



trim healthy™ Official

Trim Healthy Podcast with Serene and Pearl
Episode 82 - Pick Your Happy Crazy Your Thoughts and Words Have Power

*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

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cigarette ash and no lingering odor. Give Juul a try by going to www.juul.com/podcast. Warning: This product contains nicotine. Nicotine is an addictive chemical.

[00:00:00]

S This is the PODdy with Serene...

P and Pearl

S Get it right, P-O-D-D-Y.

D Women and men, boys and girls, it is another episode of the Trim Healthy Podcast with Serene, Pearl and Danny, and I'm so glad to be back with the greatest gals on planet Earth, second only to my wife.

S I am so glad that Danneth of What if you Couldith, is back here with us because you know what? I do sense a little emptiness without him here.

P I do. It's not the same.

S Emptiness?

P Hey, John's right here in the room. No, but John... Hey, this is what you have to tell the children. There's a special shaped hole for each child. There's a little room for this little Johnny boy child and this little Danny boy, and neither can fill the other's shoes.

[00:00:49]

D There's a Dan-shaped hole in all of us.

P Yes, but Danny was away. How could we say? You were actually in California...

D I was in Cali, man.

P Being an actor

D Totally

S Now, if you're being an actor in Iowa., sorry for all the you and Iowa, that's a certain thing, but being in actor in Cali?

D That's big time.

S That's big.

D That's big time. We went to Las Vegas, to the deserts. We were in Death Valley, 119 degrees and then we went to the mountains of Mammoth Lakes.

P Did you put any pictures up on your Danny Valdes Facebook?

[00:01:27]

D No not many on Facebook I just don't know who's interested. If they are, maybe I should.

P Maybe put one because I know a lot of our ladies, they love you here but they're excited for you doing all this. And what you're doing is like a miniseries, right?

D Yes, that's right, miniseries for TV. Yes, a lot of it's on Instagram currently, but I will definitely share on Facebook now.

P Yes. Hey, we've got stuff that is bubbling. I called Serene this morning. I said What are you thinking, you know, for the podcast and are we going to go there? Because Serene and I are betwixt ourselves and actually, we talked...

D I love that word.

P We talked to Danny the other day about it.

D I passionately love that word.

P Danny got all bubbly about this too, the other day. We have been in a metamorphosis...

S Oh, it's so huge.

P Of our hearts and minds and bodies really

S Yes

[00:02:17]

P And so I said: Serene, should we bring it? And she's like: How could we not? That would be dishonest, right?

S Yes

P And so whatever we're bubbling over, we want to bring to you.

S And we are so bubbling over, so extremely bubbling over that whenever we're together, it's like we can hardly talk fast enough and we can't hardly breathe deep enough to get the next word out, because we're so like... It's changed our lives but it's such simple truth and such foundational truths.

P I love that God doesn't leave you where you're at.

S I love that.

P I mean if you're on your journey. We're all on a journey, right? But it's layer upon layer of truth. And as the truth comes, all the junk leaves because He says: It's my truth that will set you free. Man, I've got junk leaving my life, thank goodness.

S I know.

[00:03:04]

P Lord, I got junk.

D Well, taking action and walking in that truth is difficult too because you might hear something and then actually make a conscious choice to just go, but not me, or I'm not ready yet, or maybe one day, but...

P And it's the soil, right? And that's what Jesus talked about. You throw the seed and if the soil's ready... But my soil is ready for this, and I think so many women listening, I think their soil is ready for these truths. And they're simple truths. And maybe you hear them and you're like: But I knew that, Pearl and Serene. I knew it too, but for some reason it just went down into my heart and exploded. So Serene, let's start.

S Yes, well, it's just so interesting. It's a lot about the tongue, that little tiny thing.

P Yes. Today, let's call this whole podcast: Believe and confess.

S Yes

P Because this is all about what you believe. And then it doesn't stop at what you believe. And this is going to be about your Trim Healthy journey too, but it's about all your life. It's about your relationships. It's about what you believe.

D Oh, believing and confessing has to do with health?

P Come on then. It's about what you believe.

D He asks rhetorically.

[00:04:11]

P But that's just step one. And then it's what we do with it, we speak it out. And then that reinforces the belief. And that reinforces us speaking out. And that reinforces the belief because we can't have one without the other to be effective.

S Yes, and I love that scripture in the Bible, right. And I'm not great at knowing exactly where everything is, but you know how if you can bridle the tongue, you can bridle the whole body.

P Yes.

S And just as there is the little, tiny... Is it the helm of the ship? And it's a little, tiny thing, and great huge waters, and a massive tossing waves, and this big, giant ship, it can turn the ship. And the little tiny bit in the horse's mouth, this big, huge piece of muscle weighs so much. The bit can turn the horse, and so the tongue is so, so powerful. And I have just been realizing how mischievous my tongue can be, and how idle and how just death.

P Well, and the Bible says even if you're not a believer... We always say that, but the science backs it up because we've spent many PODdy here on the science of speaking into your water, speaking into your body.

[00:05:25]

P But the Bible says, death and life are in the power of the tongue. Now, that is a fact. There was a study at a reputable university. Why did I not bring this book? It was actually in the late '90s this study. And they took all these questionnaires from doctor's offices. I think it was 30,000 doctor's offices. And on it there was a question, How do you rate your health? Poor, fair, medium or good, excellent, so they took them all and then they took all the people's... Their doctor's physicals, how they related to what they said.

P But there was no correlation between... Like if someone said fair, but they were in good health, that was no correlation with the end result. The end result they were looking at mortality after five years of what those people wrote on this

questionnaire. Those people that said poor, so many of them significantly were dead after five years, right. The people that said good or excellent...

D Like dead.

P Dead, the people that said good or excellent, even if their physicals came and they found things or this way and that, they were alive and well and doing well after five years, so the power of the tongue...

S And science, okay, so just as Pearl just proved, it is science. It's there's just a law of sowing and reaping. Sorry, whether you believe the Bible or you don't believe the Bible, it's a law, like there's a law of gravity. There's a spiritual law that there is sowing and reaping by the tongue, but in the scriptures where science always proves it in the end...

[00:07:00]

S Yes, I love it. It says: death and life are in the power of the tongue. Blessing and cursing are in the power of the tongue.

S They both shouldn't be in the one tongue, basically. And so many scriptures, there are just so many about how the wise tongue speaks health. And it just goes on and on and on about how your tongue... Well, first of all, we're created in the image of God. God spoke through Jesus, who is God, spoke the world into existence. And from His speech, the world existed. We are created in His image.

P Yes. Let there be light, and there was.

S We have this creative tongue when we are of Him, then we have that power of the creative tongue. But even just regular every human...

P Every human has a creative tongue.

S Has a tongue that can speak this blessing or cursing. And it's just so interesting because I've just been thinking lately about how just on the...

[00:08:01]

S First of all, the biblical sense of it all, we have opportunity to speak the cross over our issues, to speak the cross, the covenant, the sacrifice that He made for us, for our healing, for our complete sozo, which has saved, healed, delivered in every single emotional, physical, mental, spiritual area of our bodies. That is so deep, and so powerful, and so magnificently huge, our brains can't even fathom it. So we have that there, but on just a regular level of just...

S So what I'm saying is, we can claim that and speak that cross, and have faith in that. And that is the real, true, ultimate deliverance. But we can just deliver ourselves from issues just by regular old positivity. It's just a law of nature that God's put in. It's just huge. So I was thinking to myself, even if you're not a believer, what do you believe in about your marriage? What are you confessing about your marriage? What are you believing about your weight loss? What are you confessing about that?

S Are you one of those people that go into the doctor's office, like Pearl said, and it's like: How do you rate your health, Pearl? Well, how do you rate your weight loss? I'm a turtle. Pearl and I have been thinking about that lately. Maybe that word turtle is just speaking this cap over your weight loss.

P Well, Serene, it's not maybe, it is. All the things that I've realised, Serene, we're growing in our journey, right. And so any of you that are in the turtle's group...

Well, maybe we need to change the name of that group because why should we speak that over anyone? Why should you speak that over yourself?

[00:09:39]

D Interesting concept

S Maybe it should be the never-give-uppers. That's not even a word but something's like...

P Yes. Never-Give-Uppers, I love it.

D The Never-Give-Uppers

P But listen, I've been walking out of this but I've seen it in my own life, even more now. It's like my eyes have been opened. The things we say about ourselves and when I go on the group... Listen, I was there, so I'm not judging anybody. But my eyes are just being opened. Things that we say like: So I just can't seem to lose weight, or my weight has stalled for two years and I can't drop the pounds anymore, or I used to be able to lose weight on Trim Healthy Mama, I just can't. Okay. You're not going to be able to do it because it's law. It's spiritual law.

S Love speak life. Listen to this, it's law. Think of it. The whole world knows it. Placebo pills, there's just nothing in it but sugar, water or little fillers in the tablet. And there is just a natural law that there is a law of placebo, that if you think it's going to help you, it will help you.

[00:10:35]

I mean it only goes to a certain level, that's why I'm saying Christ is the true healer and the blood of the cross, that's where the ultimate... This other is just a shadow on the type of it.

P Yes, but Serene, the tongue is connected to every nerve in the body. When the tongue says something, every nerve in the body has to line up and obey. Danny, you got something...

S Just before he does, let me just say this real quick. People stand up and say: We've been at little retreats together, and think, well, I'm a stubborn loser, and then they go onto their testimony.

P Serene, we've done it in our books. We've put stubborn loser category in our books, shame on us.

S Shame on us Danny, take it away.

D Re-edit, yes. No, that's interesting. I used to have a big problem with what you were saying. I used to think that you people believe in magic, and it's with my scientific side who loves science would say, these faith psychos believe in magic.

P Name it and claim it, right? It's stupid, right.

[00:11:28]

D Yes and I was just disgusted. And then I realized, once I started seeing it scientifically, that actually, the thoughts you have and the things you believe absolutely inform your conscious and subconscious to act even when you don't think you're taking action, when you don't think you're destroying your goals, or your weight loss, the things you want to do in weight loss or in your health. You think that you're doing everything to move forward and yet you're not getting results.

D You can often find that there is a lot of doubt going on that you often, and it's not everybody, but you often don't really believe. Like when you say, you know, I've hit a two-year stall. Well, it's like you've got to keep going, you prescribe the

meaning to the two-year stall, therefore, I can't. That's the part where you come in with doubt, but what if you hit a, okay, I call it a two-year stall, which by the way, two-year stalls can often be traced back to doubt anyways, that the whole reason for the two-year stall was a lack of belief.

D But let's say you just are hitting a two-year stall for full of faith. How you interpret that and what that means you're going to do now is up to you.

P That's so true, Danny. And look, it's not time, because you know what? We were designed for and called to belief. We only have two choices. Disbelief, okay, I was in there for years and years. That was my choice, disbelief.

[00:13:35]

P Or belief, and it doesn't say belief so long as it happens within six months. It says belief. The Bible says some of the men of faith died in faith.

S Well, it's Hebrews, Chapter 11, it said the great men of faith, they died in their faith.

P Many times it happen, like let's see Abraham, okay. 25 years before he had a child, Isaac, God told him: You will be a father of many nations. I will give you a child. So that was 25 years of no child,

S But it didn't make the promise any less real. And the thing is, if you're in a stall even for two years, you never give up.

D It's not 25, yes.

S Blessed are those that believe without seeing. And true faith is not really about... It's a spiritual sense. It's not the senses of this earth, the taste, touch, feel. I mean it will happen because whether it happens here on this earth or in heaven, we

stand, we've done all, we just continue to stand. It's not, there's the scripture and I just absolutely love it. And it's in Psalms 131, it says: Lord, my heart is not haughty, nor my eyes lofty, nor do I exercise myself in manners too great or things too wonderful for me. Surely I have calmed and quieted my soul like a weaned child with his mother. Like a weaned child is my soul within me. Cease from fretting. O Israel, hope in the Lord from this time forth and forever.

S And what that says to me is, okay, my job, he tells me is just still a base. Stand in faith and stand. So I'm going to do that. I'm not going to have my heart too haughty and lofty to start to exercise myself in God's part. God's part is the timing, when He's going to deliver, when He's going to bring it forth, how it's going to happen, that's up to God. Why am I exercising myself with God's cap on because I can't wear it, because I don't have the brains enough for that, I'm not the creator of the universe. But what I am, the cap I'm meant to wear is just obedience, trust, faith, stand.

D Yes, that's so good, the time thing. It's like how long? Well, longer.

P Longer, that's it, longer.

D And you know what? How about the rest of your life?

P Yes, stand.

D Continue, yes.

S When you think about all the great stories of the Bible, Joseph and all these stories, there was many, many, many, many years of, oh man, I wish...

P Well, are you getting that?

[00:15:23]

D She's getting her Bible out.

S Many, many years of waiting for their promise

D She's getting her Bible out.

S And there's a verse in the Bible, I can't find it right now, but I'm remembering right now where it says: Don't be sluggish in and in all diligence, holding fast to the promises. It's those that hold fast and those that persevere. There's a perseverance to our faith. Faith isn't just like, oh, I'll say it once, I'll believe it one day and tomorrow it will poof, happen.

P No, but, here's the but... There's a spiritual law of sowing and reaping in this world, as we started out. Part of getting these promises, these great and precious promises which belong to us, okay, the Bible says, It is His will for us to be in good health and to prosper. I mean it's His will. So I know, in the present circumstances, maybe it doesn't look like that but you see, faith is what we don't see. But speaking it out, we are called to actually speak it out to confess.

P It is about confession all the way through the Bible. And you know what? In the Old Testament, they didn't have the Word to confess but God changed Abraham's name to Abraham even just so he would confess it. Abraham means father of many nations. So now, whenever anyone asked him what's your name? He's like: I'm father of many nations.

[00:16:39]

P He didn't even have a say.

S Abraham, come over here. Hey, father of many nations, come over here.

P So we have to speak these things out and then in law of sowing and reaping, you sow the seed, you're going to reap the harvest. Your body hears it. It lines up with the Word. It lines up with the laws of this whole universe, and it will happen.

S And I used to pray, O God, increase my faith, increase my faith. Sorry, Solly. And then I just read in the Bible and I've read it many times but it clicked so much clearer to me how the disciples were saying, O God, increase our faith. And He's like: I don't have to increase it, just take the little teensy, tiniest little seed that you have. He likened it unto a seed, the mustard seed, the smallest seed you have. You have this tiny little bit of faith, plant it. Plant the seed, meaning you don't have to increase, you don't need more, just take the teensy bit that you have. It is a seed, plant it and you're going to bear fruit. He even said...

P How do you plant it? How do you plant it? You speak it out. You confess it. I mean that's planting, right?

S Well, let's just talk about Mary, Pearl. Oh my goodness. So Mary...

P Mother of Jesus

[00:17:49]

S Yes, the angel comes to her and says: Behold, you will bear... There will be a virgin birth and you will bear and bring forth Jesus and whatever.

D Just whatever

S Sorry, I paraphrased. And she didn't say: Oh, that can't happen. She asked how? Well, that's a fair enough question, ask how.

P She's like: I've never been with a man, how will it happen?

S But the angel explains how and then she said, be it unto me, she received that Word by belief and faith. And do you know what it did? It formed an embryo inside

of her. A seed is an embryo. It developed inside of her, and that seed, which was the Word of God, took on flesh. So let's take these promises which are the Word of God, these things that He has given to you. He wants you to prosper. He doesn't want you to feel overweight, and feel sick, and feel burdened. He wants you set free. You take these promises, and you take it inside, and you believe it, and you stand, and you don't label yourself with anything else. And it's going to take on flesh, it has to, you're planting the seed.

D I used to be irritated for a season with Bible quoters.

P Yes, oh boy, you're working with them.

[00:19:00]

D Well, I feel like I represent the non-bible crowd because I am, in many ways, the non-bible crowd.

S Oh, don't even say it, don't know what you mean.

D You'll be happy with this.

S Okay, great, like fix it.

P No, it's true though, it's okay. We've got non-bible crowd listeners.

S Oh no, I know that, but because he believes... So you can't really believe unless you're in the Word.

D It turns out because you're my brother, we're going to straighten this out right here and now. So...

S Even though they believe, they don't have to be in the Bible. That makes sense.

D Well, I saw for a long time, the Bible as a handbook for Christians, of how to be super-duper Christians. And I was nauseated by that. I was like: I don't want to be a super-duper Christian. I want to like be in the earth and like talk... I don't

want to cut people out of my life. I don't want to be some super weird thing that isn't a person anymore.

[00:20:23]

D That's just the way I saw it. Once I started seeing it as a handbook for life on planet earth for earthlings, everything changed. And all of a sudden, all of these books that are really paraphrases of the Bible wrapped in new packaging, so that modern man can understand, books about empowerment, and saying your words, and making things happen in your life. So much of it is total rip-offs from the Bible. And I don't want to name these books because they're very popular. And people receive these books because they're not written in... They won't actually quote the Bible but they'll rip the Bible clean off with their understanding of how you can create your future, with how you can...

S Because it's science

D Exactly, and that's why I like the way you're phrasing it, laws. There are laws like gravity that are built into the earth. And so when I stopped seeing the Bible as a handbook for those who want to be super-duper Christians and now all of a sudden, it applies to my finances, it applies to the goals I have in my life, my health. It really is a handbook for every part of your life.

S Right, and I see your point, Danny. You don't want to be a super-duper Christian for the super-duper sake, but I know you as a brother. We don't want to be super-duper Christians. We want to be super-duper friends of Jesus. It's a friendship, it's an intimate relationship.

D Everybody calls it work...

P But he's saying that... If you're a friend of Jesus, you're a friend of His Word. And he's saying he's coming to love His Word. People think Jesus... Oh, now we're getting into theology. But okay, here's my take. In modern Christian world, I grew up in the church, Christian culture. I'm a pastor's kid. I feel like I've seen it all. I've been jaded at some times in my life. Never have I ever denied Christ, but I've been jaded, let's say, with the church, let's say with culture.

P But I feel like people like, oh, yes, I don't have religion, I have a relationship with Jesus. And all this Jesus and I want to worship Jesus. And Jesus took my sins. Yes, He did, but who is Jesus? Who is He?

S So she's not downing that but she's saying: Go deeper.

P No, who is Jesus?

S He is the Word.

P He is the Word. We can't know Him unless we're digging into the Bible.

S In the beginning was the Word, and the Word was with God. The Word was God and the Word became flesh. So it's like...

[00:22:25]

P The Word was that embryo that went into Mary when she said: Be it unto me. And it took on flesh and it created cells and then He was manifest.

S So the Bible's not a handbook. The Bible is the Word. The Word is Him.

D That's a better way to put it.

S Yes, and so the awesome thing is... And even Jesus, when He walked on this earth as flesh, when He was getting into situations where He needed to stand, when He was being tempted, when He was up there on the mountain just completely being tempted by Satan and going through his tribulations, what did He use?

P Yes, the Word.

S He used the written Word.

P It is written.

S It is written, blah, blah, blah. It is written, blah, blah, blah, because there is actually... It's not just a handbook. There is power in the Word and speaking it out. I mean beyond even just the science of it because there's onion layers to all of this. This is science, that's great. It's a shadow on a type of the deeper layer but when you go to the very deeper, deeper, deeper layer that's the true, entire, incredible deliverance.

[00:23:22]

P But can we get practical, Serene, and start talking about some of the things we might be saying, unawares, that might be pulling our health down?

S Can I just tell you?

P Our whole journey down, our weight loss down, yes.

S Just for me, I've been catching myself all the time. Oh my goodness. You're driving me crazy. My nerves can't take it. I'm just so overwhelmed. I love you, children. I love you but my nerves, can you just hush it up, like just my nerves, my poor nerves. I sound like one of those old PBS, those ladies: Oh my nerves, my nerves. But you know what? I'm speaking to my nervous system: You better stop crashing because everything around you is over-stimulating. That's just really not... That's I'm speaking death over my nervous system. Go for it, Pearl or Danny.

D My nerves can't take the word can't is right in there, isn't it?

S Yes, and all these people that are on Prozac... I don't feel the need for that at all. But all these people that are out there in the world or even in the church on Prozac

and needing stuff for their nerves, maybe they're talking into their waters negatively all day long about their nerves.

[00:24:20]

P Yes. I know we're going to get e-mails: You don't know why I'm on Prozac. Listen, sometimes it's...

D Serene@serene.com

P And there's nothing wrong with medicine either. Guess why I think? The herbs that God created for our healing and even sometimes medicine. Guess why? Because it help with the symptoms so that you can even be better, building up your faith, gives you more time, right? Hold on, I've got it.

S And while we're talking about building up your faith, this word...

P Yes, the Word that you can get better at this. This is not something you learn overnight, which I'm finding out, right. Be a better confessor. Get into His Word more. There's nothing wrong with taking medicine, so it gives us more time to be able to do that, which raises our immune system.

S Well, that's what I was trying to say. And the only reason I cut you off there for a second, I was so downright rude, but my point was is I don't want people to hear this as, oh, a faith talk, because that word has been thrown out so much, because we cannot build up our own faith. What we can do is... I want people to see when we say the word faith, we're just meaning the word.

P That's true, Serene, but we've got people that don't listen, don't read the Bible.

[00:25:23]

S Well, then it's their positive words.

P And it's still a law of nature.

S That's right, but faith is not some kind of word out there like, they didn't have enough faith so that's why they're so and so.

P No, we all have enough faith, it's how you apply that faith, it's how you confess it.

S Exactly, exactly

P We all have enough faith. Isn't that incredible?

D People think they don't read the Bible, but they read other books that are rip-offs of the Bible. And they're bestsellers on the New York Times list right now. And I'm not going to name their names, but they've read these books and they're really straight plagiarism.

P Yes. But it comes directly from the Word...

D So it's like the Bible or not the Bible, people read truth. People want truth. That's my point.

[00:26:01]

P They do. And that's what always, always want to bring.

S But yes, just to reiterate what I was saying, I wasn't trying to... I was not contradicting you at all, Pearl, but I'm just saying that because we've been in the church, because we've been pastors kids, I'm jaded to the terminology that Christian ease that says: Well, you just didn't have enough faith, sweetheart, or that wouldn't have happened. But it's not such cosmos word. We're just saying it's as simple as belief. It's as simple as quoting the Word of God, that's for the deep, ultimate deliverance. But even just in your life, just using your own positive confessions.

P And I don't think we're trying to create here a perfect world where nothing ever goes wrong. We understand there's things... John's sitting here. His wife is in a wheelchair, but we're still called to faith for Dawn. We're still called to believe for her, no matter what we see.

S What about so many of the cripple people that were in the Bible, that had been cripple for 30 or more years, that didn't negate that they were healed. They were healed. So there's sometimes a timing that's not of our own. But we don't give up.

P But I'm speaking life over that. I refuse to speak to death.

S We don't give up. Dawn is coming out of the wheelchair.

P I refuse to speak lack of faith. What are some of the things? Let's break it down to the Trim Healthy journey that everyone listening, most people listening, are on. What are the things?

[00:27:24]

S Well, because my mother suffered with obesity, and all my aunties, it's in the family, I just have a genetic hard time with losing weight.

P Or I just can't give up sugar. I just can't. It keeps bringing me back. I cave, I'm sorry, I'm emotional eater. What are some of the other things that are said?

S I'm so exhausted. I'm just so exhausted. I'm so tired.

P I don't have time to make healthy meals. I just don't.

S Well, then you won't have time to make healthy meals.

P Exactly

P The BarkBox returns, but this time it's better. It's a Super Chewer. We've talked about BarkBox before. That's when you get a box every month and in it are natural treats and fun, fun toys for your dog.

S And why do I care, because I'm not even a dog lover, because my children are dog lovers.

[00:28:13]

P Yes, they are.

S And they love the BarkBox.

P But I'm a dog lover.

S Yes, but the thing is, I can be an Bark Box lover because it makes my children happy, which then again makes our dog happy, which it's... Everybody's happy.

P But the Super Chewer is like when you kick things up a notch, because dogs like to chew, right? It's like babies and dogs, they like to chew. And inside each BarkBox...

S You get two tough toys, two meaty chews, and two full bags of treats. It's actually worth 50 bucks, this whole thing. But all you have to do is pay, I think it's like 29...

P It is, Serene, 29 a month.

S That's unbelievable. And do you know that this is what I love about it, never any wheat, soy or corn. So there's no GMOs in there.

P Here's what I love about it... Our doggies are better behaved. They know tricks now. Okay, so since we've got the BarkBox, we have these natural treats around. So my boys, they've taught our dogs to roll over, to pray... Oh, the cutest thing...

[00:29:15]

S They pray?

P The cutest thing is Chester prays before his meal now, so they go to give him the treat...

S I might even like dogs now.

P And they're like: Chester, pray. And so he puts his little head down, they do a prayer and then he knows that when they say: Amen, that he gets to eat the treat.

S I love it. And guess what else is awesome? Never any fluff, fluff-free, guaranteed. Isn't there nothing worse than a dog toy filled with fluff? And so you got the white junk all over your home. It looks like you've been Halloweened with toilet paper.

P Yes. Super Chewer box is for dogs that really like to chew. And so you want hardy things, things that will...

S They have durable materials.

P Yes, durable.

[00:29:49]

S That will keep your dog busy so it won't go for your couch.

P So for a limited time, get 50% off on your first month of Super Chewer, on a six or 12 month plan. This is superchewer.com/trim. That's T-R-I-M and enter promo code trim, that's T-R-I-M at the check-out.

[00:28:50]

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

S Serene

S Can I say something? It's an interesting truth. It's in the Bible, but it's science. God didn't speak what was around. He spoke the end result. He said, it is, even though it wasn't, He said it is. And that's how you get results as an earthling. The Bible says basically, you can have what you say but everybody just is saying what they have.

P What they have.

S They're just speaking. They're just speaking all the negativity.

P Like me, even me, I used to say... And I've been realizing, some things, even with my cycle as a female, well, what I thought was my natural right, I'm getting my period so I just feel a headache starting. And I'm just, well, I have to drink three cups of coffee today because it's just that time of month and this is a time I just want more food, sweet food. I can't control myself at this time. And hey, you have to understand, honey, I'm a bit snappy, I'm on my period. All these things that I'm confessing just because I think that's okay, just because every other woman does it.

D It's your right.

P But what am I speaking? I'm not speaking life. This morning, right, so I believe you can change. And this is just a ridiculous example. But we don't have to be the person we say we are and we grew up to be. We can be a new creature. All my life, I was very unorganized and I never made my bed, never made my bed.

P So we moved into this new house and I thought: I feel like, in this time of my life, I want to be a bed maker. Okay. So I made my bed, and I just sort of forced myself to make my bed. So the storms came, right, and I was busy and I just felt myself

not... And you can relate this to your Trim Healthy journey, I'm not making my bed because there wasn't time. There were all of these reasons...

S And it could be not making your zippies for your purse, or not making your healthy dinner.

P And you know what my brain was telling me? My brain was saying: Yes, you're not a bed maker. You'll never get this. You're going back to your old ways, look at you. So you know what I did? I announced, I'm a bed maker. Every time I said to myself, and I spoke it out loud: I am a bed maker. What happened to me? I went and made my bed. It took me two minutes.

[00:32:18]

S It's like you obeyed your voice.

P My body obeyed my voice but I had to speak it over myself: I am a bed maker. That's what I do.

D Yes, you had to inform your body.

P Yes, you do. Everyone listening now, just say it: I am a Trim Healthy Mama. I can do this. I am a Never-Giver-Upper.

S I am heading to goal weight. I am on my way. I am never stopping.

P My body will get through this storm. My hormones will line up. Every chemical in my body will secrete and ride them out.

S I can easily find time to make this healthy meal in 20 minutes. Hey, on the other flip side of it, this was speaking positively. I had to watch myself with the speaking negatively. Funny, stupid little thing that I said this morning... I believe in doing your duties. I believe in buying grass fed meat if you can afford it. Right. and I

believe in buying the clear all, no chemical dish soap because your hands are going to be in it, if you can afford it. But my husband went to the grocery store and brought home the bright blue...

P My husband does that every time.

[00:33:21]

S The bright orange ones the separate little ones, they're all the brights. And I know, just in the science of it, that they mess with your hormones and can just really...

D What does, exactly?

S Just the chemicals in those dish soaps, they can really mess with your hormones because you're bleaching in the warm water, your hands are just soaking all in it. And so, this morning... So like I said, I believe in doing the duty. Go out and buy the good stuff. Do your duty for life. We seek life no matter what, that's why there's nothing wrong with medicine because it's fighting the same evil. Okay. We believe in speaking life but fight evil in every way, do your duty.

S Eat salad and take the herbs because that's God's gift to do your natural duty for health. Do your duty but I said, oh girls, throw out that soap. Don't use it. But the children had already put it in the sink. I'm like, drain the sink. It's going to mess with your hormones. I caught myself and said to myself... I said, girls, don't worry, it's not going to mess with your hormones, so sorry about that, it's not. But we'll do our duty next time. But you know what? This dish soap is not going to wreck your hormones, because I would have said that, yes sorry, it's going to mess your hormones. And I would have just spoken...

D Well, then that's in their head. When I touch it, my hormones should misfire.

[00:34:26]

S Yes and then they're going to put their hands in it for 30 minutes thinking: Oh, it's going to mess with my hormones.

D And so it will.

P But, do you know what? We can all poo-hoo this. You could be sitting there poo-hooing it, thinking, oh, this mind over matter stuff, this positive confession stuff, heard that. Wasn't that a big thing in the '70s? Didn't they claim the Lamborghini? Oh, that's my Lamborghini. I said it, it will be it. I think, obviously, it got taken to an extreme but I think the baby's been thrown out with the bathwater, man.

D The Dawn soap bathwater.

P This is truth. How did I not... I'm telling you, yes, I'd heard it all before, positive confession, all that: Had I applied it in my life? No. I had not applied it so I hadn't reaped it.

S Yes, and it's science, so we know that now. So it does work, but on the spiritual side of it, the Bible says, when you ask for things... And basically, I'm paraphrasing it. You're in My Word, and ask for things that align with My Word. You see, a Lamborghini isn't necessarily aligning with His Word, that's really off topic.

[00:35:28]

P But what does align with His Word, Serene, is healing, absolutely. Christ healed to everyone who came into His will.

S Yes, it does. He says: Whatever is My will, you will, yes...

P A sound mind aligns with His Word.

S Yes

P Actually, prosperity aligns with His Word.

S Prosperity, meaning your needs are met. It doesn't mean you have to have a Lamborghini, but it doesn't mean you have to have the lights turned off in your home and no groceries in your cupboard. That doesn't align with His Word. But so many people, and we grew up with it, with a little bit of a pauper spirit, just like: Well, we can't afford that. It's only beans and rice this month because we won't be able to afford that. Well, of course, then we couldn't afford the birthday cake.

D Yes, you can't afford what you can't afford.

S Exactly

D Every time

[00:36:10]

S But hey, can I say one thing and then Danny... No you, Danny, go because I want to hear your wisdom and that was just a silly little thing.

D Well, it's your show.

S No, it's yours, Danny. Danneth, of What if you Couldith and you're back. We were pretty worked up today, as you can tell.

D I just wanted to encourage people who are saying: I'm not getting the results I want.

S Huge, Danny.

D There's a word that I've said on this show before and I say it over and over. And I think repetition is key. I haven't even said it seven times so it's due. Sabotage, nobody consciously sabotages their health and their goals. Nobody goes, today, I shall ruin my chance of getting to where I want to get. It happens without your

knowledge and it doesn't start with making bad decisions. It actually starts with doubt. It starts with the thought in your mind: Can I really do this? Am I really going to get to the goal I'm going to get to?

P Yes, like me making my bed.

D Exactly, it's the doubtful and that's why, again, I got over my Bible allergy and started going, wait a minute, man. Wow, I'm seeing it so different now. Like if you have faith and do not doubt.

[00:37:35]

S And the doubters are the ones that get tossed to and fro.

D Right

S Like a thing across the desert, I should come up with own paraphrasement.

D Maybe like a ship at sea. I don't know. Like a thing across the desert. That's like the Serene version.

S I got the gist.

D I'd read it. I'd buy it. New international Serene... And I used to think, well, it's so simple if you have faith and do not doubt. That's so simple. I want something deeper. But the reality is, that is so deep. That is so deep. Like apply that little sentence to anything on this planet. If you have faith and do not doubt, you will create your future. You will see it happen in front of you.

D I love what Pearl said about the time. There's no time. You've got to get out of this whole time limit thing because you created the time limit. You just poof magically created a time limit of when you should be seeing what you're seeing. But you don't have control over the time limit.

S That's where we don't mess our heads with things too lofty and wonderful.

D Right, right, just have faith and do not doubt. And keep moving forward and don't think that you're not getting the results you want. You're actually getting the results you want. You just don't always see them every single day. I finally crossed a bridge on this, to where when I look in the mirror, or I look at my goals, or whatever, and I don't see what's in my heart, the vision that... I have such a beautiful picture of the future.

D When I don't see it in my life, I'm actually in a place now where I'm kind of shocked. I'm like, wait a minute. Oh okay, it just hasn't appeared yet. But it's totally on the way. Like instead of looking in the mirror and confirming and going oh, just as I thought, just as I thought, a failure, a loser with a gut, who's not going to see what he desperately wants to see.

D Instead, I'm now shocked, wait, why isn't it... It should be... Oh, let me check the backyard. No, not there. Let me check over... No, no, okay, that's fine. And you just keep... You have faith and do not doubt.

S I love it, Danny. That's "what if you could". We could call this PODdy: What if you Could!

P We could but...

[00:39:43]

D And you know what? I have been accused of living in a fantasy. And let me tell you, it is much more bright in my fantasy world than it was in my garbage world that I created, that I called reality. The fantasy world is beautiful because the fantasies come to pass if you have faith and do not doubt.

S Can I interrupt?

D I'm done. I'm done for the day.

S Danny, first of all, I want to say sorry. I want to say sorry to you because I confess that I have thought that you, in the past, have been in fantasy, in the past. Like just thinking to myself: Oh, he's like not if, but when. And I'm thinking: Well, how do you know when? Like you know, you don't really know the future, blah, blah, blah. Because it's about him doing all the things that he wants to do. He's like: Not if, but when.

D Sometimes he'll be saying: Well, if this happens... He cuts himself off. Sorry, sorry, sorry, not if, when. And I'm like, what, that might be a bit of a fantasy. But no, Danny, it's not. It's your faith. It's your belief. It's the currency, not only for our faith in God. It's the currency of our whole relationship with God. But it's a currency for us as earthlings here for everything else we touch.

P Faith is a currency.

[00:40:45]

S But guess what? Narnia, good old Narnia and I always get my stories messed up, even worse than I do the Bible. But in Narnia, I think it was like Puddleglum and the silver chair, they were underneath in the Dark World, right, where the evil witch had put the spell all over them. And they couldn't remember that there was the Up World, the beautiful Narnia with Aslan and everything like that. But Puddleglum, I think it was Puddleglum, he felt like he had glimpses of remembrances of it.

S And they're like: No, it's not true. No, it's not true. He's like, no, but I remember and I'm going to believe in there. And they're like, well, it's not true. And he's like: Well, I don't care, even if it's not true, I'd rather believe in my Up World and have

the best life in the world, believing and hoping for that than all of you... This is my paraphrase...stinking, miserable wretches down here being so depressed because all you see is this Dark World and you only believe in this Dark World.

S Even if it's not true, I'd rather believe in my Up World, paraphrase Serene. But listen, it is true. But I would still rather, even if I find out in the end it's not, which I know it's true, but the thing is that you've got two choices, like Pearl said, being negativo and have a depressed, miserable life.

D Right

S Or just look at everything through a happy lens

[00:41:56]

P I used to think though: Oh, but let's be reasonable here, that was my thing. My son, Rocky, he's a big dreamer. I always used to think, but that's bad, he dreams too much. What if he gets severely disappointed in his life? He'd always say Mum... He's got this thing...

S He's got a bit of a Lamborghini gospel.

P He does have a bit of a Lamborghini gospel, but he wants to... He's like, Mum, when I make my first billion...

D I'll stand with him there.

P Yes, no, but he's like, and Mum, I'm going to give you and Dad all this after that. And he's like: Mum, when my real estate business... I mean he's got so many businesses in his head. And I'm always like: Rocky, first of all, you've got to do that. First, maybe just concentrate on your studies a bit more. And I'm like Rocky, real estate is really hard. It takes years to be able to do that. I'm like Rocky, what will happen if you don't do that?

P Maybe you should do a back-up plan. And I was Negativy Nelly, every single thing he said. And then I woke up one morning, I'm like, How dare I? The boy's a dreamer. He's speaking things. The world will give him some knocks but he has such a positive attitude, he'll bounce through them.

P Who am I to just suddenly put all this defeat on him? So now I'm like: He still says the same stuff. And to me, it's crazy stuff. But you know what? It's good stuff. Why can't I say, Rocky, I believe in you? Rocky, you're going to do so great. I'm going to do that now.

S And just think now, the other side is really crazy too. Just think: Well, I'm looking at the beautiful trees and the sky and everything. And I'm looking at the fingerprints on my hands, and I choose to believe that I have no purpose. The world has no purpose. There is no purpose. That's almost even harder to believe that there's no design, that there's no future, that there's no beautiful tapestry there, that there's no victory already won because of a loving God, so caring. It's like, to me, there's both crazinesses to both sides. So pick your "happy crazy".

P That's what I say.

D Pick your "happy crazy". There's a good subtitle.

S I know.

D Or a main title.

S I know.

D Pick your "happy crazy".

S Even though it's not crazy because guess what? The Word is a solid rock.

[00:44:07]

D You know what though? We find ourselves living in the fantasies we create, whether they're negative or positive. Everything we see around us right now in our life, aside from acts of God, things that were out of your control, but things that you made choices of, we have to accept that we created these fantasies. We've built our lives and we can build whatever life we want.

S Danny, this is all about you and you brought this to the table to me and opened up my mind to this. But why realism isn't truth, why I don't want to be a realist myself is because you've shown me too, Danny, in the signs you've brought out. What we see is nothing compared to what we can't see, the unseen world.

D Oh, that's a great point.

P Yes. I always wanted to be a realist before. I'm no longer a realist.

D That's why it's okay...

S Even science is making it stupid to be a realist.

P No, I'm not a realist.

[00:44:52]

D No, that's good. You have to be comfortable with being an absurdist, because what we find in the end that will be truth and wisdom will have been labelled absurd by those who played the flute, and you didn't dance.

S And guess what the Bible says? It's to the children is the kingdom of heaven. Why, because they believe in Santa Claus.

D The children...

S What I'm trying to say is they believe in the stories.

D No, the children will receive the kingdom and that kingdom like...

P I'm so glad I'm not a realist anymore because realism is what you see. I'm going to be about what I don't see. I'm going to be about more. All the good things He actually wants for us, our good, good, good Father, He wants for you to meet your health goals. He does and you can. And I want you to stop saying, I'm this, and I can't, and I always, and I do that. Stop saying these things over your children too. I mean my child, I mean he throws tantrums. He's this and that, or my husband, my husband...

S He has genetic blood sugar issues and that's why he really struggles. And he won't ever lose that valley but that's all right because it's just his genetics.

[00:46:00]

P Yes. We always end up in this crazy circle of fights. I mean we need to start speaking God's goodness which does sound absurd to a realist, because by nature, you used to be a realist, right?

D Right

P But His stuff is absurd to a realist. Let's start speaking it, it's joy.

S And God spoke the Word into being by His mouth. And it says: He formed the things that we see by something that was unseen, "paraphrase" Serene. But the thing is, speak the things that will be in the end by what you do not see. Like you know what I'm saying? There was no earth. It was void and He spoke it. He spoke the lights, and you know whatever they're called, the firmaments and all this kind of stuff.

S But it wasn't there and He spoke it, so your weight loss may not be there, you still may have the wobbly thighs, bless them. You still may have... but love them on

their way out. But you still may have a situation, but you're speaking the end.
You're saying: I speak, in 15 years, I'm going to feel younger, look younger and...

P Or even don't put a timeline on it. Just say, I'm getting there...

S Yes, thank you girl that was truth.

[00:47:07]

P By your Word, which has given me this promise, my hormones are going to line up, hey hormones, look at your body, line up.

D Yes, I'm shocked that you're still not lined up. It's day three, come on with it.

P Yes. Come on, come on, line up, come on. Today, I'm going to put life in every meal. Today, I'm not going to cave to death foods. And so what if you do. Like we've spoken so many times, there's grace. You just take it back on. You take God's forgiveness. You just get up there and you do it again. And when all else fails, you stand and you stand. And we're standing with you and we're standing in our own lives. And hey, we're out of time. We love you guys. Come back next week.