



Trim Healthy Podcast with Serene and Pearl **Episode 47 - The Nightmare Poddy Before Christmas!**

*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 · J = John

[00:00:00]

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P And with your diet too, if you are making smart blood sugar friendly choices, like you are you get a discount. So go to

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[00:00:32]

D Hey, welcome back to the PODdy, we're glad to have you right on the brink of Christmas.

S Oh, I'm so excited.

P Serene misses Christmas.

S I so love Christmas.

D Are you a Christmas fairy?

S "Serene Christmas Campbell", Campbell is my maiden name.

[00:01:12]

D Okay

S And I, that was my name growing up, "Serene Christmas Campbell", it's that big.

D Christmas Campbell, because you lose your mind

S I lose my mind at Christmas.

P I do remember though being just, we weren't taught about Santa Claus or anything.

S No

P We, you know, we weren't taught against him, but, you know, we've got children listening today, so we weren't taught against him, we were just taught about Christmas itself and the meaning. I remember waking up on

Christmas feeling, I can't even talk about the excitement that Christmas would bring.

S It's not that we were taught against it, it's just that we were taught that he was a great guy, a saint, and that he liked to give away and he was a generous person.

D Are you talking about Santa Claus?

P Yes.

S But we, but celebrate Jesus.

[00:01:53]

D You think there are children listening?

P Oh totes

D Santa's not real.

P Oh Danny, can we edit that, you can't do that.

S Danny, now my children don't believe that.

P Because there are a lot of children traveling in the car and now Mamas hate you.

D It's going to be edited.

P No-no-no

S Danny I'm with you, but anyway...

P Edit that out, edit Serene out every family chooses to do things in their own family.

S Hey, Tim, don't edit it out, that's fun stuff. People like a real PODdy.

P If there is a three-year old right now listening, they're crying.

[00:02:17]

S No, the mother's saying don't worry Little Johnny, don't worry...

P Danny's a liar.

S Danny's a liar. So we'll just leave it at that, keep it in Tim.

D Better to cry now than to turn 16 and find Mom's presents wrapped beside the bed that say to Danny from Santa. Danny turns to his mother and looks her in the eye and now like everything I've ever known is a lie mom. Better now is what I say.

P Danny sounds traumatized.

S Danny's really not...

P Serene was going to give Danny a raise, and sadly I have to fire him again, so who, who...

S So listen, he was a great Saint and it was great and he was generous, but I'll tell you what, there's no gift more generous than the Gift of Jesus

P But, Serene, I was talking about the excitement, I can't even described...

S There's no excitement without you.

P I know, but I can't even describe that feeling of Christmas.

S Yes I know.

[00:03:13]

P And you know as you get older, now to me it's more about my children, you know, and how, how much they love it, but as a child... I remember, Danny,

waking up the morning after Christmas and really fighting major depression, because it was gone.

S And she's, like, gone, that was too quick.

P And have to wait 364 days again.

S But now as an adult just having more understanding about it, yes, it's just that it stays so poignantly rich in your mind because of just what, we celebrate it all year round, really, but it's just a chance at time to really dig into that, to the mental celebration of Jesus coming that...

D I know... Yes. Sorry.

S No

P She loves you right now Danny, you can do no wrong, because you believe in her theories.

S Hey, when I was six I punched somebody out at school for saying Santa was real, I punched him in the face.

D Did you punch him?

S Yes

P What? Serene that is not another good example.

S I was evil back then; I was full of the corrupt nature that comes with being born in the flesh.

D Or where you a prophet.

P There's little children listening; now we all hear that Serene punched people when she was six.

S Six, I've done a lot of growing since six.

D Santa aint coming down the chimney

P She also...

S Hey, you're the girl who pulled me down the stairs by my hair because I shared a room with you and you didn't like the way I cleaned up, by shoving everything under the bed.

P That never happened

S It did so happen

D Hey, he's not coming down the chimney.

S It did so.

D And Dad's not a firefighter who's been off fighting forest fires your whole life, and he ain't coming down the chimney neither.

S But I guess...

P Danny stop projecting your poor awful childhood on all of the happy families around the world.

D This is all, this is all made up, I hope it's edited out, that's what I'm assuming.

S No don't edit, because that's fake. Come on people.

P Hey, this is supposed to be a happy, happy, happy Christmas PODdy.

S It is, when I was little I just remember going to bed and all the Christmas carols will be going through my head, going through my head, going through my head, and just the lyrics of just triumphant amazing joy.

[00:05:04]

D Yes

S And that's just, that's what we have in Christmas and I am just so excited, I'm so excited, because without the birth of Jesus, without our Savior, I know there's probably some people listening that aren't Christians, but that's okay because they go to the mall and they listen to the Christian music at this time.

P Some people don't celebrate Christmas at all, but, you know, we do.

S Like, John, our producer, who's actually doing other work, extracurricular activities...

P He's pretending this PODdy...

D No, he's the real Grinch.

S He's folding origami paper or something crazy right now.

P John is totally pretending this PODdy is not happening, like, he's really...

D Because he's the real Grinch

S And he loves Jesus too, but he just hates Wal-Mart and so...

P Yes.

D He's like the Jim Carrey Green Grinch.

S But, you know, Christmas isn't materialistic to me at all.

P No, no, but, you know, I mean...

S John you could come to my way of thinking where you could celebrate Christmas and forget that there are some people that ruin it with

materialism.

P But, you know, a bit of good Christmas shopping's fun too.

S No, I'm into, I'm into giving my...

P It's good fun.

S My children don't get allowances, don't call DCS on me, I mean, don't worry I've already had it done, okay, so just, been there, got acquitted.

P This PODdy's so not what I wanted for it.

D Is this even, no I can, Pearl's little hopes and dreams, continue Serene.

P No, my hopes and dreams for this PODdy, right...

S I don't even know what I was talking about.

P And Serene, sort of, took over and so did you Danny.

D Sorry

S No, we don't have allowances for our children, you know, like literally, like, every time we go to the store it's not, like, oh here's a treat Johnny boy, it's like, you know, they work hard to be, to just, you know, they...

D They've got to earn.

S They do chores and they, they're just hard working.

P They run out to the garden, give her bouquets of kale, a lot.

S You know, hard-working good children, you know, and during the year it's just, you know, knuckle down and get life done, but at Christmas time we pull out all the stops man, it's just, we pull out the stops.

D I love the Christmas Season, presents are fun, just to watch people and,

you know, you can really make that an art to where it's, like, something that's lasting and crazy cool. But since I love to party, it's like the world gets on my page in December.

P Yes that's true.

D And there's constant partying and I'm, it's like my season.

[00:07:05]

S That's true, Danny, I can get that.

P I love that.

S I just love, well, you know, Christmas is a warm time, you know, you can all say a lot about it, all the People that hate Christmas, but it's a time of, you know, even if, even if... John's putting signs up that are just mean, like the Nightmare before Christmas and stuff like that. Edit that Tim. I'm just teasing, just teasing, don't.

J Oh so now we're editing.

S No-no, we're not editing, we're not editing.

D The whole podcast is edited and it doesn't even happen.

P It doesn't, because there's nothing left of this podcast.

S No, but listen, even people that have had hard times at Christmas and, you know, we're not even equipped to go into that right now, because that's deep end and that's, hard times become extra hard when there's sentimentality going on at Christmas, you know, there's that...

P When you should be feeling happy.

[00:07:50]

S That nostalgia, yes

P That's why it's worse.

S Yes, so that would be a whole podcast to itself, but that's not what this podcast is about. But I'm just saying, even for people that have gone through traumatic things at Christmas, Christmas is a time when people put their arms around each other more, there's a lot more warmth and camaraderie and friendship and a lot more, you know... Well, I hope so.

P You need to hope, because I could say something now, I read something the other day...

S Well stop, this podcast was not about what you're turning it into.

P I know, when it started I had...

S You know I'm busting for the potty.

P I had grand hopes; I've got to tell you this...

S That's double TY and not DY.

P It's going to ruin it, should we start again, because this is, I've got to tell you...

[00:08:28]

D Thanks everyone for tuning in to the Trim Healthy Podcast.

P I've got to tell you.

D We hope you've been enriched this Christmas Season.

P Yes, but now that it's on my, and now I've got to tell you I read a study...

S About dogs dying or something, stop.

P No, I just read a study that more people have heart attacks on Christmas Day than any other time of the year.

S Because they're eating all the sugar, now we can do a whole health podcast right now.

D We can have Tim edit it.

S Which we weren't going to do, People, we were going to leave you alone on the 21st, like, we're not going to give you rules and tips.

P But I don't know why, you're just, I haven't really got two words in today, you've just been a motor-mouth Serene.

S Well, I'll go to the potty and then you can.

P Okay, you go to the potty, your pregnant self, take your pregnant self to the potty and I will talk.

D I think we just lost our whole audience.

P This whole podcast, I had a vision of it, I came here today it's, like, hey, the Christmas podcast, guys, let's just fill everyone with warmth and cheer, and then it was, like, you got...

D We burned down your little tree, didn't we?

P You got abandoned by your father and Serene was, like, oh this and that, she's, like you guys telling people Santa Claus doesn't exist.

D Well, ho-ho-ho.

P And then I had to come out with that horrible statistic, but yes, I mean,

that's true, we, when we did the Thanksgiving podcast we talked about how to get through this holiday season without, like, you know, dying of sugar overloading. So go back and listen to that one if you're wondering how you're going to do Christmas and, you know, in victory.

D Can I make a comment on the how to get through the Season without sugar overload?

P Yes, but John just turned up in Serene's place, but yes.

D Well, I'll say this, then let, and then release the John, it is way harder than you think.

P How did you do on Thanksgiving?

D Not well.

P Ah, you didn't well Dan.

D No, I mean, I did fine, for my, for my level, for my level, I just compared to the great and...

P The great Serene

D And wondrous Serene

S Well, they've stolen my mic, that's why I sound so far away.

P Go John, because then I want to give some therapy to Danny.

D We'll come back to this.

[00:10:20]

J Alright let me redeem my Grinchness, I can turn this around, I can turn this podcast around.

P Okay, really.

J Yes, you know, sugar obviously, you know, you want people to be aware of sugar, right, we can use Danny to try out those things right there.

P That's true, okay.

D That's true; I've not had the chips.

P These are in the PODdy cabin for the first time, our Trim Healthy Chocolate Chips, and Danny has never partaken yet, we don't know why, we don't know why he's, like, the last member of the THM team who has not tasted... That's good, John, so let's see what Danny thinks of the Trim Healthy Chocolate Chips, for the first time, do it live.

D Like a little Christmas treat

P Yes, no well hopefully, you've got to give your honest opinion. And then we'll walk Danny through, we'll give some therapy Serene, because he didn't do too well on Thanksgiving, I've got some ways to help you out.

S Oh Danny, I'm so sorry. I'll tell you what, I did so great and I just ate...

P Of course she did.

S So, so, so incredibly rich and satisfying and treating, but it was all on plan and just delicious.

D Yes

P Yes, of course she did well, right, I mean, do you think she'd come here and not do well.

S But listen my well was...

D Serene's first confession

S My well was pumpkin pie for breakfast with raw fresh cream. Then I went to Thanksgiving and at all the lamb and crazy stuff, it was a big Crossover and it was delicious and amazing.

P Wait, for those of you who are like, what, lamb at Thanksgiving, we do that because it's a nod to our New Zealand heritage where you have lamb for Christmas, obviously they don't have Thanksgiving down there, but... We have turkey as well.

D And your grandfather, he raised sheep?

P Our grandfather was, yes, and he was the world champion sheep shearer, in the Guinness Book of Records.

S Yes and he was knighted by the Queen.

D That's a little known fact.

P But anyway keep going with that, because then Danny's going to taste.

S Yes, so then I had the beautiful big Crossover, beautiful lunch at Thanksgiving and then we came in after a bunch of fun and games and then I had more pumpkin pie with more raw cream and then, like, the cranberry pie from the THM website, I don't think it's even in one of the books.

P That's your book, Guilt Gone Cranberry Pie.

S Yes, I had some of that and then I had some...

P So you really indulged, you just did it all on plan.

S Yes, then I had some other, I didn't have huge slices of everything by the way, but then another little something that somebody brought that was THM and on plan. And then I went home and then later on in the evening I made this cranberry hot, no this Pumpkin Hot Nog and it was a drink and it was a thick, like, chai tea with some pumpkin puree in it and some cream again.

[00:12:50]

P Wow you're just eating, I'm just eating the chocolate chips, right.

S And I woke up again this morning for breakfast for another pumpkin pie.

P Oh, five days before Christmas, pumpkin pie

D Do you know what I should have done, and this, this is a great tip I think for everybody, just be the one that takes the on-plan treat to the party.

P Did we not help you with that Dan?

D I aint making no treat though

P Oh, okay, so what happened to you, you, remember when we talked in our Thanksgiving PODdy you had a game plan and it was, I might allow myself one thing here or there, but I know I'm going to feel shoddy if I really go to town and get back on the sugar.

D Straight shoddy

P So what happened?

D Well, you know what's weird too, I know somebody else has to relate to this,

I never once thought that I'm about to hurt myself, it wasn't a thought of
am I on plan, it was unconscious.

P So you just started grabbing and...

D Someone put a piece of pie in front of me with a fork in it, and there was
no thoughts, thoughts entered my mine.

P So you didn't do any slow down and I'm going to really enjoy this.

D I didn't, no, I was in conversation and I started putting pie in my mouth
and then later on that night I was sick as a filthy mutt.

P Filthy mutt, how's a filthy mutt sick?

S It reminds us of our little niece Rashida, who's just started having some
cute kiddies, she's got a toddler and a little baby.

P She's so, she's not a little niece, she's 20-something and a Mama, but yes
we call her our little niece.

S Yes, but she used to, we remember when she was a baby. But anyway,
she's so wonderful and she was talking about, she's, like, I listened way
back to your Slow Down PODdy and it's so true, she was, this is, she talked
to us at Thanksgiving and she had a piece of cake in her hand, she's like,
look I'm slowing down, I'm going to really enjoy this...

P It was THM cake.

S She's, like, I really know what you're talking about, because the way I
distract my toddler so I can get stuff done around the house is to sit her in
front of Veggie Tales and just keep feeding her food, and she's, like, she

doesn't know she's eating, and so she keeps on wanting more and I keep throwing the Cheerios on there and I can get stuff done.

P So there's no full factor.

S No

D Maybe that's what my Mom was doing.

S So that's what happened to you Danny, you Serene you just, you just weren't aware, you were just like...

P So you've got Christmas coming, so what we'll say is be more mindful, it's okay to have maybe something off-plan here and there, but when you do it know you're doing it, Danny.

D Yes, that's what I was not proud of.

P And you had no Vitamin P or pleasure going.

D No

P You probably wolfed it down, took a whole bunch of air in there and hurt your gut.

D It was painful.

P And definitely take some on-plan things, Danny here this will help you, taste the Trim Healthy Chocolate Chips, now we're coming with a milk one, right, so for all those who like a milk chocolate.

D So this is dark?

P This is dark, it's earthy, what you're going to taste in here is a little more of the cocoa butter, because this... Well, you tell us what you think I mean

it's totally different from any other stevia sweetened chocolate chips out there.

D Now, is this something that I can, let's see, it's got cocoa and such in here.

P There's no fillers, like, there's no dextrin...

S Or inulin

P Inulin will puff out your stomach.

[00:15:52]

D Hmm, sunflower and lecithin

P Yes, no soy in there.

S No soy in there mate.

P So there's basically, like, four ingredients, all pure, it's just chocolate.

D Just chocolate

P No just do one at a time mate, you're putting a whole handful, don't shove that, don't shove in your mouth, just...

D Calm down, alright

S He wants shove, maybe that's the way he, he does like his...

P Okay, it's in the mouth, tell us what thou thinketh.

D Oh man, I've had high-end chocolate, I've had, like, chocolatier, like, I'm proud of, like, I'm an artisan with a hat, you know...

S It's like that?

D This is artisan chocolate.

S Yes it is.

D Do you, have you all felt that already?

P Yes it's very...

S It's very divine.

P It's cream, the cream, what you're tasting is more the cocoa butter.

D Like a slippery... Yes, yes, yes.

S Organic cocoa butter, let's rearrange that slippery word and just say smooth.

P Call it creamy and smooth.

D Okay, why not slippery? It's so slippery.

P Slippery sounds like slugs. When I first tasted our chocolate I was, like, yes I can detect an earthiness that's not in other, you know, brands, but, and at first I was like, is this too earthy, Serene, and you were, like, no I like this, but then the more I started tasting them, I can't go back now, because it's the earthiness, that creaminess that I love, I'm tasting the cocoa butter, and...

D But I could abuse these.

S You are tasting the real ingredients not anything that's trying to mask them.

P What actually pure chocolate is, because there's nothing else in there.

D If I had this on my shelf though, like, every night we're going in.

S But that's good Danny. Se that, that's the way you don't cheat on Thanksgiving like a psychopath.

D Yes, keep that, yes.

S I'm just, I'm just telling, I was proud of my sister, Pearl, on Thanksgiving, just looking back to Thanksgiving because we're about to look ahead to Christmas, and I just, I just know she's under control at these events, she, and she knows when she cheats, like, she was good all Danny, she didn't have one thing bad, then...

P No I didn't, no, the... Yes.

S Then you had your one, you want to talk about it?

P I had my one. Well, I was planning...

S Danny, pass the chocolates along.

P To have Crossovers, okay, and I'm...

S On plan

P Yes, which is on, totally on plan, and there's just so much, People you've got to understand our Thanksgiving and our Christmas are huge, we had 100 people at our Thanksgiving, it's family and friends and we do it all at my parents' place.

S Mostly family

P Mostly family, and everyone there is mostly Trim Healthy Mama, but People bring everything, you know, so there's THM, there's other things.

D I've been to these parties.

P Yes-yes-yes, so I was, like, Crossovers, man I had my lamb, I had my turkey but I also had potato, white potatoes, you know, I had sweet potatoes, I mean it was good stuff, my stomach did not hurt. And I was thinking I was going to have some of my, you know, my sister-in-law's famous cheesecake, which is off plan, sugar filled.

S Yes, that was your only off plan you were going to choose.

P Yes I was going to choose that and then if there was anything else, I don't know, I wasn't denying myself, I was just going to choose a couple of things. But I just didn't feel the need for it, I was just so satisfied, there were a lot of THM desserts there and I had some. A friend of ours made our, a beautiful carrot cake out of Cuffin Mix, no it was...

S A pumpkin cake

P Pumpkin, she put pumpkin in there, it was devine, she frosted it, it was so good. So then the only thing I had was, there was little chocolates going around, I had a tiny one and, you know, and bless me, but I didn't need anything else, it was just, other years I might have more off plan, I just didn't need to.

D I figured out what I need to do.

P What?

D I need to, I need to have a new identity on Christmas, okay, I need...

S What if you could Danny, what if you could?

D Yes, I need to be the guy that always blows people's minds with my, like, properly sweetened killer treats that I show up with.

P That's so true, yes Dan.

[00:19:26]

D I'm that guy now, you know,

S Yes you're that guy, Danny.

P That will so help you, because, I agree, if there's nothing at all there and you're just saying I'm going to go without dessert on Thanksgiving or Christmas, that's tough.

D Yes and I don't mean here comes Danny with his dirt treats that aren't as tasty as ours.

P No

D I'm saying, like, like dude, yes, like that guy just blows my mind and, you know, bringing this, are you sure this is sweetened with stevia.

P Exactly

D Yes that...

S Do you know what else helps me? And maybe it's weird, maybe no one else's brain is like this, but I like to know that at home I have a little special treat that's on plan and great and it's in my fridge and all safe, ready for

me, so that when I go out to these places, even like you Pearl, if you want to treat yourself you just have this one little piece, but you don't go, like, all antsy, oh I've got to have more, I've got to have more, because you know, you know what, at home I've got something special waiting, sweet and it's on plan, and it's like a safety net...

[00:20:18]

P So true

S So you don't have to go out of control, because this is the only place I'm going to get my sweet thrills.

D Yes, so you want to be filled, that's the other thing, at the holidays and family and people you haven't seen in a long time and all the love is there and the wine is flowing, you know, you...

S Why am I the only one digging my hands into this chocolate? Take it away. I had already had a couple of handfuls.

D But you want that Mama's there feeling, you know, there's Mom, right, and there's family and the kids and the nephews, and there's all the food and you see that massive spread and you're just, like, you just want to be filled.

[00:20:51]

P Hey, we know you guys are health conscious and you're getting healthy and we are too, so you're going to love our new sponsor. It's Health IQ, Health IQ is for those who are caring about their health, and they give life insurance for how

healthy you are.

S That is so smart, because the whole normal system doesn't take into account that some People are working harder to age gracefully and to not die of degenerative disease, you know, if they can.

P Most life insurance just puts you in a box.

S Yes, with the rest of the McDonalds eating world.

P Yes, but if you are doing healthy things in your life, and we know you are because you're listening to this podcast, then Health IQ just makes sense for your life and the lives of your loved ones.

S So you call in and you see if, you learn more, and you see if you can, like, oh what is the word...

P Qualify, Serene

S Qualify.

P Yes, and you get a free quote today.

S And they have some really interesting questions too, you take this, like, little Health IQ test and if you become, have an elite score you can get up to 33% discount it's pretty awesome.

P So to see if you qualify, go today to healthiq.com/trimhealthy or mention the promo code Trim Healthy when you talk to a Health IQ agent

S Check out healthiq.com/trimhealthy to see if you qualify today

[00:21:49]

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

S Serene

S Yes, there's something to this thing in my head sometimes when it's, like, where it's pleasure and pain and once, like when you go to a buffet, it's like your brain could really just sit down and enjoy two or three of those items.

D Oh no

S But your brain says you have to have a little bit of every single thing.

D Don't you see? Yes, how often does one find himself in the presence of such glory?

P I know, and, you know, for me though, I came home last night and I did not have a stomach ache. Other years where I've eaten more off-plan things I'll, I'll be like you Danny, feel like a filthy mutt.

D I'm a filthy mutt.

P And I was just good, I just, I felt full, but not overly stuffed either, I just, I don't know, there was just, there was a calming sensation about me on Thanksgiving.

S Very true Pearl.

P That I'm going to do on Christmas too

S It's better than another piece of whatever you treated yourself with. It was the feeling of not being a filthy mutt when you went to bed, you know...

D Or waking up and going to the bathroom the next morning

S That's even, like, a better feeling

P Yes it's a better feeling.

S A better feeling than that extra piece.

P It's the name for this podcast, filthy mutt, don't be a filthy mutt... No, that's not nice.

S Edit that out, Tim. I'm just joking, don't do it Tim.

[00:23:09]

D I'm going to issue a challenge, first for myself and then for everyone listening.

S Okay, would you zip those chocolates up, people they're making me a filthy mutt. Actually, give me another handful before you zip them up.

P Pass them this way.

S I can't, I'll have a contraction. I'm just joking.

D There's a mentality that, you know, I'm going to strive all year and then Christmas I'm going to really cheat and, kind of, break it and, kind of, just around the holidays, kind of, just let loose. I think repeating that cycle, because, again, the holidays are a third to a fourth of your whole year.

S Yes

D So I think that type of mentality can really set us up for failure, just, it's,

kind of like, you know, they say make your bed so that you can be successful today kind of thing. What if we did the painful thing of...

S My bed's not made, Danny.

[00:24:05]

D Mine isn't either, I know, but...

S I never make my bed.

D But just...

P Again, that's bad for the children to hear.

S Yes, make your bed please sweet darlings .

D Yes and this is, like, an rated R PODdy just in bad, just bad...

S Yes, content not for children.

D Yes, just in, like, bad manners, but what if this time of year was the time when you really did the thing and set yourself up proper for, like, the whole year. Like, if I can get through the holidays right, I can do my year right.

S Oh yes Danny.

P I agree.

S You could Danny

P I totally agree, but I feel like it is a time to bless yourself too and not like...

S Oh yes

D Well balanced...

[00:24:44]

P Yes, not, like, really go stringent, like, I'm going to be tougher now, I'm

going to eat less fat and... Like we said in the Thanksgiving PODdy, still bless yourself, have lots of on-plan treats.

S Yes, no Fuel Pulls People.

P I mean, unless they want to...

S No, like, meals, there are just, like, really, this is the time for... You don't go to Christmas making a Fuel Pull meal.

P You don't go to Christmas with a diet mentality.

D Yes and any time this type of talk, you know, immediately I'm, like, oh man discipline, but I feel like instead of discipline being the word, it really is more about freedom, it's really freeing yourself to succeed and really meet your goals.

S Freedom from feeling like a filthy mutt

P That is so true.

D Or freedom to be the person that you really want to be deep down, it just does take a little different lifestyle, you know.

S And having freedom, and for that freedom, having a few little tips up your sleeve, like, what is your favorite treat, Danny, like my favorit

D Cheesecake

S Well see my favorite treat is pumpkin pie, that's why I make a creamy pumpkin pie, but it's way lighter than the pie itself, like a Pumpkin Pie Hot Nog for nights, so that instead of going for more pie I think for myself, and it's actually a Fuel Pull, so it's not, like, a meal, but it's like a late night

thing when I shouldn't be eating...

P Is that the one we put on our member site, the recipe?

S Yes, the Pumpkin Hot Nog I tell you what, I can have that and it's just as enjoyable as a piece of pie, because I've still got the flavors of the Season, I'm still relishing all of that.

P But you should be, like, the ultimate, like you said, the ultimate Danny rocks star healthy cheesecake man. Like, there are so many recipes, like you can look in our books on online.

S And there's a cheesecake that is Fuel Pull, I said no Fuel Pulls and now I'm saying Fuel Pulls...

P Yes, what are you saying, what are you talking about?

S No, but this is for late at night, this like you shouldn't be going to be bed feeling like a filthy mutt.

P Yes, but he wants to take this to parties.

S Yes, I know, but I'm just saying another tip is in the evening, it's, like, 10:30 pm you came home from the party you don't need to be, like, hoeing into the leftover pie that you brought home. Make yourself, like, a Pumpkin Pie Sip thing or a cheesecake shake.

D Now that's smart, finding alternative ways for replacing, that's the good idea.

S But you've got the same flavor and the same sweetness, there's less calories, so you're still enjoying, you're not going to bed thinking, well I'm

not going to eat, it's 10:30.

P But I, sort of, do let myself eat on Christmas night at 10:30 pm

S Yes, but this is even after you've done that, this is like, this is when you're just going crazy.

P Yes okay, okay Serene, and so Danny, you know, what if you could, you can be the ultimate, like, healthy cheesecake Trim Healthy plan maker.

D Yes, no I feel like just as a man, like, usually my wife will bring the dish, you know, I'm doing, I'm off at work...

[00:27:22]

P That would be so cool.

D But I need to do it.

S You do?

D You know, because then I'm not...

P And it will put you in a mindset of this is what I do too.

D Yes, this is my thing, I own it now.

P That's your thing.

D It's not like, oh well I got to the party and that's all there was.

S You're right.

D It's, like, I brought the killer cheesecake.

P And it sets you up and your vibe and this is who I am and it sets the standard.

D Yes, so now I'm being, I'm not just doing.

S Exactly

D I'm not just doing better in my health, I am a new creature.

[00:27:46]

P I love it.

S What if you could Danny?

P Now listen, what if you totally wear a cape and rock up to Christmas in a cape?

S Even though you can, what if you were busy and you got home late, throw the Trim Healthy Chocolates in your man purse...

D Man, you've got to keep these on hand, right here.

S And then at least you've got something that, well it's all there was, you know, blah-blah-blah-blah, you actually have that safety net.

D You did well with my voice.

S And you're a little embarrassed.

D No that was good. I'm still rocking these chips,

S I know, I'm glad that I can't reach them.

D It should say dangerous, there should be a warning label, because I could eat the whole bag.

S Could you really, no I couldn't, there's no way I could do that.

D I just feel it.

S I just had three small handfuls and I'm good now.

D I'm, kind of, obsessive as a...

S I'm not telling you how many I had, but I had... But I ate three hours ago.

P But it is five days before Christmas though. We're all good. Hey, anything else we want to cover in this awesome PODdy?

S This PODdy was so awesome. Pearl told me that I was talking too much.

D Well, I'd like to hear some...

S Other people told me that I was, like, you know an evil person for loving Christmas like John, like he's putting up signs.

D Yes, there's going to be a little makeup after this, after we hit stop, I can feel that. But I'd love to hear what actually some, what you guys do, some of your repeats every year, your traditions.

P Ah, and you Danny, we should start with Dan-Dan.

[00:29:08]

S Okay or how about me?

D Or Pearl, that's where I was.

S You're the sister who told me to hush up, so I'm just holding the floor for Dan now.

P No Danny it's good, you go.

D You mean sharing, like, traditions?

P Yes, like, what you asked us.

S But if you don't have anything good...

P If you don't have anything, I've got lots, so just...

D You guys probably have some good solid stuff, we have a...

S Were you locked in the closet?

D We just had such a diverse upbringing and experience.

P Yes okay, what do you do now?

D I think we're just now building some of these traditions.

P Yes that's what I mean, what do you and Lisa do with your children, you're just now building it because you didn't have it growing up so now you're figuring, hey what do we do to make this special?

D Yes we, my wife and I are finding our own traditions and making it memorable and special, really, for our kids, we've been pioneers in a lot of ways and holiday, what to do on holidays is one of them, you know, we've not had a consistent, either one of us, thing. So, you know, we live in Nashville, so one of our things is we love to go to the Opryland Hotel...

S Oh you're doing that, with the lights?

D Just to, yes, just to walk around it, it's, if you've never been to the Opryland Hotel, I don't know how many square feet it is, but it's like an entire world, even more specific...

S And you've got little girls, that's like fairy land.

D It's magic fairy land, but it's all indoors, so you walk through a huge enchanted Christmas forest that's all lit up and real plants and everything, but it's all under roof.

S You're not freezing, bringing home snot.

[00:30:43]

D Right, right-right.

P Nice, she's managed to get snout in there, I mean, she didn't say worms, but she said snout.

D Yes that's, that's...

P It counts.

D It is the PODdy. So yes, we go there every year. The main thing that we, you know, whether it's birthdays or Christmas or whatever, is, you know, my wife and I both were, kind of, like, we just, kind of, ran around growing up, always just out at other people's traditions and things, didn't have their own, so we are really focused on our house, like our Casa that we live in. We do things there with our immediate family, there is six of us total, and we're always just... We want the memories and fun to not be outside of the home.

S That's a good thing, Dan.

D They're there too, don't get me wrong, we have extended family and there's things, but I want all the really good ones to be in that house, specifically.

S Good puppy Dan

[00:31:36]

SP I love that.

SP Good puppy, Dan

D That's the nutshell of what we do, whatever it is, I really like it to be centred in our home with us making goodies and our music on...

S It would be nice if there's Rudolph the Red Nose Reindeer playing or something special, just something.

D And let me tell you, for my wife, my wife's helped me because I didn't care about any of this stuff, and I was just, like, eh it's another Danny, let's just let it pass. And she was, and she was, like, one year in tears, just like, that was my whole life, that was your whole life but let's change that.

S Oh wow, that's good.

D You see, we didn't have any affection, we didn't have any affection for it, because of, you know, just the way we grew up, you know, it wasn't a, like, oh we can't wait for Christmas, we're like, let's get this over with. So to redeem it has been really difficult and I don't feel...

S There you go, John, the word redeem.

D I've not felt it to redeem it, and that was what was so hard.

[00:32:24]

P But are you feeling it now after you've been...

D But now I'm starting to feel it.

P Now that you've got four kids and 15 years into marriage?

D Because now it's me, I'm the Dad, it's my identity, it's not, at first it was me just doing Christmas magic and I was the whole time inside...

P Ooh, look at the big deal now, so you did it, you went through it because you knew you should, but now you've become.

D As a discipline, now it's me, yes.

S And now tell me what this is like for you, as a believer, you know, because you didn't grow up necessarily, you know, with that, kind of, foundation, but now as you're, you know, journeying in you path as a believer, isn't Christmas so much more special to you personally now?

D Oh yes, yes it's, you know I, as I get older too and the psycho pace of business of life and having lots of children, it actually, I actually like, if you want to call it the holiday Season or the Christmas Season, I like a Season to reset too, and so when it's a Season where, you know, I get really, kind of, symbolic with the tree and. you know, Christ was crucified on the tree. And gifts are at the bottom of that tree, you know, all of that is, is cool to redeem that and not let it be, you know, because I could easily be like, dude what, you know, I want to give my heart to my kids, you know, and sometimes presents, again because of my crazy childhood, you know, just having things really feels cheap to me. So I've done a lot of work to, kind of, reclaim all that.

S And like, yes and so... I'm going to let you talk about this just in case you tell me to shut up again, but I just want to say one thing about the presents, if it's alright, big sister.

P Okay. Yes.

S Permission granted?

P Well yes

S Well you know, yes for me whenever I give out presents to the children I always give them a little speech first, “Serene Christmas Campbell” gives speeches, definitely, you know, like the President of Christmas. But I always say, God was so generous beyond... There are no words for his generosity for humankind, you know, to send His only Son, like, to watch him die for us, for us. And so it was generosity that has no bounds.

[00:34:47]

S And so I always say to the children, you know, so we bless you at Christmas, as a, just as a little tiny shadow of just how much, you know, how much God loves you and just wants to bless your life, not necessarily with things, but this is just our earthly shadow of it, you know. And so they know that when they get gifts that it's all, it's a symbolism of something so much deeper, yes.

P I like that Serene.

D You know, for people that aren't believers, I think everybody has a nagging question as they grow older and older and that is, what happens after this life and more importantly, is it good? Is it a good experience or do I not see all these people I love forever, because that would be bad?

P Yes right, yes.

D That would actually be really a twisted sick joke to die and it's over and everyone that you've done life with and have bonded, which you felt while

you were alive on earth like it was almost eternal even, but then to die and it be over, it's really, the whole gift thing, you know, I do this, I do a really similar thing as I want my kids to feel a psychotic excitement for the gifts and I love to do that same thing and say, you know this whole, like, you're almost, like, waiting for months and Christmas is coming and those presents and I'm going to, like, my head is going to explode with joy of tearing them open and everything.

[00:36:17]

D Like, like that is, that's a shadow of this ultimate beautiful reality of the gift of life, and if life ends at 80 or 90 or even 110, some of these people have, if it ends then and it's over forever, what, sort of, excitement was there. And if it's all crashing to a close, so the beauty of the whole gift thing to me is almost an eternal, just a touch of eternity, you know, because there is something and it is good.

P And it's more than we can imagine.

D And we're looking forward to it.

S Yes

D Yes, yes that's what gift is, and that's what life is, and if life ends I don't know if it was ever life.

S But life was not meant to be spartan, you know, it's not, in the Bible it's all about feasts and celebrations, so why not celebrate Jesus, right, we celebrate our own children's birthdays, so why not celebrate, you know, the

very child of God, but...

P My turn

S Yes, go for it Pearl. Well, you've got to butt in.

[00:37:19]

P Well, you guys have just been waxing eloquent, so I was just sitting here.

No...

D You may speak.

P Thank you, this Christmas is especially exciting for me, we usually have our, just our nucleus family, but I've got two married this year; we all do our individual presents...

D Two kids married?

P Two kids married. We always do our individual presents and then we all just hang out until the big deal with the extended family over at my parents and Serene will be there and my sisters and my brothers, it will be 100 people.

D There's, like, there's, like, a hundred people?

P There's a 100 people that come, you know, and everyone who lives on the Hilltop as well is all our family. But, you know, that, and that is just fantastic, we look forward to it all year, it's just the most extreme crazy time, but that little nucleus Christmas with my own family, we all do our own nucleus Christmas first and then get together.

[00:38:13]

P It's just so fun, we exchange our gifts and have a nice breakfast, but this year is really even more special, because my oldest daughter Meadow, as you know, is pregnant, is due right before Serene, and Bowen and Kahoru...

S Are you about to say it?

P Well, I'm saying it.

S Go for it Grandma.

P So they're having a baby too, so we've got two lives more even though we can't see the little faces, they're growing there and they've joined the family.

D They've joined the family.

P I'm so excited. I'm like, man when I found out this one I just balled, I just, like, God is so good.

D Are you, you easing in and loving this Granny season, you're accepting it now?

P Well, don't call me a Granny, my name will be Prissy, Prissy.

S Don't call her Prissy either and you can't say Granny.

P No but I'm just, I'm, yes, I am who I am, I'll be Prissy, but I'm just amazed that, I'm just so happy for my children having these babies and I can't wait to hold the babies.

S A baby is a gift, God give gifts people, we can't deny that.

P That's the biggest gift I've received this Christmas.

S There's that verse that says, you know, parents know how to give good gifts

for their children, you know, if a child asks for a bread will you give him a stone or whatever, like, God knows how to give good gifts to his children.

P Yes, and it's, that's the best gift, so, and they are so happy, I mean, Bowen and Kahoru, Bowen's wife from Japan, she's half Japanese half Australian and I have never seen her more radiant. Yes, she's so excited. So Serene, do you have anything to add because we need to wrap up this Christmas PODdy?

S Oh, just dive in people, dive in deep to the festivities because it's, that's just what life is all about. You know, we've got one life to live here, you know, for here, for earth, and let's just make it grand, yes, let's just make it grand.

P And get you yourself grace, no matter what you do, even if you eat like a filthy mutt, the next day, forgive.

S We still, we've forgiven Danny, he's got a clean slate.

P Have you forgiven yourself Dan for the Thanksgiving hurdle?

[00:40:25]

D Yes, no I got...

P Back on plan, right

D Because I received my scourge, blistering gut and headache, and I woke up with a little tiny headache and I was like, okay, point well taken.

P But if I had a lot sugar it stirs up cravings for more sugar, in me, so what I do is I reset with, like, a, what I call a Deep S meal of three fried eggs. I just, it resets, it resets all my blood sugar, all those, you know, extra...

D Oh, okay, so that's a breakfast, maybe a recovery breakfast, yes.

P Yes, the next Danny recovery breakfast and it just resets me.

S Or if you stay on plan like me, you can just go and have your Trim Healthy desserts for breakfast.

P Yes, Serene doesn't need to reset, and you could do that, but I do and it always, it tells my body, hey Pearl you don't need to keep going back to that sugar, that'll be like a dog back to the vomit and like a filthy mutt.

S Like a filthy mutt

P That was the little theme for this PODdy.

[00:41:13]

D That's a Merry Christmas Peeps.

P Merry Christmas

S Merry Christmas one and all

P We'll see you all in the New Year.

S There's Tiny Tim and...

P Oh, that's going to be a good one.

S Yes, I'm so excited about the New Year.

P See you.

D Adios

S Bye-bye

[00:41:28]

