



Trim Healthy Podcast with Serene and Pearl Episode 71 - Love Thy Thighs and Thy Avocados

*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]

Announcer This is not a drink. This is the new Cascara Cold Foam Cold Brew. Craft liquefied. Delicately smooth. This is the Strawberry Acai Starbucks Refreshers beverage. Tropics chilled. My afternoon anew. This is Teavana Iced Peach White Tea Infusion. Steeped. Shaken. Excited to refresh. This is the new Ultra Caramel Frappuccino-blended beverage. Whipped

cream layers. Perfect. And this is your afternoon made at Starbucks.

S This is The PODdy, with Serene and Pearl. Get it right: P-O-D-D-Y.

D Hey, you tuned into the right place. It's the Trim Healthy Podcast with Serene, Pearl and Danny and we're so glad you're back with us. We've got, not so much a part two, but more of a, continuing the theme of being a "healer in your home" today. And if it's going to be as good as it has been before we hit record, you're going to love it.

P Yes, we were all hashing it out.

S We're continuing to just, mmm, just...

D Just marinate.

S Marinate, that's the word.

P Please, if you didn't listen to the last Poddy that we did on being a healer in your home. I think the title of that Poddy was something like, we have a new title for you, you didn't know you were healer, something like that. But...

S You can wear that, that name over your life, that you are a healer. And it sounds all kind of new-age and weirdo but it's not. I mean, a wise woman builds her house, a wise woman tears it down.

P But can I fix you, Serene? You said a wise woman builds her house and a wise woman tears it down.

S No, yes, a foolish woman tears it down. Sorry, did I say that?

P Yes.

S Sorry, mate.

P Anyway, so we've got more just bubbling up inside us about this and actually when we were here last week doing some recording, John was talking to us, John here, our producer, you've all heard him from time to time, talking to us just about water and, you know, John, we call him Sovereign John because everything... He doesn't....yes, John doesn't want to be beholden to supermarkets, anything. He tries to not shop. He doesn't want to have city water so he was talking to us about building a well and...

D He actually did dig a well.

S And if you work for the government, just block your ears because, you know, he's not sovereign to the government

P No, but anyway we had just started this conversation about water and so John really bought something else and I went home and studied this and it's a thing, this is incredible, so this is what is inspiring this PODdy. Okay, so there was this Japanese scientist and let me pull this up here, named

Masaru Emoto who did a series of tests on water and the results were just astounding. So, the whole thing is, do you know that water holds memory? Okay, so he would take these waters, put them in different jars and actually speak things over the water. One test, he'd speak love over the water and then freeze the water...

D Like, tell it positive things do you mean?

P Yes. And then look under a microscope. Well, the water went in completely different forms. The one where water was hated, you have to look, this is all on the net, just Google this. Google "water holds memory" and this scientist named Masaru Emoto. So you see and you look at the one that says hate, this water looks absolutely dead.

D Now to this water you are saying, he told very negative things to it, just verbally out of his mouth?

P Yes.

S And people could wonder, well how does water look dead? Well, under a microscope water is meant to have a certain, you know, structure.

P Yes, and it takes different forms, these structures. But he didn't, it wasn't just there, he didn't stop with that. He actually then began to deal with, well, water grows things, you know, so, hold on. Then he began to deal with

parts of different water. A final study was actually with rice. Now this study has been replicated over and over and over.

S And by different people too

P By different people. You can go on the net, a whole bunch of people have tried to do this rice consciousness expression, okay. So, we're going to get to a point here, we're not all being voodoo but I want to tell you about this.

[00:03:43]

P You put cooked white rice in one jar, Google this. There is this is amazing, amazing YouTube where someone tried this. It's called rice consciousness expression. Google that, okay? White rice in one jar, cooked, white rice in another jar. Now don't do anything different, just label them, one with love, one with hate. Put the lid on.

D Like a, like a piece of tape with the word love written on it?

P Yes. Now I know, we've got a point to this, it's coming but on this video and this came from this Japanese first original.

S Pearl's Pentecostal-ness can't talk like this without...

D Without the ballots.

S Constantly making excuses, don't worry.

P I know but if I heard this I would think that you were crazy but there's a point coming here and it's to do with healing in our home.

D I'm still listening. Yes.

P Okay, so label the jars. This is what he did. Now everyday look at that jar, stand close to it, the one with love, take it and just speak love. I love you. I love you. I love you, rice. Feel it, okay? The other one, vile hate. You don't need to yell. Just, I hate you, okay, so...

D You're not going to do well, you're not, like say negative things?

P Exactly.

S You're going to make me fat.

P Right.

D Don't say that.

P Now the incredible difference into what happens with this rice after a week. The loved fluffy white rice is still loved and fluffy. There's no change. The other rice that was hated is already starting to mold.

D This is documentable?

P Documented and people have thought, well this is ridiculous. I'm going to try it. I'm going to, you know, refute it.

D So people are doing this?

P There you go, it happens again and again and again and there's all these different things on the net. I looked it up, like, refuting the rice consciousness thing and they say, well, spores of mould must have got in somehow, but this has happened over and over again. There's power in our words, people.

[00:05:26]

S But it says in the, Science just backs up Scripture. So many places in the Word, it just talks about our profession, profession of our lips, so a man thinketh, so he is.

P And, you know, we grew up with this, death and life are in the power of the tongue, straight from the Scriptures, right? But now science proves it's true.

S And guess what? What is the human body? How much percentage of water? We're mainly water.

D Yes, mostly water.

P We're 70% water.

S Right? So we're speaking into the water of somebody all day long. Are we speaking life, or are we speaking death? And what about when God created

the World? In Genesis didn't he hover over the face of the deep? He hovered over the waters.

P The face of the waters. So water holds memory. We are made of water. All our cells use water. We have to not only speak life over ourselves which we're going to talk about in this Poddy and stop this hate talk, this self-hate but it's our families too because we're healers but John wants to stop us, he wants to speak for a second.

D John of Sovereignty

J No I just want to validate this topic because it's a very dear topic to me. It actually goes even further than just what is spoken into the water. Water definitely, scientifically, does have the ability to hold memory. It absolutely does. If you want to dig even deeper into this subject I would encourage everybody to look up a gentleman. His name is Vicktor Schallberger. It's Viktor with a K. V-I-K-T-O-R Schallberger. He was a turn-of-the-century Austrian and I guess you could call him a scientist. His whole life's work was centred around this but also the movement of water. The more water moves, the more memory it can, it can retain.

J So, you can have perfectly clean, distilled water is about as clean as you can get. So you can distill water and have perfectly clear water, nothing

else but if it hasn't moved, it's scientifically quote unquote dead. But if you move that water around, especially in a vortex, in a vortex spiral which ironically is also the same shape as our DNA, the more it vortexes and moves, like in a stream. If you ever noticed, streams don't go straight, they meander back and forth, the more water moves, the more memory it takes and that's where a lot of the healing waters historically have come from. They've come from these pristine places where water is moving and it may not be humans speaking life, or love, into it but the everything that that water is nourishing: the trees, the wildlife around it, it's just, it's moving and it's just, there's positiveness and you can, again, these are things you can do for yourself. If anybody out there has got microscopes, you can look at water under a microscope and it is structured differently.

J Dead, stagnant water looks different and if you, if that water is influenced positively by speech or even just by love. Animals go into water and drinking from it and appreciating it, anything like that, the water changes structure, so these experiments with the rice, school kids have done this with bean sprouts, you know, exact same thing. Put bean sprouts in one pot and bean sprouts in another and hate on one and love on the other and you see the difference in the way they grow. So there really is a ton of validity to this and I'm sorry to hijack this but it really does translate into what we do to each other, to our kids and even to our dogs.

S So when you speak love, when you speak you're creating this movement into the water, right? But what happened to the healing waters in the Pool of Siloam? Genesis said an angel of the Lord came and he stirred the waters.

[00:9:36]

P He stirred the waters.

S And this is absolutely incredible to me. Just, just thinking about the scriptural, just, you know, joy is healing, right? Joy is not a stagnant pool. In the Bible, when it explains joy, it says joy will bubble up.

P I love it.

S You know, so let's do some positive stirring with our words.

P Think about this. And you know what's a great home school experiment, is to try this rice or bean sprout thing.

S Yes.

P But there's lots of YouTubes but think about this, what are we doing to ourselves? Think about that rice molding, right, and you have to look at the picture, you have to Google that, YouTube, think about when we speak, just ourselves, right, oh man, I hate my thighs. Okay. Or looking in the mirror and just, like, I hate my second chin, oh my goodness.

P Right, which, yes...

S Which is 85% water.

P So, what are we doing to our bodies? What are we doing? We're causing sickness, we're causing death, you know. Death and life are in the power of our tongues and God said it and it's true.

S And, okay, so I have a baby who has a little Haemangioma, Solly...Solly Dolly has Haemangioma. It's nothing but a little red strawberry, cute and gorgeous and it's just a birthmark.

P On her leg.

S It's not a sickness, it's not a disease. But in five percent of children they can ulcerate, they can form an ulcer. It's not like she's sick and that's why it formed an ulcer, it's just the way that the Haemangioma is growing or involuting. Well, anyway, hers became an ulcer and it was extremely painful. I looked it up on the internet and it said exquisitely painful and my brain says, every time she started crying for anything, it could be teething, it could have been because she needed a diaper change, I'm, like, I know it's the ulcer. It's exquisitely painful. They say... Who is they right, we always say they say, they say that it won't ever heal by itself. You have to get on this Propanol glandular whatever.

P Propanol

S Propanol drug

P Well, you took her to the doctors and they said she'll need to be on this for 18 months.

S Yes, and of course, you know, they don't heal by themselves because it's, it's a vascular birthmark and, and there's not enough blood supply but anyway, this is what I was speaking over my baby every time I came back from a specialist. They said, it's not going to heal on its own. They said...

P Then you would tell me, Serene because I was calling because poor little Solly, it was really painful, but I would say, Serene how are you doing and Serene such the most positive person in the world usually ... you know that, right Danny?

D Truth, yes.

P Even through when Arden was going through his cancer, everything but Serene you were in such a state of undone, you were, like, Pearl ...

D Serene could have a horn growing out of her forehead...

P And she'd be positive.

D And she'd be, like, it's just God's will.

P But this time was your baby.

S Babies in pain, babies in pain, there's, like, babies, I don't even understand anything in life anymore, why do babies have to be in pain?

P She was, like, how can God let her be in pain? And she just, Serene just lost it.

S Well, I did. I lost it and I lost grace for, like, as far as, I was just, like, beyond its exquisitely painful and that's all I was speaking and she collected the data somehow and she got so intense. I was intense and she picked up on my intenseness and she just cried for days and days and days. Until I thought, oh my goodness, what am I doing? What am I doing? And I thought, I've got to speak life into her, I've got to speak healing, I've got to speak faith, I've got to speak, this ulcer can heal. She's a baby, she's, you know, she can, she's got young, vigorous cells. She can heal. And so I spoke healing and I put raw honey on her ulcer and it is filling up day-by-day. She doesn't even, she's happy, smiling and everything but it was a change of my speaking over, not just me, it's not just our thoughts we speak over ourselves but it's what we speak in the air of other people and I remember

when Arden was going through his cancer and I'm going to be quiet here in a second. I know, Danny, you've got heaps to say.

[00:13:25]

D No, I'm just listening.

S But I remember positive, for me to get through that, it was a lot of, like, faith in my own brain and, and positivity in my own brain just to make it through the night and everything but I thought to myself, I don't even have a second to be able to even think a negative thought around Arden, even if I'm thinking it in my head because I know that that sounds new-agey but there's negative energy that comes out on that, so I really feel like it's not just about, let's be positive for ourselves, it's being about positive for your children around you.

P Absolutely.

S Be positive for your, for everything around you because you're speaking into their waters.

P You're speaking into their waters.

D You know, there's another really groovy experiment, if you want to look this up as well. Have you ever heard of the Double Slit experiment? Ever heard me talk about or anything?

S No

D So fascinating, it's really interesting. If you YouTube this, there's, the only thing that I found that explains it quickly and well is Doctor Quantum: The Double Slit Experiment and it's a cartoon that explains this very famous experiment that anybody, pretty cheaply, can duplicate if they want to do it themselves. You've got to order some science nerd stuff but it's really neat. I'm totally not going to explain it but I'm going to tell you what some of the, or where some of the paths lead once scientists did this experiment because what they found was that electrons, or tiny particles, behaved differently when they were observed by people, or when they were measured. They would do one thing and then when you tried to take a reading, or when it became... And this is how they describe it, it was as if the particles became conscious that they were now being observed and they would behave differently. They would act differently.

S Aha, that is so extremely interesting.

D So I was just thinking about that when you were talking about the water and, and how the molecular structure changes if it's stale water versus, you know, fresh water out of a spring, or something like that.

D There's, there's a really cool quote that I'll pull out, I'll find it later once you guys are talking but it just talks about that what we can see, taste, touch and smell and observe with our five senses is not even, like, a millionth of reality. Of the things we can't see, the invisible things that hold planets together. And so I know we're always balancing and saying, you know, we don't want to sound woo-woo or crazy or whatever and it's like, on the one hand for us to, to go on and say this is what it all then must therefore mean, we can't sum that up but to observe it scientifically and say, hey, there's things that we can't see that seem to interact with the human species and the world seems to behave and interact in ways we just don't fully understand.

S Well, an iPad would have been woo-woo about 50 years ago. Complete woo-woo, like, your whole life, the whole library, the whole, everything, you can see, the other faces, you can call people up in a different country, all in one little screen in front of your face, that's woo-woo, people. We don't have to understand things for things to really be a reality.

P You know what I love? I so love and am thankful every day for Biblical wisdom because, think of these things, right. It says, a merry heart doeth good like a medicine, okay, and now we know joy brings strength, joy brings healing and the Bible says the joy of the Lord is my strength and then the

Bible says, it is a good thing to give thanks unto the Lord, we know gratefulness...

S Yes

[00:17:03]

P Is a healing thing. We know when the Bible says, think on these things which are pure and lovely. And when it says, don't think on the evil of tomorrow, or don't worry about tomorrow because today is enough. All these things, they're just for our health and yet, naturally we're so drawn to just do the negative. My whole life I was, you know, in a state of worry before I sort of understood what it was and it really did have an impact on my health, you know, and it's just a conscious thing now when look in the mirror, I speak life over myself. When I walk around, even to sing. You know, there's a latest study that came out that showed that singing is incredibly healing for the body. It literally, some of the notes that you hit in a range, those things are actually healing to the body.

D And where do you sing most of the time, even non-singers, where is it?

S In the shower.

D Yes

S The water, I want to say something. Just interesting because when I was looking up the healing of the ulcers for solace, the kind of area I went to was diabetic leg ulcers in adults because there wasn't a lot of information on natural remedies for the children with Haemangioma, so I went to their leg ulcers because diabetic leg ulcers, they don't really heal very well. So they have all these things, you know, the honey and everything but do you know that there was one doctor that said that this, completely studied that it was laughter, that he had, he said that the ones that laughed the most got healed faster.

D Even fake laughter, too, will beget ...

S It will. Yes and when you said...I haven't really got this fully formed in my head but when you started saying, Pearl, just about, well actually Danny too, how atoms kind of changed the different way you kind of observed them. It's a type. Baptism is a type, right? It's a typology but when you just dive into the water, you just dive into the water but if you, if the water, kind of, almost knows, well, if you're speaking this is a baptism, I think there is a true physical washing too.

D And what about...

S I don't know, I'm thinking.

D No, no, that's good. That's good. And it made me think of this, you know, counsellors right, secular, on a psychological level, counsellors. They will have, as they're trying to move people through issues in their life, they'll have them say, like, the opposite of whatever's going on while doing some motion on their face or rubbing their leg really hard. Sounds weird but it's totally used in, like, high level psychotherapy to try to break people out by using actions and stuff and so I wonder if, you know, just say, spiritually aside for a minute, the act of saying I want to completely change my life over and as you're really thinking about that and it's really everything that's in your heart, you get lowered into water and then burst out of that. What that might, like in a shocking way do to you, just your brain alone.

S Yes, exactly.

D Let alone the spiritual aspect.

S I know. You should start a whole counselling, water counselling from Danneth of Caliber.

D Or I just fire hose people down, where it's like, you're talking disrespectfully to your wife again, sir, stand out there, nope, bathing suit only. Whoosh. Just hose him with water and speak life.

S So true, Danny. And I just got knocked over the head with another thought. Knocked over the head. Do you know they're saying a lot of people these days, some of their psychological issues. Now, God can heal everything, and I hate it when people, like, can't move forward because of the past because...that was really disrespectful how I said that because some people have had awful pasts, but I just love my God and I know that he can renew their life and I just don't want them to just be stuck because I know God is a God of miracles.

P You're sad for someone who can't move forward.

S I'm sad, yes. I wanted to just fix that... It's just respect.

P You said you hate it but it does disturb you because you feel like there's more, so much more...

S Okay but just think, just, without God's healing a lot of people are messed up, too, from their experience in the womb, okay, unwanted, you know, sometimes they can trace it all the way back to the womb where they just did not even feel at all wanted in life. That's the waters, that's where it starts. So pregnant Mamas, speak over the waters.

P Absolutely. And, you know, I think this comes down to the very practical. We've had quite a few questions come in, you know, we haven't shared many questions lately but I've seen them come in, Danny shows them to

me that say, I hear you guys talk about not accepting conditions or physical conditions, or speaking things over yourself, like, you know, walking out of these things...I mean, how do you do that, people have asked us. But what do you mean? How do you do that? This is all new to me. And, so I want to talk about this. Now of course, maybe, you know, there's people that get their legs chopped off in war, there's things that are as they are, right? Some things are beyond our control but many things we can overcome even if doctors say we can't. I fully believe.

S 100%

P Now, so how do we speak these things over ourselves? Well, for me, I'm a Biblical believer, so of course God is at the root of it for me. But for instance, when I was going through my, you know, diagnosis with Graves' Disease, I will never say my Graves' Disease or my thyroid condition or, don't claim it as your own. And now, I just do the opposite to my fears and, like, I thank God for what I've got. So I thank him for things I don't even have yet because they're mine, His promises but I thank you today for your health that you have given me, thank you that every cell in my body is reviving, is restoring. Thank you for life, for health, for family. Thank you for this

joy that you've given to me and thankfulness and gratefulness is power to heal.

[00:22:55]

S So what you're doing, instead of wearing the title of Graves', you're wearing the title of the promises. You're wearing the title of the healing because if you're not wearing the title of the healing, you will wear the title of the disease and you know what you do, you become an ox lady. Hold on, it's my husband. Sorry, I paused him because I'm in the middle of a point, husband.

D In the end we're recording a podcast.

S We have... Because you will Google your problems. You will talk to your friends about your problems, you will talk to yourself about your problems, you will, at night you'll probably be dreaming about your problems.

P Night terrors are your problems.

S So we had this lady, called the Ox Lady and Pearl, you can tell the story probably better than me because I was a little younger in the home but I'll just give it the gist and you can fill in the gaps. My father, being a pastor, had a lot of interesting people, you know, in his life because you end up having to counsel half the congregation. We had this lady who would call him up to just talk about all her woes and all her problems with her

physical health. She'd go on and on and on for hours that my father would say, she doesn't know if it's me or somebody else because it's just her talking, people, so here, Pearl, you take a couple of hours.

P He would, he would pass the phone around and she'd be still talking.

S All you had to do was go, aha, ah.

D And she wouldn't even care if the voice was different?

S You just had to commiserate, make commiserating moans.

P But you know what, most of us aren't that extreme but many of us... I, so guilty of talking about my things, of Googling my thing. I mean, I used to. I, you know, I slip back now and then but I put a stop to it real quick.

D Like an old drug.

P Oh yes, because if I start noticing it in myself, like, ah, ah, Pearl and because it's easy to do and it's like that little comfy thing, you know. Let's just give this disease the credit it deserves but guess what, the Bible says, His name is above every name. His name is above cancer. His name is above Hashimoto's. His name is above an auto-immune condition. His name is above stuck, stubborn weight that won't move.

S Right. And it might be the fact, there might be the fact that you have Hashimoto's but the fact is, is that you have an awesome, healing God, that's a bigger fact and that's what Pearl's saying with the names.

Advertisement for Storyworth

P Serene and I, you know, we're really picky actually about who we talk about on the show but StoryWorth is like...

S We're not picky. We're super steroid picky.

P Every time we get to talk about StoryWorth, we are, like, yes, this is what Trim Healthy Mama stands for, about family and just about the beauty of family. We're a family company and so that's why StoryWorth means so much to us. You know, the guy who started StoryWorth he just, he wanted to get his dad to record his amazing stories because, you know, we all have so many amazing stories and sometimes our family members, our loved ones pass on and they're forgot.

S Sometimes there's Chinese whispers and the poor person in the grave, the whole... Twisted around [overtalking]. My little children are still trying, they say, tell me about that time when nanny was three years old and walked her baby to the pushchair, all the way into town and they want to hear the story over and over and I feel it's gone a bit twisted, the story now. It's probably, we need StoryWorth to preserve the integrity of the story.

P Yes, and Serene and I have talked here about how, you know, this was such an exciting project for us to give our parents to record their stories and think about gifting this StoryWorth as a gift for Father's Day. So for \$20 off visit storyworth.com/trimhealthy when you subscribe. What you do is you purchase a subscription for someone you love and each week StoryWorth sends them an e-mail with a question about their life or, hey, if you don't want those questions, you actually ask the question yourself.

S I love that because I hate people's questions. I like my own.

P Yes but some of StoryWorth's questions are really good, like, they dig it out of them, you know and so, whoever you've gifted this to, they simply reply to this e-mail with their story or they can even record it on the phone. They don't have to type it.

S Look, I'm 41 years old and I heard a story from my father that I had never heard in my life, just yesterday. And I'm, like, I wish I had known that my whole entire life. All stories are private on StoryWorth and they're only shared with the family that you choose, and I just love this. It can be at the end of the year, you get a beautiful book full of these stories. So it's a forever heirloom.

S But it's, it's who we are. It's finding out who we are in a line of our family tree and it's super, super exciting.

P Yes, I love that beautiful hardcover book too. This, this strengthens family bonds and we get to know our loved ones in a deeper, things that we never heard of come out. We love storyworth.com. So for \$20 off, and that's huge, okay? Visit storyworth.com/trimhealthy when you subscribe.

[00:27:44]

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

S Serene

S I was just reading the Parable of the Talents the other day and it completely blew my brain, completely blew my brain and this verse said here, okay Pearl you might have to talk because I've lost my spot. Okay, yes replied the King, but to all who have been faithful even more...

P Hang on Serene, we don't have everyone who knows the parables yet.

S Okay, it's the parable of the talents where this master...

P It was story that Jesus told. You know, you might have learned this in Sunday School where the master gives his servants a certain amount of talents each, right?

S Right. But the translation for talents is actually currency and it was actually minas.

P So what happens in this is, the one who got given a lot went and invested it, made a lot of money, did really well, couple of the others did pretty well but the one who got given basically nothing he went and hid his in the ground.

S Okay, so you might be thinking that you got nothing, right because you're... Ill health, right? But you do have something. You might be able to see well even though you've got, your thyroid is really hypothyroid, and you've got issues but you've still got something to be thankful for. The King said to his other servants, oh hang on, hang on, hang on.

P You should come prepared to PODdy, Serene.

S I know, I know. Okay, yes, replied the king but to all who have been faithful, even more will be given to them, okay, so these talents they were currency but what is the currency of our whole belief? What is the currency of Heaven? It's faith. That's how we exchange for the promises. We give faith and we receive the promises, that is our currency, right? So the more we act on this currency and we invest it and we put the faith into these promises, we'll be given more, right and then actually, he said well done, now you, the one who invested ten, right, he actually got given the authority over 10 fortress cities.

S The translation I have is The Passion Translation, TPT and it says fortress cities. But you see, sickness is like a fortress city, you know and in a spiritual sense it's like a, it's not easy, it's not a easy pushover thing. Sometimes sickness is hard to deal with but you can have authority over that in faith.

[00:30:04]

S But it said here, and for the ones who have nothing, even the little they seem to have will be taken from them. So they actually don't have nothing because it says they have a little, right? So, when you just look at the pits instead of the little bit of cherry flesh, it's only little bit of cherry flesh on a cherry, it's mainly pit. But if you don't look at the cherry flesh and say, this beautiful, delicious bit of cherry that I have and save that, you only look at the pit. That little bit of fruit and deliciousness that you had is going to be taken away. So when you're speaking negativity over yourself, when you're holding the title of Hashimoto's, all I see is Hashimoto's. I don't see the fact that I'm blessed with a great husband or I'm living in a nice house or I really, you know...

P Or believing the promise that you can be healed.

S That's even better. Right exactly but there's positive things that you can be walking out...

P And you know, that blew my mind, looking at the Parable of the Talents in the whole guise of faith, you know, he gave to them talents and faith is the currency of our whole belief system and Christianity, you know and so that blew my mind, you know. Faith, if we're not going to use it...

S Exactly ...

P If we're going to bury it in the ground any healing we could have...I'm sorry but you weren't exercising what I gave you.

S So, it's the baby steps, right?

P Yes.

S So maybe you feel a little energy one morning on your hypothyroid issue and you could be, like, wow, I feel a little bit of energy and speak the faith into it. God, you're my healer. This is, I'm not going to be under this. I'm going to walk right out of this, thank you so much for this energy, instead of, like, no, that one of the symptoms of hypothyroidism is exhaustion, so it must be something that ...

P Or this must be one of those things where you just get a little burst of energy and then way more tired after it, you know. It's all how you think and how you speak and listen, if you're not a Biblical believer it doesn't matter. You can speak these, I feel of course believing in God, you know, is, is just a bigger picture here but it doesn't matter, Science is Science.

S Hey, the new age people have already found this.

P Yes, so you can say, you can realize you are made of water, water has memory, just from a scientific level and speak life over your body, don't speak hate. Speak life over your children. Sometimes we, I personally, I have a funny relationship with my teenagers where it's all pretty much jesting with one another but I still, I feel I need to be careful with my jesting...

[00:32:29]

D That's teens though for you, isn't it? It's just, like, that's their happy place.

P It's like, I'll be sarcastic. Noble would do a little dance and it's making me laugh and I'm, like, Noble you make me so proud but you know, and I'm joking but still, I need to speak life. Yes, I can do that. I think is part of just good natured teasing.

D Sure.

P But I need to speak life in my son, too. And in my daughters and as children, as babies, as teenagers, my husband, we have to speak life into their waters.

S And like we said before too...Like we said before, negative thoughts, they don't just stay this ethereal, kind of little wasp of a, like a whiff of a

thought. They actually become protein molecules in the body. They become flesh.

P They do.

D Yes.

S So are you going to, like, speak into your children's flesh or speak into your own flesh, your words becoming flesh itself. God created the Earth, right? He spoke and then it existed.

D There's a, there's an invisible system behind the scenes, going on here...

S Everything we see here, like you said, is just a little tiny, tiny...

D Well, I think it's every year, please just go, that's the beauty of Google, you can just see the actual version of what I'm saying. But it's like every year every cell in your body is new, or something like that. And, you know, on a measurable level you can see cells in your brain changing, via people's beliefs, people's joy, somebody's depressed, they can actually see that with measuring systems. And so, you know, your brain is a really powerful thing. Another book I always mention is *The Brain That Changes itself*, that's when I first, kind of, got opened up to the idea that I can actually, like, fixate and stew on something, you know, and it can start to become a reality.

P And then it manifests in your body and listen we can train our brains. We have to train our brains. You let them loose, an untrained brain can bring death to yourself and death to those around you. Now I'm not talking about actual physical death in the ground because one day we all die but you can bring it about prematurely by toxic thoughts and you can bring diseases by toxic thoughts. A trained brain, and the Bible talks about it, it says, gird up the loins of your mind. The loins are all the parts that are sort of falling down into the rot.

S The loosey goosey kind of...

P When we train our brain to think the right thoughts. That means get rid of the junk...

S It takes every thought captive, it says, also.

P Yes.

D Yes

P Then we're keeping what the scriptures say, we're keeping the life, we're keeping the loveliness, we're keeping the joy, we keep the hope that manifests in our bodies, it manifests in our waters, it manifests in our children and this is just so huge if we can grasp it. Think about it in the guise of our whole Trim Healthy Mama journey too. I know when you start, you know, there's this bit of frustration because it feels like you never get it and it's just, like, but before you go speak those words, this is so frustrating, I don't know if I'll ever get it, before you even say that, you are speaking death, okay, so think about it, speak life.

S But I can even tell that with my children too with maths tests and home schooling. I have one that just is very super intelligent but just freaks over tests, like, just has a complete freak out, the brain shuts down completely but it's all in the mind because she knows the stuff.

D Because they're saying in their mind, now it's time to fall apart. This is where I fall apart.

S And I can tell why she's falling apart because straightaway she's, like, I can't do this, I can't understand this, what if, what if, what if and she goes and I can see her whole brain causing her body to be in complete tension and that's why, she's spoken it into being. Bless her soul. But the other thing is, let me just be a devil's advocate, right? The truth is, science has proven this, that's fact. Second point, which is even actually the first point,

it's more important, it's scriptural truth, right, for us, that's more important to me. So this is all real but hey, devil's advocate, say it weren't, say it weren't, say this is just a whole lot of baloney.

D Balagness

S Guess what? It's a better way to live. It's a better way to live, people.

D I was actually, that's in my notes. I actually wrote that in my notes to add at the end of this, it's like, even if this is all baloney, like, just try it out man, just try out brainwashing yourself, try out living in a fantasy for, like, a week and just see if you're not laughing like a flip-out, you know.

P Do it. With your journey when things get hard, when you just want to say, well, I can't, I just wasn't, I didn't grow up this way, I can't do this Trim Healthy Mama thing, you know, it's too hard for me. We talk about this over and over because of all the different reasons. Speak life into your waters, they will transform you. Even stubborn fat and things like this can leave. Just say to yourself I've got stubborn fat that will never go, you watch what happens, it will never go. Speak life.

D Well, speaking about the Trim Healthy Mama journey, should we also be, like, drinking lots of water?

P Well, water absolutely. And think about what John said, the movement of water, now of course we don't overdo ourselves and there's not an extreme exercise component to this journey, but we do move. We do need to move, alright, and stagnant waters look different under a microscope. So let's move those waters, let's just be generally active. Let's find something we love, once we've established how to eat, you know, given ourselves some time, don't be stagnant.

D Push ups heal my gut.

[00:37:55]

S They do.

D This is your show

S No, Danny, your show too.

P One day we'll put your name in our show but not yet.

D One of these days.

P You're still on probation.

D I'm still waiting to say something so defining that I actually will get my name on the show.

S What if you could, Danny. You've got your name Danny.

P We actually just need to updo the headline

P And Danny, in tiny letters.

S We speak to your waters, Danny, you important, you're a part of us but I wanted to say, there could be some miserable parts, components to your journey, I don't see any but maybe you can see the fact that you had to just, like, ditch your doughnut whatever.

P Maybe you couldn't drive to McDonald's and you had to make your breakfast, okay?

S Yes, big whoop, right? But say there's some miserable parts, make your journey more enjoyable by just speaking the joy, right? Like with Solly, you know, she's not crying as much now but she really was when I started changing the way I spoke. She was still crying, she was still miserable but instead of saying, I'm so overwhelmed, I can't believe babies feel pain, they shouldn't feel pain, this is terrible, they said it will never heal, you know it's exquisitely painful, that's why she's crying, right? I was not enjoying myself, right?

S But even when she was screaming I started to say, you know what, it can heal, this is going to be great, no I'm just going to soothe her and put the lullabies and the way I talked differently to the atmosphere, I actually had

grace to endure those days. I may not have enjoyed them but I had grace to endure them and that was huge and it was all the way I spoke.

P Okay so, hey, let's wrap this up because I want to get to our food spotlight for today. It's a good one but you're a healer, okay, we've already established that because you're healing as a mother, you're a healer in your home. Not only for your own body should you speak life but those around you so the huge part of being a healer is speaking into your own waters, speaking into the waters of the ones you love in your family. I am just so excited about this big picture.

[00:39:51]

P Oh, thanks Serene. Serene, you're supposed to turn your phone off.

S Hey gorgeous

P She's speaking gorgeousness into her husband.

D That's her husband.

S Can I call you back in five minutes?

D Yes, just standby everyone. You have nothing to do today. Just give us a sec.

S No, I turned him off, I turned him off.

P So, is this a big concept because, I mean, I thought I knew some of this but now I know it in a different way.

D This is a concept that, like, I can't even be, like fully truthful about, like, I don't know, even to, like, the closest people to me because I feel like I just sound weird. Like, the more I learn about really taking control of your life in general, it seems to get more inward and more in the brain, more than really, like, I don't know. I just grew up believing that, you know, people were born with certain things and some are special, and some are not and I'm just more and more getting into this weird zone of, like, kind of, like...

P But it's not weird zone, it's true zone.

S We're holding iPads in our hands, Danny.

D Yes, there's just so much, I forget, they might call it the new science or something like that, but top scientists are converting a little in their previous beliefs.

S It is all changing, isn't it?

D Yes, like mainstream...

P It's not about the concrete anymore.

S No.

P It's much bigger because as science is getting, is understanding this, like you said, there's so much more than our five senses to what is going on, the electrical charges that run through our body. You know, the breath, the water inside us. All these things are much more intricate than we ever thought. They can have much more power than we ever thought so when we harness these things and utilise them and they're all Biblical anyway, way to go, right? I want more.

S Hey, I just want to say something totally off the subject and it's so weird and you're all going to think I'm deranged in the head but I'm going back to the Foxy Mother, Mama, whole idea, I'm going back to that whole thing. Do you know half of that for, do you know half of that is the space you have of your brain?

P More than half, wouldn't you say? Specially for women.

S Specially for women. Like, if you...

P For those of you who don't know Foxy Mamas, that's, you know, we're talking about intimacy in marriage, okay?

S Yes because I was just thinking about it the other day, wow, it's, if your head space is right, it's amazing but if your head space is wrong it can be painful and awful but it's all your headspace and that's about a physical

thing, so it shows you how your head space can actually change the mood or take you to, like absolutely traumatic...

D There's one example. That's just one example, right? That's true. That's actually a gateway example because now we can open up to the idea that, well, gosh, it affects me in a actual, I feel it physical, tangible way.

S You feel physical but it's all in your head.

D It's totally a brain thing.

S Yes, exactly.

P And it's also what you allow into your brain and what you don't. Let's just say you're in a busy life, like, we're talking about Foxy Mama again and you're in a busy life, you're having to run here and there. Maybe you're not in a season of your life where you feel like you're young anymore and in the prime of your sexuality, you know, maybe going through perimenopause, or menopause or who knows, maybe you're nursing a baby.

D I'm always in prime, thank you.

P True. But...

S We knew a 80-something year old grandfather, he's dead but when he was alive, he talked about that.

P All I'm saying is it's what we thought. Like the Bible says, we train our brain, okay? So we could, on a given day, with all that's going on, think no sexual thoughts about our husband, think that's completely normal because life is too busy, I don't have time for that.

[00:43:23]

P Or, we can train our brains saying, and just, allow the good sexual thoughts in about our husband, tonight maybe we should do that, let's plan for that...I have that beautiful memory of us making love the other night, isn't that awesome? And so we train our brain to think about the positives on that side of our marriage and then we're ready for it.

S But do you know what, the hormones actually rise?

P Yes, they do.

D Hormones come forth

P You actually have certain hormones, I mean, age doesn't even necessarily instigate... No. As we think of the thoughts, oestrogen rises, oxytocin rises, all those things that prime us. And so it starts with training our brain.

S I want to speak to all the Mamas out there who are breastfeeding which is a hormonal time that is not really directed towards those kind of natural thoughts. To me it's more like hearth and home and diaper changing and

all that stuff but you can completely be able to be in that place that your husband wants your head in by thinking more, by having the brain space there instead of just about, you know and actually it will get you more estrogen than you're naturally receiving through.

P Yes

D Alright, I wanted to share this, the actual real quote that I referenced earlier and then just a little closing word. I know we close for...

P Well, we're going to do food spotlight, so do your thing then we're doing food spotlight. Real quick.

D Real quick. So here's the quote. It's by R Buckminster Fuller and since we have such a name, it must be true. He's an American architect systems theorist, author, designer and inventor. He says since the initial publication of the chart of the electromagnetic spectrum, humans have learned that what they can touch, smell, see and hear is less than one millionth of reality.

P Wow

D Now, we don't know everything. We're probably scratching the iceberg on a couple of subjects. We're not the Pope. We're not dispensing teachings for all to believe for all time. We are a bunch of friends, may I say family, sitting in a living room, having conversations.

P Still mind blowing though, Danny. And you know what the Bible says? Steel sharpens steel and that's why I think us getting here and encouraging one another in these things of health and family and relationships, we need that and we're bringing each other things, you know, that we learn and perhaps you don't agree with it all and that's fine.

[00:45:45]

D Welcome to our living room

P Throw out, spit out the bones, man.

S And do you know what, I'll tell you what, talking about that quote that you just shared just makes me want to fall down and worship because we don't, we haven't even touched the tip of the iceberg of our awesome and incredible creator.

P That song, what's what song?

S Can you guys go and listen to that if you want to?

P What's it called?

D They're not going to be able to without the name of the song.

S The song is...

P And So Will I.

S So Will I. It's about I will worship, So Will I.

P It's about creation coming into being and...

S A thousand million creatures catch their breath and you... You just have to listen to it. Oh, I've got goose bumps. because I listened to it during my labour, it was so amazing, and it's bringing me back.

P Hey, are you ready though? Let's do this super food spotlight.

Announcer Trim Healthy Mama. Super Food Spotlight.

P Today we want to talk about avocados. Oh my goodness, what a food. If there were, like, five top foods in the world Serene, avocados has to be in there.

S Avocado is the food from Heaven, I'm telling you what. Do you think they'll be there? I hope so.

P I hope so. They'll probably be, like, different colours, purple...

S Because you know how smooth and it's like you can even make ice-cream out of them, they're so smooth but they have, half an avocado has seven grams of fibre, Pearl, can you believe it?

P I know and even so, it's so smooth, so it's incredible. I want to clear up some myths today about avocados and we've always said that avocados are an S, so they're mainly a fat and a little bit of protein but not much and they don't have many carbs but here's what we say with an S Meal. We've always said limit to about half an avocado with your S Meal. Now the reason we've said that because with an S meal you usually got...

S Cheese.

P Cheese. Or you've got a protein source, okay? And maybe, you're probably using some other fats and so avocados are quite a dense fuel. They're sort of like nuts. They carry quite a few calories, not that we're scared of calories. It's just that if you put a whole 300 calorie avocado on top of your already S Meal that's full with protein and fats, it's just sort of overdoing it.

S Right, exactly. And that's what we say, that is the, that is kind of the Trim Healthy Mama stance but...

P Okay I'll tell my but and then you do your but, Serene. I love to have a full avocado.

D Me too

P But I do it and that sort of, for me, Serene and I probably do it differently, it's the centre of my meal, okay, so I do this thing where I call it, it's

deconstructed guacamole and it's my meal. So I get a whole avocado, I might even do one and a half because I love them so much. And I chop it up finely and put it on the side of my plate. Then I chop a small tomato up on side of my plate, then lettuce, finally I put that. They're all in corners on the plate. Lots of mineral salt, right? And then I get hot sauce, put it all over the avocado. And so it's, like, deconstructed. I don't need corn chips. I don't even miss them, and I just put little bits of the avocado with the, I pour some MCT oil over my lettuce, little bits with the tomato, little bits with the lettuce... It's this most amazing, amazing thing. Now, you're going to say, Pearl where is your protein? Well I have it in my drink.

S Right, exactly, maybe a Matcha Nin

P And so I put some collagen or whey protein in my drink and avocado has a little, so I don't go overboard with protein but every now and then I love avocado to be the center of my meal.

S Right. Now the other thing I was going to say, the Trim Healthy stance just have half because we don't want to overdo calories but I'm a nursing mum and I'm at goal weight so I'm going to do a full and not sweat the small stuff.

P Even with other food

S Yes, with walnuts, with goat's cheese, bring it.

P But we do Trim Healthy Mama our own way right?

S Exactly

S And so if I ever got to the point where, hey I need to pull back I know I go back to the Trim Healthy Mama stance because I know I'm colouring out of the lines a bit but I'm actually not doing cheats. I'm just colouring it my way.

P Exactly, and so when we talk about half an avocado with your S meal, you know, that's for weight loss. If you're already at goal weight, you don't have to stick to those little rules because avocados are so healthy. Do you know that they have more Potassium in one avocado than two bananas?

S Yes. And the other thing is if you're pregnant, don't stick to the Trim Healthy Mama stance unless you're, like, super, super...

P The weight loss stance.

[00:50:07]

S Yes because pregnancy will, like, have the Crossovers more freely and don't be so strict to the weight loss part, right? It doesn't mean you have Crossovers for every meal but it's incredibly high in folate, the natural folic

acid and that actually fights depression. It's going to give you a happy pregnancy and another thing about...

P And folate is so important for the health of your baby.

S Exactly

P And all these bodily processes, right? You know how they were telling pregnant women to take folic acid for so many years and they come to find out, folic acid is not a good thing. You need natural folate.

S Yes, you do. And that's why we love okra, too. But that's not the spotlight but avocados are incredible, they're amazing because they produce glutathione. There are very few things that actually produce glutathione.

P And glutathione, however you say it builds your immune system. It's the thing in your body that builds your immune system.

S It helps to cleanse your liver. It's absolutely incredible and helps anti-aging

P Lets talk about the fat inside avocados which is mono, what is called Serene?

S Monosaturated, is it?

P And it's one of the highest forms of this in basically the whole planet, avocados. It's a very slimming fat and so we know, we love to include fats.

We love saturated fats from coconut oil and butter but we also need to balance it with the beautiful mono, the plant fats.

[00:51:33]

S The plant fats.

P The plant fats. And I think it's monounsaturated, I looked it up this morning. Monosaturated or monounsaturated, one of the two, so, listen Trim Healthy Mama is such a journey of balance. We don't always eat bacon and eggs for breakfast, that's one form of fat. That's saturated fats and animals' fats

S And they're great, we're all about it.

P They're great. So many people have vilified them. We don't vilify them but let's not forget about the other side, the plant fat.

S Exactly, you know, we're talking about it being a fat and, you know, having a few calories that we're not afraid of but saying the facts but they're so healthy in our weight loss journey when you stick to your half, you know, if you're on a weight loss part of your journey because they're high in fibre and are low in carbs so they're going to keep your blood sugar level at such a beautiful level. They are going to keep you satiated. Avocados are an incredible satiator because not only do they have that fat that satisfies,

they have an incredible amount of fiber chopped into just one piece of bread, give you three grams of fiber. For a half an avocado you've got seven...

P And you think things that have fibre are going to be crunchy on your teeth, or grainish, like a grain, you know...

S Or greasy on your throat.

P But avocados are the smoothest, creamiest things I think that God created in this world and when I eat an avocado I feel like my body is so nurtured and nourished and the chlorophyll, it's green

S Do you wear contacts? Do you wear glasses? They are incredible for your eyesight. they contain antioxidants such as lutein and zeaxanthin that are incredible in healing your eyesight. They actually prevent cataracts, they make your risk of getting cataracts completely go down.

P And they're fantastic for your cholesterol profile. Listen, we're not scared of cholesterol. Cholesterol is much needed in the body but remember that beautiful balance that some of your fats should be from plants and the good ones, like this monounsaturated fat in avocados. We need to, hey we need to be done for today guys...

D Can I just? I just want to say I agree with everything you have said.

[00:53:42]

S Yes because you didn't have anything to add Danny. You were looking around the room, like, and blah, blah, blah.

P I haven't seen you eat an avocado in front of us but John here of sovereignty, he brings two every time and he sprinkles his mineral salt and he does it as an art form. He doesn't just plunk it on. He slices and sprinkles...

D He's like that kid in the lunchroom.

S Listen I'll put up a picture of my deconstructed avocado thing on the Facebook but did I say mineral salt because it's so important.

P Yes, you did. You need to get really liberal with it, avocados need salt and pepper.

S We have to go because I need to call my husband back, right?

P Call him gorgeous. See you guys.

[00:54:20}