



Trim Healthy Podcast with Serene and Pearl Episode #32 – Foxy Momma, Part 2

*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.

D Hey everybody, welcome back to the Trim Healthy Podcast, also known as The PODdy with Serene and Pearl

P Hey, hey

S Hey, hey, hey, it's.....

D Hey, I just want to share with everyone...

S I was going to say something that wasn't appropriate.

D Yes, let me stop there. That was.....

P No, it wasn't. I know where you were going. It was that cartoon from our childhood.

S Albert Hey, Hey, Hey, it's Fat Albert.

[00:00:25]

D Oh Fat Albert, I thought you were doing Arsenio Hall.

S Hey, I just need to... We need to start again, people.

D Hey, welcome to the Trim Healthy Podcast with Serene and Pearl.

P Hi

S Hi

D Hey, I've got a really cool announcement I'm proud to share. Today is...

P What?

D My wife and I's 15-year Anniversary of our marriage

P Aw, congratulations

S I love it.

P You and Lisa...

S A decade and a half Danny

[00:00:51]

D I'm married to the blondest, most gorgeous woman that I am supremely satisfied with in every way, and I'm proud to say that to the thousands of people listening.

P Ah, man.

S I love that.

P Does she listen to our PODdies?

D She does. Oops!

P Okay, so that was... No, that is major points.

S Hey, that was like equal to a dozen roses.

P That was 24 roses right there.

D That's kind of the goal I was going for, but...

P But knowing Lisa, and we know Lisa, she is... You married up, Dan. Is that mean?

D Way up

P Is that mean? But she is...

[00:01:26]

D That's fair to say.

P No, you're a great guy and all.

D Sure yes

P But Lisa's...

S Yes, she's a classy lady.

P She's a great lady.

D She's angelic and she's wonderful. Again, we've got four kids together so far, and every day... I mean, the world tells you that, you know now you're dragging your ball and chain around after 15 years. You know what? Every day has gotten better and better. We're more open, we talk about more, we are freer. That's what I want to say to the young people listening. The world's telling you that, you know, marriage gets sad and frustrating after a while. Just not true. It gets better and better, if you decide.

P I love it, Danny.

S I love it.

P Hey, thanks for opening.

[00:02:07]

D Sorry, I just... That was what was in my head.

S I like that.

P No, no, no, no, that was yours. That was your platform.

D That's all I got...

S Good

P But you know what? Speaking of that, I'm pretty fired up to... I'm fired up, okay, Serene. We did a few weeks ago the podcast on marriage intimacy, and got heaps of reaction. A lot of it was unbelief, I can't believe you're saying this, you know. But I feel like a lot of it resonated with women, and the fact that we can have the most amazing, awesome sex lives. It just takes communication, it takes work, but God has such a wonderful plan for us.

S And it's not at all taboo and it's not revolting and it's not dirty. It's, we just want to take it back for people, and the Devil didn't create the idea of sex.

P No, no

S God did.

P Right, and so that's...

[00:03:02]

S And He's holy and perfect and pure and He thinks this idea is amazing.

D Now's probably a good time to add that this is a mature audience podcast again, this episode, and so if you would like to remove your little ones, now's a great time.

P Yes, thanks, Danny. So this is Foxy Mama 2, Part Two, and I want to start... And this is what I'm fired up about. I've been thinking about this since our last podcast and all the reaction we got. You know what? The reason we got such reaction, I think, and such like, what, you're talking about this? And no one talks about this like that. It's because Hollywood...

D Yes, they talk about it.

P Yes, Hollywood stole our married sex lives. They stole them and it's time we all take them back.

S And they not only stole it, they tainted it and twisted it and made it something so, so far unlike what it's meant to be, so cheap.

P Yes, I mean, you think about sex these days, how is it defined? I believe it's sort of defined in movies, maybe magazines, but...

S To the world

[00:04:11]

P Yes, to the general population in this world it's defined by movies, and you've got just people... You know, it's a quick, I can't resist you, I have to take my clothes off and it's the six-pack and it's the beautiful people.

S The boulder bras and all the...

P Yes, and it's all perfect and it's all... There's no commitment, most of it is outside of marriage.

S It's empty.

P Yes.

S And animalistic, and...

P But it's defined, right, but they've taken it and they've said this is what sex is.

S And is there happiness there? I see a lot of breakup and heartache and nothing really lasts in Hollywood.

P Well, yes, in Hollywood, but maybe in a movie, you know, they live happily ever after because it's a movie.

S That's a fake story, that's a good fake story.

[00:04:57]

P But we are here to say that marriage owns sex. God designed marriage to own it and God designed marriage to rock it.

S Yes

P Way more than what Hollywood makes it out to be, because that sort of sex, it's like this analogy of like fast food, right. I mean, it's easy, don't have to cook it, tastes pretty great but not good for you.

S Until you get the big stomach ache, until it kills you.

P But marriage, married sex, is a gourmet meal. Takes effort, takes time, takes commitment, but once you taste it...

S It's so much more tasty... it is so much more satisfying.

P And it is life-giving.

S And you never go back, you never want to go there, to the cheap fast food when you could go to a gourmet meal.

P Yes, and so it's the difference, you know, between life-giving or really pulling down your life. And I just say I'm just so sick of it.

[00:05:56]

P No more can they define sex, because we are the ones, those of us who are married, and married in the eyes of God... When we get married we are married in the eyes of God. He sanctioned it, He made it, and He wants us to embrace the art of it, even.

S Yes, and the whole Hollywood thing, it shows this whole lack of self-control, right. It's all just like animalistic, instinctive and weird, right. So then the Christian people think, well, I don't want to be like that so I have to have all this self-control and I have to think that's dirty and I have to...

P Resist the flesh.

S Yes, God wants us, inside of marriage, to not have self-control for each other. He wants us to be all over each other and He wants us to ravage each other. And it's just like with food, Pearl, like you were talking about fast food and gourmet just a second ago and I love how you brought that analogy. It's just like with food. God does not want us to have self-control over the beautiful gifts He gave us, over the herb of the field and the plants and the fruit dripping from the trees. And He says, look, there's feasting to

be had. And He gave us taste buds and a million different, you know, just things to tantalize our taste buds, and he said, here, have three meals a day and snacks in between, so that in the good things in life that are gifts that he's given us, like marriage and sex inside of marriage, he says you don't have to be, like, restrictive.

[00:07:16]

P No, no, what did He do? He told us to ravish. Didn't you have... you pulled some scriptures about it, Serene.

S Oh, I love it, I just, I love it. Here in the ESV translation of Proverbs 5:15 says, Drink water from your own cistern. So that's the marriage thing, flowing water from your own well. That's flowing, that word flowing just means there's no stagnant, frigid well there, there's no stagnant self-control.

P No, no, no

S I'd better not.

P And you know what? If it's flowing it keeps going.

S That's right.

P Stagnancy is like, oh that pond's stagnant, that's, you know, we haven't done it for two months, if it's stagnant. If it's flowing you keep it going.

S Amen, Proverbs... I did the big Amen, Pentecostal talk.

P We are Pastor's kids.

S Proverbs 5:18-19. Let your fountain be blessed. Fountain....

[00:08:02]

S Fountains flow, fountains overflow. It's not just a little bit of a trickle, right. And God says let it be blessed. He has put his blessing upon it. He says it's pure. He says it's amazing. He says, it's my idea, and rejoice with the wife of your youth, is the rest of the verse. And I'll just give you one more.

P Okay, because Danny's sitting here with his Bible in hand.

S Proverbs 5:16.

D I can read these.

S The New Living Translation, why spill the water of your springs in the streets having sex with just anyone? That's the Hollywood talk. We're not going to... But you see, the beginning of it was the water of your springs, the springs. It's going to be a spring to your husband or a spring to your wife, and it's going to bring life.

P And we're saying this because last... If you missed Foxy Mama Part One, go back and listen to it because we brought all the health benefits into it and we brought the scriptures, and we gave you this complete challenge. If it's been stagnant in your life, if your sex life and your marriage has... Hey, if your well was stagnant we encouraged you to just, hey, two times a week because it shows that the health benefits come with at least two times a week go ravish your husband because it's going to bless your health.

[00:09:15]

P You're provided with immune benefits, you're provided with anti-depressants, your husband is protected from prostate cancer, all these things. And two times, you know, maybe I think your stream's a bit flowing at two times. It could go up from there, right?

S It could go up from there. And I love how you said go ravish your husband, because that's what we brought out in the last podcast. It's actually the woman's responsibility. That scripture brings that out.

P Well, in the Bible it says... I think that it's okay for men to be...

S Sometimes women like to be just the chased one but, you know what, your man needs to be chased too. And I'm just going to say two more scriptures because, like Pearl said, we're PKs, we're Pastor's kids, and then I'm just going to be done for a while and let...

P We might let Danny say something since it's their Anniversary, but he looks pretty scared again.

S And he knows his wife's listening too. Song of Solomon...

D I'm being respectful of the audience, just to be clear...

S I'm bringing the good old Song of Solomon out, 4:15. You are a garden spring.

[00:10:01]

S A garden spring, now there's fresh life to a garden.

P Gardens are growing, they're not dead.

S That's right, a well of fresh water, wells run deep and streams flowing, there's the flowing word, from Lebanon. Now that's not talking about a frigid wife, right, Pearl?

P There ain't no frigid wife in there if you're... and when we say frigid wife well, excuse our crassness. I mean, we want to bring some precious thoughts here and, you know, we're throwing out the word frigid and all that. But God wants you to be the total opposite of frigid in your marriage. And, Danny, I know you've got a scripture there, but I want to talk about where your body's at right now. Because, you know, Hollywood is all about the six-pack and the perfect people, and who knows what surgery they've had done to themselves to look so perfect, or genetically somehow blessed. But most of us, you know...

S What about airbrushing put in on that as well Pearl.

P Yes, yes. You know, even if you're not at your goal weight, I don't care how far you are away from your goal weight, that has nothing to do with it. This is not about perfection. This is about love, selfless love.

S Guess what? I just have to say this, and for all those who aren't Bible-believing people out there, listen to our first podcast. That was more where we brought a lot of science to the subject.

[00:11:17]

S But I just want to say this here. God, who is the Bridegroom, he loved the imperfect bride. He loved the imperfect bride, and He saw the beauty in her. And so we don't... For the true description of really the intimacy that God was talking about, there's ain't nothing having to be perfect about you. Of course, you know, we're all trying to be as healthy as we can, and to be as, you know...

P Healthy and frequent marital sex makes you healthier, it burns calories, it actually helps get your body in shape. It's the best exercise.

S And I also want to touch on this too, and I'm just being a talkaholic, but when I said frigid, forgive me, I don't want to be insensitive. Because there have been people that have gone through abuse. There are people right now in marriages that are painful, and there are situations going on where there may need to be a little bit of a blocked-up well if there's stuff going on that is bringing pain and betrayal. And I understand there's that. This podcast isn't really dealing with that but I know there's that out there. But there's healing to be had in those situations, and there's always hope.

P Absolutely, and I will once say that too, and neither do we expect our husbands to be perfect little, you know, specimens. I mean...

S That's right. My marriage is just so much better now.

[00:12:38]

S You know, after I've had ten babies and after he's like in his midlife maybe tiny bit of a teensy belly, I mean, it's like, God is like, because He's in there, there is commitment.

P I do think that. You know, I look back... And this is why married sex is so blessed and God has such good things for us. I look back on when we first got married and, you know, there's the newness and, you know, that's fantastic. But you have to learn about one another and you have to go through things. You have to communicate. Sometimes there are hard things that we go through. But if you press in and if you communicate and if you just seek God for more in this special part of marriage, I believe He blesses. And I look at our 20-, coming up on 24 years of marriage and I think, wow, look at where we are now, even in this area, compared to when we started, even ten years ago. You get to this place, the more you, you know, the longer you've been married and this sex, it only gets better, it gets deeper.

S And it doesn't mean you haven't gone through pain.

P No

S And it doesn't mean that you haven't gone through times where you just need to talk stuff out and cry stuff out and...

[00:13:46]

P Doesn't mean that at all.

S Yes

P Because, you know... And that's why, Serene, you and I have been there for each other and God's been there for us. But in marriage it's not all going to be perfect, but He has a plan and he has something so beautiful. That's why I think I just want to take it back from Hollywood, because that doesn't have the beautiful ending. God's way has the beautiful ending.

S And when I was talking about the healing and pain that people have been going through, when there is repentance, or true... Which means change, which means it's not continuing to happen right now, God can bring that beautiful forgiveness. He can give that gift of forgiveness.

P Absolutely

S It doesn't come from us as humans. It can't, it cannot, we can't have that on our own but God can give it to us. And marriages can re-rock and they can be better than they've ever been.

P Yes, I fully believe that.

S And we've seen it.

[00:14:40]

P Seen it, experienced it witnessed it. God is the healer. He's the restorer. He wants such great things for this intimacy because it represents the intimacy with us and him. Danny, I know you've got something.

S Get your Anniversary platform, going.

D Well yes, I'd like to read some things that I think would... This was actually... It seems like it was written to men, what I'm about to read.

P Okay.

D And so for you 17...

S Oh, we'll block our ears then, Pearl.

P No, I want to say, you had 17... You were at 17 men listening, okay. I don't know, we've got close to a million women who've downloaded our show.

D I think we're close to a million men at this point.

P No, after the last Foxy Mama episode, I think you're in the hundreds now, Danny.

D Did we raise the man quotient?

[00:15:30]

P Totally

S And you know what? That's just so good. Let's celebrate that. It's not a bad thing that men are interested in that because God designed them that way.

D A great point. It's a great point.

S So we're taking that back too. I want to take that back from the enemy that may have whispered that to you listening, that, you know, my husband is too into that, or men are just like wired in such a...

P Debased way.

S Yes, no they are not. It's a given-by-God desire, and yes.

D Absolutely, you know, I find it's really discouraging, the concept that I feel like the church has really communicated about men, that they are wild, lusty, out-of-control, distracted on every point, creatures, and that if they were to hear the word sex or if any... Like this conversation, for example. What is a man doing in the room as you talk about such things? Well, thankfully, much to many of our surprises, I myself, and hopefully a lot of other men out there, are not wild, out-of-control, lusty creatures who can't hear such things.

P But why, why though, Danny? You're satisfied with your own well.

D Well, that's true, yes. I am, and...

[00:16:55]

P You just said you were so satisfied with Lisa. The last episode you said, "you are the chapter, girl."

D Yes, but you know what? Before I met Lisa, I was satisfied in Christ. And, because she's asked me, you know, oh no, I mean, do you ever like feel like you're looking around at other places, and am I enough, and all this? And I was like, sister, before you came along it was me and Jesus, and it wasn't about... I wasn't out there trying to do anything, you know.

P Yes, but okay, and that's... I love hearing that. But I feel like God gave men, you know, and actually... And I want to talk about that later when men don't feel the normal, you know, sexual... The testosterone that's not there, sometimes illnesses and stuff can take that away. But in marriage you have that for Lisa, right?

D Absolutely

P Yes, but it doesn't have to be this other thing that's taking over your life and where you feel like you're just nuts and out of control.

D Yes, absolutely

P To other women

[00:17:56]

D Yes and that picture of a man is just inaccurate. I would say even, you know, sure men are wired sexually but, you know, even those of you out there who aren't... You don't identify as a believer or a Christian, I think just the scientific idea of out-of-control men is false. That's my point.

S I love hearing that.

P I do, yes,

D Yes, when we frame up men that way, everything they do is now suspect, forever

S It brings a lot of suspectness to marriage.

D It brings a lot of weird, and it brings it into your marriage too. In fact women seeing their husbands as an out-of-control creature that must guard your eyes at every point, yes, should we guard our eyes from things, absolutely, should we guard our ears from hearing bad things, absolutely, but we're on planet earth and we're just going to see stuff, we're going to hear stuff, and it doesn't mean that the logical conclusion is evil and dirty things.

P But what... I'll bring it, then, I'll bring this tough subject that a lot of people are living with, okay. I'll just bring it. There are a lot of marriages almost destroyed right now through porn. Porn is directed mostly at men, and a lot of marriages are suffering because it has affected them because it's directed at men.

[00:19:17]

P And they're... I mean, we can't say that they're not vulnerable.

D Yes, yes, absolutely. That whole industry, it's actually a very violent form of sex. Pornography is the most unrealistic picture of what that should be.

P Yes, and Hollywood is just halfway there. It's unrealistic, again, and so that's unrealistic. There's no communication. There's nothing, no commitment. They make it all easy, they make it so fun... And it's nothing that's the truth, right?

D It's absolutely the truth.

S It might sound super spiritual to those who aren't believers who are listening, but I believe there's a spirit behind that, and I think when the door is opened a sane man might become insane, but it's not because he started that way. I think there's a seed, you see, and the seed grows. And so I believe there's demonic spirits involved in that, and so...

D You know what, I'll... Here's...

S I don't believe he's naturally like as debased as what he becomes.

P I agree. I agree.

D Right

[00:20:25]

S But God can renew that and heal that.

D Well and here's the word to those who think porn's cool or whatever, or are, you know, seeking that out. Listen to this.... Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed and may you rejoice in the wife of your youth, a loving doe a graceful deer.

P Keep going. What?

D May her... ..

P Oh, he can't say the word.

D Is it... Can I say it?

P Say it.

D May her ta-ta's satisfy you always.

P What does the Bible say.... No, the Bible is not a prude.

D It says ta-tas. That's King James.

[00:21:16]

P May her breasts satisfy you

D Okay, that's... I'm offensive now. I get it. Everybody can flip now.

P That is beautiful stuff.

D May her breasts satisfy you always. Listen to this last part, because this is what the media wants you to think that this thing outside of marriage is, but this is the reality of marriage sex. May you ever be intoxicated with her love, now isn't that the sell of these films? This intoxicated, out-of-mind, I'm going to be at this special place with this woman or this special place with this man, where I'm just finally there, I'm at the greatest heightened state...

P Or the hotel in Cancun or something crazy

D Right, right and yet that is only found in a long-term... Like, you know, you just can't microwave it, people.

S And, you know, I just...

P Micro... but Danny, you brought the deep today, thank you.

S Can I say something really quickly about the scripture, you know, he had to use his little pseudo ta-ta thing. But I want to say...

[00:22:20]

D I'm sorry, is that bad?

P No, no, no

S No that's great, Danny. I think it's great. You're respecting the fact that we're in mixed gender here and I like that. You're a classy man. That's good.

D Is it weird that men are talking about those things in... Yes, I mean... We're all here, God's here.

S That was good, but I just want to say that when God said be intoxicated with her breasts, right, that speaks to me that God made a billion different kinds of women and a billion different kinds of breasts, right. So not every man in the universe is to be intoxicated by the one silicone-enlarged boulder okay... Sometimes God made the little French smallies and they are to intoxicate her husband.

S God created her. God says this is good. God says this is perfect. And so a woman needs to be released, that the Hollywood has stolen that too, stolen her image, stolen her identity that she has to be one kind of woman to please her husband, but that's a lie from the enemy that steals a woman's confidence.

[00:23:26]

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

S I'm Serene.

D The reason I appreciate what you are doing and why you're saying this is because I protest that the only valid place to talk about sex is in films, and clearly the people making those films are not interested in telling you the truth about it. And so why would you be quiet? Why would the people who have the only valid message about sex, why do they have to shut up?

P We have shut up for too long. So listen, I know... You know most of what we received last podcast was so well received it was like, ah, yes, okay. But we got some flack, okay.

D Am I talking too much?

P No, actually

S Yes and Danny's very careful in this because he feels slightly uncomfortable, and Pearl and I want to tell you, we don't sit around with men and talk about the subject. It just so happens we're...

D I just want to makes sure we're not vibing that.

S No

[00:24:20]

D That's all I'm saying.

S That's not the vibe that we wear in our life.

D Right, right

P No, but this is important stuff.

S Danny's speaking to his 17, now 700 men, and we're speaking to the women.

D Yes, thank you. I'm not even talking to y'all. I'm talking to the men. Can we just.... let's just lay that out there.

P I love that Danny, but no, that's so true. They've fed us a lie. Now it's time for us to say, that's a lie, this is where it's happening, this is where it's golden, this is where what we have that you don't but you could. Why aren't

we making... Why are we so quiet about how great married sex is and can be?

S And we're not talking details and positions because that's revolting and that's debased and that's fast-fooding the whole thing.

P No, no, you're not saying positions are debased, you're saying details, talking about it, yes.

S Yes, no, no, I'm just saying when people discuss that, that's cheap.

[00:25:06]

P Yes.

S Because it's so special, what you have, with your husband. But just saying, hey, even mentioning to your children as they're raised, Daddy and I are happy together, you know, just so that they... You don't say anything deeper than that, but just so that they know, I can look forward to marriage. I don't have to be like an 18-year-old sleep-around to get my fun in before I get married.

P To get my love in, and I so agree. I mean, why aren't we taking it back? Why doesn't social... Why isn't anyone on social media, not being crass and not sharing details, but saying, my husband and I have got it going on, I'm taking this back from Hollywood. They've got nothing on us.

D Yes and it's not... Yes, it may be mature content, okay, and I want to draw a distinction there. Yes, your four-year-old, you may not want to have listen to this episode, you may not want to have these types of discussions, but not because it's bad or dirty. And that is so important, to draw a distinction, that as parents and as adults we have got to get more comfortable talking about mature content at the right time with our children and people around us in a way that is really honouring

D And, you know, I just want to say one more thing. I want to say something to maybe people who, you know, you might say, I'm an atheist.

[00:26:26]

D You know, maybe you're not even listening at this point because they've talked so much about married, godly sex...

S You've got to have the altar call.

D Yes, exactly, but, you know, this goes with what I was just saying a minute ago. Listen to this. The two will become one flesh. Now, you want to get mystical? You want to have mind-blowing levels of intimacy?

P That's it, yes, yes, yes.

D Let me tell you something. This is not found outside of the creator's mind, okay. You want to get like Deep Space Nine epic, listen to this. The two will become one flesh, but whoever is united with the Lord... Wait a minute, now we're talking about... What does sex have to do with the Lord? That's why I'm...

S Everything

D Okay, whoever is united with the Lord is one with Him in spirit. So this picture, these two pictures here, of you go from this sanctified, beautiful garden of love and marriage to becoming one in spirit with the Creator of all.

[00:27:28]

D And it's a picture, when you're at your heightened state of love and in your happy place, and when you're bursting with that emotion and with that joy and with that connection with your spouse, know what God is trying to say to you, He's trying to say, see that right there? See where you are in your being right now? Know that it is a little glimpse of, not the sexual oneness, because now we're translating into now a spiritual connection, that is a glimpse of the depth and connection and the awesome that you will be a part of forever and ever and ever by being close and intimate with God. And not a sexual way, obviously, it's a picture.

P Yes, but it's a type.

D It's a type.

P The physical love.

S I love it. I really feel, Danny, this anniversary is just really...

P Danny, Fifteen years married

D Happy Anniversary Happy Anniversary to me.... [singing]

P You are bringing it. I want to...

D I'm just saying I...

[00:28:21]

S Lisa, if she's listening here...

P She's going to be Mrs. Foxy Mama tonight.

D Yes, but you know what? The thing... And I know I'm just... Maybe I'm on a rant now. You've just unleashed the rant. But I just so... the high mystical experience of you one with God and Christ is mind-blowing.

P And it's revealed in that.

S Yes

D And it is revealed in...

P Revealed in the marriage bed that is called priceless, that is called holy.

S And it's called undefiled.

D Yes and I'm not saying I understand it, by the way.

P I know, but it's one of the mysteries.

D It's a mystery.

P It's called...

[00:28:54]

S Hebrews 13:14. Marriage is honourable in all, and the bed undefiled.

P I know.

D So I'm inviting the atheists to kind of just...

S If you want to do it for the mystical, for the new-agey just

D Yes, yes, yes. I'm just saying you want to... You can do... Yes, hear it how you want.

S Call it what you want.

D But I'm inviting you to the deepest, most... Way better than an acid trip, way deeper than any high you could have or any new-age experience. Commit to somebody and walk with them for years and years, and have a lifetime with a person, and experience this.

P And the hard...

S Then your bed is green. I love how Song of Solomon says, our bed is green. What a beautiful picture. There is nothing green in a one-night stand because there's no roots put down.

D No roots

[00:29:40]

P There's no roots, and you know how roots are put down? I mean, it takes the hard to get there too. You've got to go through the valleys and you've got to go through the times. You've got to experience these things with your partner.

D Yes, you do.

S You've got to go through the pruning.

P The pruning

S And the weeding.

D Yes

P And then, and then it's so beautiful. And then you still go through things and you still learn.

S And you still get rid of the foxes that are trying to spoil the vines.

P Yes, and you weed things out and it's continually, in a garden, you're weeding in a garden. If we're gardens, if our marriage bed is a garden, pull out those things that are harming it.

[00:30:08]

S Okay, one more, Song of Solomon 4:16. Awake, oh north wind, and come wind of the south. Make my garden breathe out fragrance.

P Oh man.

S Let its spices be wafted. May my beloved come into his garden and eat its choice fruit, so no more denying each other.

P Hey, that's the woman that wants more. Again, beckoning the husband, saying, come in, come on.

S Eat the choicest of the fruit. Let me see spicy.

P Let me be spicy. I've got two more things...

S That's the modern translation, right, let me be spicy.

P Before we close, I've got two things. I heard from a lot of women after our last podcast, and it was heart-breaking. It hurt my heart because they were like, I wish, I long for that, that my husband would desire me. You know, there is... It's just such a stereotype that the husband will always be the high-drive person and he'll chase the wife and, you know, she's saying not tonight. But that's a stereotype, and especially now with the rise of Type 2 Diabetes, and men can go through things.

[00:31:14]

S That can really affect the testosterone.

P Even porn can do this to a man, and different things can do this to a man, where they no longer have the same desire for their wife, or even function. You know, there's erectile dysfunction that comes from Type 2 Diabetes. Sometimes it's hormonal decline, and these women, and like when a woman is rejected by a man over and over, it just basically pierces their heart, cause them to clam up. These women are hurting.

P But I just want to say that, you know, there is hope and there is healing. Keep communicating. A lot of men feel so shameful if they can't function. You know, that's their manlihood, and they can't even talk about it. It hurts that much, because they want to please their wife.

S And as much as it's hurting you, they're probably hurting a triple times over, especially when it's to do with a physical issue that they have no control over.

P A thousand times, but there are wonderful things that are, you know, available these days. Go to a good bio-identical hormone doctor, and he won't want to go to get his levels checked. You're going to make that appointment, but...

S In a way that doesn't make him feel stink.

P No

[00:32:16]

S In a way that... This is, hey, if people can get headaches, people can get issues anywhere in their body. This is not anything that is your fault.

P Exactly, and the same goes for you if you are a woman, maybe past menopause, maybe you're experiencing problems. But these things can be addressed. Of course, you know, there's health, and then there's mindset too.

S There's mindset, and that's what we addressed last time, which we'd love, if you haven't listened, go back and listen to the first podcast. We talked about seasons in women's lives, like breastfeeding, and seasons that hormonally are just less of a driven state sexually. But, hey, there can be that proactive state of mind and just, I'm going to get involved. And your body follows through, and it gets...

P And of course, Trim Healthy Mama, all about lowering sugar, because that can definitely help men, even with Type 2 Diabetes, which helps function. But also there are hormones, and these things can be addressed. And like Serene said, they won't want to address them, but communication in love is so important.

P Because if you're married, really, this sounds so crazy and out-there, but it's not your right, unless you physically can't, it's not your right to withhold it. The Bible says your body is not your own, your wife's body is not her own, the Bible says, husband, your body is not your own either. You offer that to your wife, you offer that to your husband. So with all your power you make this as good as it can be.

[00:33:34]

S And that's... And let's bring this back to Trim Healthy Mama and diet. Like, where did we get out here, right? But it's a great subject. But let's bring it back. That's why we eat as healthy as we can be, not just for ourselves but because our bodies are husbands', our husbands' bodies are ours, and we honour them by trying to make ourselves as healthy as possible.

P Yes, absolutely.

D Yes, guys, what other... I keep talking to my atheist buddies, right?

P Yes, what is it with you and your atheist buddies?

D You know, because... The picture of...

P Hey, we love our atheist buddies.

S He's balancing the audience.

P Oh yes

S He's just making sure that... Not all of them grew up, you know, in the church.

D Well, it's true, yes, and I didn't grow up Christian, so I mean I would say probably most people I know are not Christians, you know.

[00:34:18]

D And I understand how things can sound unique but, come on, what other... Where else do you get such awesome talk, man. Like, I want to draw such a distinction between how, you know, Christianity is portrayed to people versus how it really is. Hopefully podcasts like this will make you go, okay,

it's not... These guys aren't all about signs out in the streets and, you know, that... No, no, no, no, no, no. We're all about real life.

P No, this is real living.

S There you go.

P But He came to... I love that scripture, you know, I came to bring life and life more abundantly.

S There you go.

P That is for the marriage bed too. Not stagnant but abundant in all aspects. Abundant life in our health, abundant life in our marriage bed, I want to do...

S And without Him you can't have that because He is the true light. And the eclipse the other day, you know, I was out there at Vanderbilt, I had a child getting some surgery done, just a blocked little salivary gland. And all the people were on the street, and when it completely went black they were like, aah, like, you know, screaming in delight or in like, whoa, you know.

[00:35:26]

S And I was praying, God, you are the light to the world. And like so when the sun, the S-U-N, gets covered up, right, wow, I mean, there's a complete degree of light change, right. But when the S-O-N gets covered up, when the Son gets covered, that light is diminished, and light is life. And so I was just praying, you know, for people to really experience the true light and the true life of Jesus.

D Yes

P I've got one more thing before we close. Last episode, Foxy Mama 1, we went into a lot of health benefits. I failed to... I'll close with this one. This is just huge, okay, and this goes with the challenge of ravishing your husband two times a week at least, right.

P Research from Wilkes University in Pennsylvania found that both men and women who had sex at least once or twice a week... And this is talking about the, you know, sex in a committed relationship, because they've done so many studies on sex outside of commitment and inside and the results

are vastly different. Sex at least once or twice a week, those people contracted fewer colds and flu's than people with less frequency.

S That's why in winter you've got to cuddle up.

P Cuddle up in winter.

[00:36:38]

P And research showed that the higher frequency folk had 30 percent greater levels, listen to this, of an antibody called Immunoglobulin A, which is known to boost the immune system. So remember last time we talked about the present your husband gives you, it's in semen, during sex, that has zinc, which bolsters your immune system. Well, here's another way. This is another way your immune system is bolstered. It raises Immunoglobulin A in your body dramatically. So this is something God designed as healthy for our bodies. It's the natural way it should be.

S You don't need the flu shots, no, no, no.

P For this nasty flu season we've got a better remedy. And I think we're done, right?

D You know, I...

S No, he's not done.

D No, we're not done here, folks. You know, since we're talking about studies, just a quick little note. I don't remember how much more frequently but you can research this on your own, married couple have like way more sex than single people.

S Hollywood doesn't want to make you believe that.

[00:37:42]

P No, no, that's true.

D They want you to think that it ends when you get married, that all the fun is in that kind of freedom, faux-freedom, I should say, thing. And then, you know, I just wanted to say too, you know, we promised you on Episode One

that we were just going to be raw. We told you we were going to say kind of the things...

P Episode One of The PODdy... yes

D Episode One of The PODdy that, you know, there was going to be things said spontaneously. This episode has not been edited. We didn't sit around and talk about what to take out...

S We didn't even plan this, Part Two, until we sat down here on the couch.

P No, no, Part Two happened this morning.

D We sat on a couch and these girls started going, you know, this has just got to be said. This is what's in my heart... You know, and so, again, to our awesome peeps out there, thanks for listening and hanging with us and, you know...

P Giving us grace when we might say something hmmm...

D Sure, sure, it's okay, it's just words. You may disagree, no big deal, okay.

[00:38:38]

Announcer Trim Healthy Mama Product News and Notes

P Hey, Serene, I want to talk about our original pure stevia extract sweetener today.

S You mean our little baby?

P Yes. This is what we started off with, and it's original and it's economical.

S Yes it is. Actually, Pearl, it's the sweetener that's the one I use. My girls would do a bit of baking.

P Well no, you would use... Your baking. Our family, we do bake for our family. But with Gentle Sweet, it's easier for baking. But I think people forget about that pure stevia extract that's just so inexpensive. It's less expensive.

S If I'm making a drink or a smoothie, I only use the doonks, the doonks of stevia.

P Yes, and that's what I want people to know. If you're making an all-day sipper like Good Girl Moonshine or you're making just lemon water or you're making teas...

S Or a smoothie

[00:39:26]

P A smoothie, it works so perfectly. It lends itself to drinks and it will save your budget.

S It will.

P Because it's cheaper than honey, it's cheaper than sugar.

S So we're not doing this to try and make a buck ourselves, because we would be saying, hey, buy Gentle Sweet.

P We would, because a little goes such a long way. That's why you have that tiny little spoon in there which Serena calls a doonk. It's just 1/32nd of a teaspoon and you only need one or two doonks to sweeten...

P Yes. We did an awful YouTube about it. Why did you bring that up? Yes, quit, Serena, I want to talk about stevia. I also want to talk about the purity of stevia, though. It's so important. People think, stevia, it's artificial. No, it's not. It's grown as leaves in...

S I'll tell you what. I'm a purist, and I sent my husband over to the organic farms where they grow our stevia. He has been over there three times. Pearl and I are going in about two weeks.

P In two weeks we're going.

[00:40:20]

S So this is a personal, you know, friendship here between the farms and us. It's not like we don't know where our stevia actually comes from. But anyway, I sent him over the first time and said, check out this process

because I'm going to be partaking, and I have a high super-psycho standard.

S I'm pleased. I'm pleased. It's a process just like making vanilla extract.

P We know every step in this process, but the fact is we've had multiple opportunities to buy much cheaper stevia sweetener. I don't want to poo-hoo other companies. We say all stevia is on plan, and a lot of people buy it from grocery stores and that's fine, if that's what you do, you can afford it, but I do want you to know that most stevia sweetener on the market has been processed in a way that uses maltodextrin. It doesn't list maltodextrin on the package, but it's called enzyme-modified stevia. We've had multiple opportunities to purchase that and sell it to you.

S We could probably live in not a trailer home.

P Yes, we could have had our dream homes built already. But no, we refuse to do that because it's just much more harshly processed. And so we do a water process. So we just needed, in our hearts...

S We don't make much of a profit from it.

[00:41:24]

P We don't.

S But we don't care about that.

P But we needed in our hearts to really be cool with this process.

S Yes, and that's why we call it pure stevia extract, because it's the purest on the market.

P So we just don't want you ladies to forget about this, because it's really going to help your budget. And here's a quick tip... I know we're going to go...Mr John, producer. If you want to use Gentle Sweet for your baking, that's awesome, but if you want to save your budget use some Gentle Sweet and then get out your doonks of stevia and add a little bit more. It saves how many cups of Gentle Sweet you have to use.

S Right, and if you have children that have a little issue, you know, with blood sugar, even at a young age, honey and doonk.

P Yes, we do...

S We say honey and doonk, so our children put half the amount of honey and then a doonk of stevia.

[00:42:03]

P Yes, because children can handle honey more than adults, usually, but being temperate with some stevia yes. So that's all we have to say about that. Don't forget about it.

[00:42:18]