sesame seeds on it too.

P I like a little bit of heat. I like a little bit of cayenne pepper or chili flakes. Now you get that up in the oil, sesame or even coconut oil if you don't have it.

S And don't be quarter of a teaspooning it. Let it be luscious.

P No, let it be luscious, and let that fat go on there.

S Hey, if you want to you could use a tablespoon of MCT oil and just a teaspoon of sesame.

[00:37:23]

P Yes, for the thermogenic burn. These things are so weightless, and you can have a huge bowl, you don't have to limit yourself. We love them.

I'm to the point now where I'm so used to them I can have them with spaghetti sauce because your mind acquires that...

S Bring on the cheese sauce the spaghetti sauce the Alfredo sauce. We can do it now Pearl.

P These can help you on your weight loss journey and we're coming out with a new form of them. They're called Trim Healthy Noodles.

S They look more like the regular kind of Italian noodle.

P Just because we put a tiny bit of oat flour in there, not enough to spike your blood sugar, very small amount. But they're white and so you don't think, what does that look like? It's see through. Now they'll be white. But guys give them a try. Open your mind and keep experimenting until you love them.

[00:38:08]