



trim healthy™ Official

Trim Healthy Podcast with Serene and Pearl
Episode #86 - Stop Wavering!
You ARE A Trim Healthy Mama!

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny

[00:00:00]

Announcer:

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[00:00:28]

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, welcome back to another fabulous episode of the Trim Healthy Podcast. The cabin is full with friends, merriment, tea, salad and joy.

S And I want to tell you what else it's filled with. Well, a lot of pink shirts. Did you notice that Danny put extra oomph into his introduction? He had to to feel the masculineness rise out and above his pink.

D Oh, you suggest the pink is downgrading the masculine?

S I'm not feeling the pink shirt on you, Danny.

P But what about me, I'm in a pink shirt.

[00:01:06]

S Pearl wore pink too but you're okay because you're pretty in pink.

P Hey, do you know what's so funny, Serene, you never listen to these poddies back. Have you ever listened to one of these poddies back?

S Never

D She doesn't know what her voice sounds like now.

P She's unplugged, because she doesn't get an e-mail.

S I don't get an e-mail.

P Okay. So, I do listen to the podcasts because I love the sound of my own voice. No, actually, I love Danny and Serene's voices and, Serene, almost every time we start a poddy, you will be commenting on the wherewithal of Danny's clothes of the day.

S Well, he's got his legs crossed which is okay if he's wearing a regular shirt but it's pink, the legs are crossed, I understand why he's looking pretty masc.

D I think what we have to admit to ourselves, Serene thinks I'm cool.

[00:01:44]

S I do think Danny's cool.

P Yes, she does.

S I think Danny's super, super cool. But I am the pink man police.

P Yes.

D You shall have no man in pink.

S No...

P Let's begin. We have got a very strong topic today and, you know, it's a continuation of some things we've been talking about. We bring you like practical stuff one week and then the next week we're just like let's hone it, let's get that mind in the right place. We need to do this to ourselves. You know, Serene and I call each other through the week and are just like, no, this is the way we've got to think. Serene, that's... You know, I don't want to

hear you say that, this is what you need to say. Or she'll be saying it into my life.

S Steal, shop and steal.

P And so we need to be doing this to one another, guys, because our own minds, even as the Bible said, needed... need to be girded up.

S Can I just say something? I didn't tell you before that I was going to say this, I didn't even tell myself.

P Okay.

[00:02:42]

S So, I'm just going to jump out there but we have great news. We have fantastic news in our own personal life and I just feel like it's just... it kind of goes somewhere because there could have been wavering, there could have been a freak-out but sometimes just standing... Hey, standing. Another word, like we've said so many times here. It's just... Not sometimes, always. It always... God's plan always is amazing. But can we talk about our cousin for five seconds? I feel like we need to.

P Oh, Leah yes, Leah, our cousin in Australia, she was actually my best friend growing up.

S Beautiful, fit, strong, in her prime, she's Pearl's exact age. Blonde, lovely pastor's wife.

P Yes, we sung together.

S Young family so super close, like Pearl and here were just... they lived in each other's lives when we lived in Australia.

[00:03:30]

P Yes. And her Dad, my husband's brother, passed away a few years ago.

S No, your father's brother. Good on you.

P My father's brother passed away a few years ago with brain cancer, inoperable. Then his son, Simon, our cousin, came down with the exact same thing.

S Who... And that's her brother, yes.

P Passed away with that.

S Only three years older than her, and then everything's... So, that happened in that family, like a devil take-over, like that's disgusting.

D Wow

P And they... within a year of each other pretty much, passing away.

S And so out of the blue she starts vomiting, just out of the blue. This is about...

P Last week

S Five days ago, yes. Out of the blue, just can't stop. They rushed her to the hospital, very similar situation to her brother. Because he was perfect until he wasn't, right?

P Mmm

S There was no sign, just in perfect health and then all of a sudden they had to actually take him out of the... He was in a hotel. He was on holiday and they had to take him out of the hotel... on a stretcher out of the window because it was that bad... his body couldn't move...

[00:04:27]

D He went into seizures?

S It was in Europe when it happened, so it wasn't like they could get out... Yes. So, anyway, they rushed her to the hospital, brain tumour, have to operate immediately to save her. Like risky surgery, everything.

P Yes, back to Leah.

D So, just to make sure I understand, a recap. We have the Dad dies of brain cancer.

P That's our Uncle Peter, yes, beautiful man.

D His son dies of brain cancer.

P Within a year of his Dad passing

S And this is the sister.

D And then his sister.

[00:04:50]

S Can you not see like the devil attack there?

P It's an attack.

S Like, come on, this is ridiculous. So, anyway, when we all heard about it...

P Well, no, no, so you're not telling the story. She went in, they took some MRIs and there is a mass on her brain. They're like we've got to go in, this is serious. They go in, they get all that they can get, they came out and they

said, but we don't know... you know, we'll send it to pathology but there'll probably be... you know, they kept saying treatment, you know, so everyone... The fear that came upon everyone was, oh, my goodness, the same thing happening to Leah but...

S But when we hear... I mean, God has just been building us in faith, you know, and Ireland's incredible miracle. Just the things that God has been bestowing to us, presents, like gifts, like just being a new revelation on how to stand on His word and just the promises and that. So, we're like, no, uh uh, we're not even going to get fearful or like woe is Leah and...

P Yes. You wanted to say, oh, my goodness, not again. You wanted to say...

S Or scream and plead to God.

P You want to like, no, this is not right, poor Leah. You wanted to say that but it tells us in The Word, no, you know, by HIS stripes we are healed. When you ask anything in My name, believe. So, there was... Like Serene and I said to each other, when I told her on the phone, no room for fear here. Let's just stand. Okay, we prayed and then like now let's stand without wavering. So, we wouldn't even let ourselves get down in the mouth about it.

[00:06:23]

S No, we weren't thinking about it all day. Whenever it crossed our brain it was like thank you, Lord, wholeness, perfect wholeness, and all of our cousins back in Australia and New Zealand...

P We got on a prayer chain and we all agreed.

S Yes, that no fear.

P No fear, stand

D Wow

S And even one of our cousins is battling brain cancer down there. They've been battling for four years.

P Yes, her husband.

S Yes, our cousin's husband, and they are just like, no, we are going to stand. By stripes we are healed. And he's had an incredible recovery.

[00:06:50]

P Oh, yes

S Like the devil wanted him in the grave like four years ago.

P Oh, doctors said there's no... he should not be alive.

S The doctors said there was two weeks or whatever to go.

P But it's their stance but anyway.

S Yes and he's getting incredible like healing. Anyway, so we find out the doctors don't want to ever see her again, that it came back totally benign. They got every single thing and have said, your future's perfect.

D Wow

S And I believe God completely changed that around.

P Yes.

S Because the whole father, brother, you know, it was the same... it was the whole beginning, was the same, everything.

P No, we're not saying... Of course, you know, people die. All I'm saying is... But we can't say, well, hold on, my Uncle died and we prayed. It doesn't... That doesn't change the fact that we're still called to faith. Despite what circumstances may say over there, this person got taken or that child was born, you know, and was taken three days later, we're still called to faith and this is what I'm finally understanding. We're still called to stand on His promises despite whatever other circumstances may be. God knows.

[00:07:50]

S And whatever God decided, it was a wonderful week, standing.

P Yes.

S Because it would have been a real miserable week

P It was way better than getting miserable, you know.

S Like not standing but I believe standing does make a difference. But we're not sovereign law too. So, I'm not even going there, saying, well, this is the way, blah blah blah. No, that's not the point. But the point is, like Pearl said, we can't change The Word because of our experiences because they are the earthly senses but the eyes of faith, that's a spiritual sense and that's...

P Yes, so and I love that story that you started with, Serene, but today we are talking about Stop Wavering and this is about your Trim Healthy Mama journey, actually. It's much bigger than that, of course, but we're talking about the seed of faith that you plant.

[00:08:34]

P And when you decide to become a Trim Healthy Mama, even the name Trim Healthy Mama, it says something, right?

S I love it. When we first named Trim Healthy Mama, we were like, no, that's really kind of odd and quirky, Trim Healthy Mama.

P Yes, like most things are like, okay, Weightwatchers or...

S Something kind of nifty

P You know, keto or... It's not like a stance. It's not.

D No, Trim Healthy Mama is an identity.

S It is, yes.

D It's an identity. It's not like... Like when I first heard the name too, I thought, oh, well, that's not very brandy. Like that's not like Astero [?].

P No, people told us... People told us why are you going to name it that, you know, when we were considering the book. They're like people who...

S And I don't think we really knew back then.

P No, people who do this, they won't start trim, so why are you calling it Trim Healthy Mama?

D You literally named it an identity people can apply.

[00:09:19]

S We're starting to realize but I don't think we even had the realisation so many years ago because this is something we were freshly coming in to.

D Sure

S And I feel like...

P I think it was God.

S It was God because now we're like... We have millions of women across the globe who are maybe still 150 pounds overweight saying, I am a Trim Healthy Mama.

D Right

S And that is such an affirmation, such a concession

P And we've got millions who actually reach goal weight and saying I am a Trim Healthy Mama.

D You see, that's nuts.

[00:09:45]

P You see the both spectrums.

D No, exactly, it's absolutely nuts to have... to look at yourself in the mirror, feeling not at goal weight, and to say, I am... I mean, right there, I am.

P Yes. And that's what we wanted to talk about today. So, when you plant this seed there was a decision that you made, that you said, okay, I'm going to do this thing. I'm going to start on this Trim Healthy Mama journey. And that's a seed, okay? So, you planted that in the soil of your heart and mind. Well, today Serene and I want to talk about what happens when you plant a seed.

S Yes

P You don't dig it up two weeks later to... Because you look at the soil and you think there's nothing there, hold on.

S Like an earthly farmer might go plant a field of corn - non-GMO, of course - and wake up in the morning...

P Let's make it stevia or okra, for goodness sake. A field of okra.

S Okay a field of okra, and then wakes up in the morning to say, by jingoes. Oh, that's not bad over here, is it?

D No but is it bad where you're from....because it's not bad.

[00:10:47]

S No, it's fine.

P Do you say by jingoes?

D I've never even heard the phrase.

P Okay. By jingoes is like by Jove.

S Yes

D Jove isn't bad, jingoes isn't bad, George Jehoshaphat and Jiminy, all safe.

P There's no okra. Freak out. Okay, dig it all up.

S The seed didn't work.

P Yes.

S Everyone in the flesh, in the mind of man is like, you're a lunatic. You just planted it, give it time.

P And so with the Trim Healthy Mama thing, with all these aspects of our life, with our healing, with things that we are standing for, with relationships, all these things, we plant this thing, right, and then we have to say... We go to bed, we wake up, we go to bed, we wake up.

[00:11:31]

S There's a scripture about that too.

P Yes.

S The seed of faith is sown and then, you know, when you go to sleep you may not see, you may not realise that it's grown. There's a scripture. Where is that, Pearl?

P Yes. And it says but it is nigh thee. It means it's happening. And so even if you can't see things as fast as you would like and even if you think, well, I'm in a stall or even if you think, I mean, this Trim Healthy Mama thing, I'm just not sure if it works, hey, you planted it, let it grow. Let it germinate and stop wavering. Because we want to bring this scripture that is blowing our minds and it is for you today. Even if you're not a believer, it's still for you, okay.

S And before we give it, I just want to say let it germinate. Every seed... A lot of seeds, they have different times for their harvest and what if your soil needs time? Maybe it's very dry and it needs more watering. Maybe it's rocky. Maybe it needs to have a bunch of rocks removed. Maybe it needs more minerals in the soil. You never know but there... Sometimes a time for the plant to start, you know, its head and to push up out of the earth, that might be along in somebody else's seed.

P So true, yes.

S Don't give up. Don't pluck out the seed.

D I had to ask myself this several times as I pursue things in life. Really the test to see if I want it with all my heart, soul, mind and strength and that is, Danny, if you have to do nothing but put in the work for 15 years but on year 16 you have everything you desire and you have it for the rest of your life, would you still do it, and that's what I think we have to come to whenever we're doing a. Because getting your body, you know, right according to what's right in your head, you know, and according to what's healthy for you is one of the hardest things you'll ever do. I mean, I've got to be honest. Even me, I morph pretty quickly, like start to do push ups, I see results and things. But to really get where I'm trying to get to and stay there, it's just really, really hard but I came to a place where I just said, it's so worth it, that even if it's

15 years, 20 years, not comparing myself to Instagram model dudes who get paid to work out every morning...

P Just being the healthiest Danny.

[00:13:47]

D But just to be, yes, the...

S And can also airbrush pictures.

D Absolutely, but to be Danny in prime, you know, is it worth 15 years of work? Absolutely, it's worth it. And could I get to my goals in 15 years? Of course I could. Of course I could. And so it comes down to if you... I can promise you this, person listening to this podcast, if you will just not give up, if you will just keep going and keep going and do it with all your heart, all your soul, all your mind and all your strength, I will personally guarantee that you will get the results you're after.

P Absolutely

D Because you don't waver

P And if you don't dig it up

S Because it's a law, right, because what you sow you'll reap, but there's a spiritual law too that governs that even way deeper.

D It's the way the universe is built.

S And, you know, just thinking about even my pregnancies. Like let's just take them generations ago, before ultrasounds, before pregnancy tests, before all of that, you know, it takes a good four months sometimes, three months...

P To see anything

[00:14:57]

S Yes, and you don't feel a kick until sometimes 21 weeks, okay, and that's... You might think... I've actually had these thoughts before I actually go see the doctor or the midwife. Maybe it was all in my head. Maybe you're not pregnant. Maybe they'll go and say, you idiot, you're not even pregnant, you're just bloated, like, you know... But you got a pregnancy test, right?

P Yes, positive, but you don't see anything.

S I don't see anything.

P Some women don't even feel sick. There's nothing. All you got was that test to say you are pregnant.

S But we have promises.

P Yes.

S Yes

P I do want to... Serene, can you bring that scripture because I... And then I want to talk about it. This is huge and this is for you today.

S Totally

[00:15:40]

D While she's looking, may I add something?

P You may, Danny.

D Can I participate?

P You're of the adding...

D I'm of the adding kind. What you're talking about is really the stuff of life because I had... I was at a place where I had to decide very fundamentally is there life after death? This does apply to this, exactly what we're talking about.

P Yes, you're going deep.

D This is what I mean by it's the stuff of life. A. Is there life after death, B. Is it better? That's a big question - is it better? For me it was a big question because I thought, well, maybe there's life after death but it's seriously worse and maybe God's a psychopath and this is all a big game and then we end up in some horrific experience or something like that. Now, I know that sounds crazy but, you know, I wasn't raised in church.

P Right, no, that's okay.

D And I had to come to some questions of what really does await us. I mean, we have all these magical wonderful ideas of being saved and all this stuff but what really... Nobody knows what it really looks like and what I came to was I have to decide at some point. Even if it's a blind choice, I have to make a choice on what I believe.

[00:16:53]

P You're right.

D And here's what I came to. If nothing else, if I believe the negative story, where does that lead me in my daily life? It leads me to a really horrific experience that... You mean, I'll never see my beautiful cat who passed away again? I'll never see my daughters and sons if I lose them? They'll never see their father again? That's... Then what is reality at all?

P No, you're right, you made the choice and that's... faith is that choice. It's blindly believing when we don't see it. It's not being sense-driven, it's being faithed, right?

S It's right there in front of your senses. It's the substance of things not seen.

D Yes

P But it's like that week that we had just recently, standing for Leah, our cousin. We could have... And it's not about us, this is about Leah, but all of us cousins that were on this group, there was like 40 of us, we decided to stand rather than lament, like, oh, no... go to the oh no place.

[00:17:50]

D Yes

P I'm telling you it was a brilliant week. Like you said, you can... you make your choice on what you believe, right?

D You do. If you have a tumor in your brain today and you just found that out, you are going to have to walk down two paths, one of two paths. You're going to believe one of two things and I want to encourage you to believe that your thoughts can change the chemicals and cells in your mind and that your faith and belief in God and your prayers can heal your body because where that will lead you, even if it's a fantasy, is a thousand percent upgrade.

P You're going to believe that it can take you or you're going to believe that you will take it.

D That's your choice.

S Exactly, even if it is a fantasy, you win.

D Right

[00:18:33]

S But the fact is, is if it's not a fantasy, oh, my goodness, you win a thousand trillion gazillion times over.

D Because you had a great life experience

S And when you look at your hand and you look at your fingerprints and you look at the moon and the stars and I was watching like some geographic like show last night of all the animals with my little three-year old and I'm like, God, I just want to fall on my knees and worship. It's just like, wow, that's just... there's too much amazingness going on here, you know.

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S We've told you about Simple Contacts before. This contact lens company is so simple. You know, all you need is five minutes, an Internet connection and ten feet of space so you can do their little eye test. Then they have a licenced ophthalmologist. How do you say that, Pearl?

P Opthamologist

S You'll know. You listening will know how to say it.

P It means the doctor of the eyes.

S But this, yes, awesome doctor who will review your test and carefully make sure your eyes look healthy and that your vision hasn't changed or whatever, or maybe it has changed, but they will assess you, find out what you need and then it's actually cheaper than going... you know, making your appointment, waiting in line, you know, driving there.

[00:19:44]

P I want to say just a few things, simple things, why is Simple Contacts awesome. First thing, convenient, there are a million things demanding your time and contact lenses shouldn't be one of them. I mean, that's just stuff you just want to get done easily.

S Hey, it takes less than five minutes. How can driving to a doctor's office and doing all that filling in the paperwork... And it's so expensive too.

P Reliable, I mean, this is designed by doctors and licensed ophthalmologists... we'll never get that word right. And they review every test carefully, making sure your eyes look healthy and that your vision hasn't changed.

S But Pearl, Pearl, Pearl, Pearl, the thing that I love is it offers the choices... You know, how sometimes you go to a place and it's just like, oh, my favorite isn't here?

P Yes.

S This has all the brands and types of lenses that you're familiar with. So, you don't have to shop around or worry about, ah, well, they have my favourite. They will have it.

[00:20:36]

P Yes, and the main thing that we all care about, it saves you money. The vision test is only 20 bucks. Compare that with an appointment.

S 200

P Yes.

S I reckon it'll be about 200.

P Probably, without insurance around 200 and these days insurance hardly covers anything. You've got to know, this is not like a full replacement for periodic full eye health exams. You can go to your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally?

S Yes

P The contact lens prices, they're unbeatable. Standard shipping is free and best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code TrimHealthy20 at checkout. Save yourself time, money and headache...

S Look, I don't even have contacts but I'm so excited about this, I'm looking for people with contacts, just to shove this in their face.

P I do have like but not in my own children. I've got family members, you know, others and I just tell them about this because why waste your time doing all the stuff you don't need to do? So, get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20. Or just enter the code TrimHealthy20 at the checkout.

[00:21:58]

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

S I'm Serene.

P Now, bring the scripture, Serene, because I've got things to say about it.

S Oh, okay. But let him ask in faith... This is James 1 Verse 6.

P What version are you on?

S This is King James. Is that all right?

P Yes, I'm good with that or the new... I wanted to stick to it just because there are some things to say about it, yes.

S But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. Verse 7: For let not that man think that he shall receive anything of the Lord. Verse 8: A double minded man is unstable in all his ways.

P Okay.

S Is that version okay for your loveliness?

[00:22:40]

P Yes, I like it. It was okay for my theology. Let not that man/woman think he's going to receive anything. If you're wavering, what are you doing? You're digging it up, right? You're digging that seed up all the time, so how can it grow? It's not going to germinate. If you're wavering about your whole Trim Healthy Mama experience or if you're wavering about your healing, you know, you've got Hashimoto's maybe. They diagnose you with it and it's like, well, yes, but they say that I'll have that all my life. You know, if you're wavering but then your faith says, hold on, I can overcome this but then the other wavering and you say to your husband, you know, I just really feel my symptoms today of this Hashimoto's. I guess I'll be stuck with it. It's wavering. Don't expect to receive.

S Listen, let me just tell you a little practical story. Once, when we were cooking rice... There's a certain way I like to do it at the house. Like I measure the water on top of the rice up to my second little crease on the finger.

P Yes, our Mummy taught us that.

[00:23:34]

S Our Mummy taught us that. And as soon as it comes to the boil, you put the lid on and you cannot touch it.

P Don't touch. Don't take the lid off.

S Don't. You will wreck it. Don't peek. Because you don't know the glory that's happening underneath that lid.

D Don't wreck the rice.

S Yes, okay. And you turn it to low and you keep it there and you don't peek and in about half an hour's time it is the most fluffy, steamed amazing rice. There's nothing of that boiling, stirring, peeking business. It's just perfection. Well, one day I was like cooking rice and I asked one of my girls to watch it and, you know, to turn it down when it boiled and blah blah blah blah and then... I maybe hadn't told them not to peek and then they were peeking and then somebody thought, oh, something's boiling on the stove, maybe mum was meant to have turned it off and she forgot and turned it off. It went on, it went off, it got peeked at and everything. It was the foulest chewiest rice. Even when I tried to fix it after that and pour more boiling water in it and let it soften, it was just the grossest... We had to chew that like we were chewing rocks.

P I love that analogy, Serene, it's good. And think about that verse 8...a double-minded man is unstable in all his ways. You chose this seed of faith with Trim Healthy Mama, right? And so maybe things, you decide, oh,

they're not going as quick. My friend's doing keto, look, she dropped 35 pounds. So, you start to get a little bit double-minded. Well, all my friends are doing keto, I know that they're not eating carbs and I've heard maybe it's a bit hard on your adrenals but, hey, look, how fast it is. You dig up the dirt of your seed. Up it comes. Double-mindedness. And then you do something extreme and then where are you in six months? Okay?

[00:25:01]

S You don't have a harvest, a full field of harvest.

P You don't have the harvest. Keep the seed in there. Let it germinate. Water the soil. Put minerals in the soil and that's how you do it by your thoughts and your confession. And say, I am a Trim Healthy Mama. I'm going to ride this out. I am an overcomer.

S I'm the first in my generation who's going to not have this particular disease. I have... I'm not held back by the fact that my aunties and my mother and all of those people were overweight and died overweight. Uh uh. I'm breaking those chains. I'm a new creature.

P Yes, I do have time to make quick meals. No, I'm not chained to the kitchen. I love to make meals for my family. I'm going to be smart and do them quick. I'm going to do some prep every week but I can do this. I can get up in the morning and have a protein-filled breakfast. That's what I do. I'm a protein morning girl.

[00:25:50]

S That's what I am - I'm a Trim Healthy Mama.

D Yes, you know, I...

P Oh, yes, I'm fired up.

D I've never felt like I was doing... Remember back when my blood sugar was a wreck?

P Yes, I remember you, Danny.

D We're talking a little over a year ago.

P Then your ADD was bad back then and look at me saying your ADD. It's not yours, Danny.

D But you know what I...

P You were a bit afflicted with it, let's put it that way.

D But, you know, I've never thought of myself as doing Trim Healthy Mama. I've done other types of eating and I've done other types of workout plans and

things like that but I've never seen it that I was doing Trim Healthy Mama. I always just thought Serene and Pearl taught me how to eat right.

P Yes, exactly. And you wouldn't because you're a man but, yes, you... But it was a complete heart, soul and mind change, wasn't it?

[00:26:36]

D Yes, and my point is, is I feel like I don't want people to do Trim Healthy Mama, I want them to be a Trim Healthy Person.

S Yes, I'm with you, yes.

D And so if they're quote on plan, it's like... I think the approach isn't I'm going to now try Trim Healthy Mama or I'm now going to do Trim Healthy Mama but rather I am a Trim Healthy Mama.

S I love that.

D It's an identity.

S It's not our identity put on them, it's their identity and they do it their own way.

P We should... Serene, as we're coming along and learning new things, you know, we've had to throw out some of the old. I think we should throw out on plan.

S Yes

P Guess why, because if you're saying on plan, there's an off plan.

D Right

S I love that.

P Now, of course we're going to mess up and sometimes as part of the way we live our life, choose some traditional foods that maybe have sugar in them just for celebration, just for family, just because we live in this life. That's still part of who we are. I am a Trim Healthy Mama.

[00:27:30]

P On Thanksgiving I am eating my sister-in-law's cheesecake. It has sugar. I don't care.

S I'm still on the plan.

P My body's equipped to deal with that. I am still a Trim Healthy Mama. And I'm not jumping off plan and on plan, I'm leaving my soil in there, I'm leaving my seed in the soil and I'm going to water the soil.

S Happy garden

D But, you know, you guys didn't create a plan. Didn't you rather just put in easy to understand ways how to eat correctly?

P Yes, because everyone had taken something out. They'd taken the carbs out or the meat out or the fat out.

D Those are plans.

S All the bread out

P So, we did say no more out. So, we put it all together for people to understand. We did sort of write a plan but, no, I don't even think of it as a plan, Danny, it's just the way I eat.

[00:28:18]

D I see it more of systemizing the correct way that the body receives food.

S Well, you're right.

D You systemized it but you didn't, poof, and create like Weightwatchers or something. It's like these... I don't know, it's more like a thing to buy into, it's a thing to... you know, to stop doing, to start doing but I've always felt like I'm just eating right. I just never saw it as now I do their thing.

S Yes, and I love it. It's something that's not their thing, you see, Danny, it's our thing. Not ours as far as Pearl and I but meaning the Mamas out there.

P Yes.

S It's their individual... It's their journey, it's their walk and, you see, not only are they putting these healthy foods in there that's changing their body into this wonderful metamorphosis of life but the thoughts in there that are changing, those positive confessions, they are planting an incredible.

[00:29:09]

P Can you say you? We're talking to our Mamas here.

S Yes, you are planting an incredible seed that is so much more than food.

P Yes.

S It's so much more. It goes way more into the galactia.

D I love that word - galactia.

S It's beyond the cell. You know, it's beyond the cell structure because there's so much that's spiritually involved here.

P There is.

S Whether you're a Christian or not. Whether you're a Bible believer or not, it's a spiritually run world. All you have to do is go out there and sometimes you feel an atmosphere of darkness around certain things. It's a spiritual world, no one can deny that. Even the atheists can't deny it. It's a spiritual world.

P And this is more than weight, so much more than weight.

[00:29:50]

D Yes

P This eating right, Danny...

S Because you want to call the unhealthiest people out there that look like death warmed up sometimes. This is more than weight.

P Yes. This is not about being a number on a scale.

D Oh, I know the word...

P This is about...

D It's about identity.

P It is but it's about making these choices and deciding to have these seeds of these positive choices in our bodies. Like I look at it as just ingesting truth and letting it flourish inside me. Watering that, speaking that truth out every day, this is... It's not a true... The number on the scale is not this bigger truth that we're talking about.

S No

P It's part of it, sure. I mean, we can hit these scale milestones and say whoo.

D But it's the fruit of it.

P Yes, it's just a piece of the fruit that grows.

[00:30:38]

S Let's just talk about... And it's so much more than like the truth of these... like you said, this new way of looking at food and fuel. It's not a plan but it's kind of like, you know, just some guidelines of, here, this is how to have health with food. But it's so much more than that. It's the health of our thoughts. Because the other day... I'm on my journey with it but... I hadn't been tempted with this for a long time but all of a sudden it just came on like an attack and it was like you are overwhelmed, aren't you? This house is so noisy, isn't it? You can't take it, can you? You just need to go up to your room and shut the door and be alone. No, it's too much. Like when

Sam comes home tonight, you better cry before. Right now say you're overwhelmed in front of everybody. Right now say I just feel like crying. Like it just came upon me and then I'm like lies, lies, lies. I am an overcomer. The Bible says let the weak say I am strong, not the strong say I'm strong. Let the weak... And I felt weak. And then I said, I've got the mind of Christ. That's a scripture. I don't have my own mind. I don't have my own insipid little thoughts. I died with him. Now Christ is in me. He is the vine and I am the branch. I have the mind of Christ. So, Christ is not overwhelmed with this little loud house. That's nothing to Him. Like, you know, I was just... By the end of this there's like feeding myself the word of God which is the incorruptible seed. I felt like I was the most incredible overcomer. Like I had 12 cups of espresso. I felt like I could run a marathon. I felt so alive five second ago, I wanted to go and have a panic attack and say, poor me, everything is so overwhelming.

[00:32:25]

P Hey, Serene, but we need to revisit what you said.

D Now, there's like a ripple effect.

P Say I am strong. I love it. Like you said, it didn't say the strong say I'm strong because they don't need to say it. But when you're feeling weak, even in your Trim Healthy Mama journey or like... or you feel like caving or you say I just can't do this, this is too hard, you know, it's not the way I was raised, that's when you say, uh uh, lies, I am strong, and when you say it out, your body obeys.

S And don't feel shameful that the lies came. Like the lies came to me two days ago but as long as you stand, you don't waver, you put back the truth back in its place...

D Well, this is what's interesting. Let the weak say I am strong. Well, what's the reality. Are you weak or are you strong? And it's like, wait a minute, you just said it's the weak who are saying it, right, so the reality is that they're weak. But, wait, you said to say I am strong. So, what's the... The reality is going to be what you decide it's going to be.

[00:33:28]

P Yes, it is, Danny. And I love it. And, you know, we wouldn't all be coming to Trim Healthy, you know, Mama, we wouldn't be doing this if we were all perfect or strong in our diets, would we? Serene and I were... We were done, Serene, we'd tried too many things. We were in a state of weakness because we felt like failures after trying this and trying that and we were in bad

states of health. I was weak. I had headaches. I had to nap every day. I had to nap. I couldn't get through the day.

S Can you talk about your running? It's hilarious. You've got to talk about how your... You used to say, oh, I'm in my mid-40s now.

P Oh, I'm going to say that soon.

S You've got to go there. That's hilarious.

P But I've got to finish this. I've got to finish that train of thought. So, yes, you're going to come here to Trim Healthy Mama's basically weak. You know, you're... things have failed you. But then you grab this strength. I mean, yes, there's a plan. You learn it and you start saying, no, I am strong. I am a Trim Healthy Mama. I can do this. Let the... It's no shame in where we came from but the going forward is the solution in our confession. Speaking of confession, I was telling Serene this the other day. You know, I am... I'll be 50 in two and a half years. I'm 47 and three quarters, no, a half.

S So young

[00:34:48]

P I know but I love it. I'm proud of that because I feel so good.

S Yes

P But... So, I...

S But a lot of people, why their bodies start going downhill is they like expect to start carking at around 60 or 70. You know what I mean?

P Yes.

S So, they start talking their bodies into it.

P Or, okay, perimenopause time, oh, man, this is a crazy time. Listen, you know, one day I'm going to go through menopause. I'm just like bring these things on. There'll be different changes but it's just a different season for me. I can face any of that because when... Let the weak say I'm strong. I'm more than a conqueror. So, anyway, my confession's changing. It's starting to ooze out of me as I practise it.

S You used to say that, oh...

P I used to say awful things.

[00:35:29]

S You used to say, oh, I'm older now. You used to say that to me all the time and I used to, inside my head, say...

P I used to say, no, Serene, I feel old, I'm not cut out for that or my hormones are just... My hormones are whacky. I used to say it all the time.

S Yes

P It was my confession. Anyway, right up until...

S You know, and that science book, that's got nothing to do with the Bible, says that when people talk like that, that it... We've talked about it here before. It becomes their flesh, it becomes synapses, they become proteins and it becomes your body.

P Absolutely, it absolutely does. But even until about a month ago I had changed my exercise, my walk. I used to do a little bit of sprinting on my walks, just because I thought it was good for me. You know, it raises human growth hormone. And then... But I had stopped for a while because I had reached about 45 and I thought I'm a little too old for that now, it's probably going to hurt my adrenals or... I'm just too old for sprinting, I'll just walk and I'll walk speedily but no more of that sprinting for me and my older body, you know. And then I saw that movie, Mission Impossible, with Tom Cruise, me and my movies, the whole movie he sprinted. That guy's almost 60 now. The whole movie he is just sprinting and sprinting.

[00:36:36]

D Yes

P And, you know, and I'd been thinking about my confession these days and I was on my walk and I was thinking, Pearl, you've talked yourself into this whole thing. You've just talked yourself into I'm too old for that. I just started sprinting. I'm like, no, no more of this nonsense.

D When did you start sprinting? Is this a while back?

P No about just three or four weeks ago, after I watched the movie.

D Oh, you started...

P Not every day but now when I walk... Now, if I take a walk and I feel like sprinting..

D You just take off sometimes.

P I will just take off because I am NOT too old for that.

D Wow

[00:37:06]

S I love it.

P And I was yelling out. You know, thankfully we live on the hilltop and there's not a lot of people around. I was yelling out the scripture.

S While you're sprinting?

P I can run through a troop and leap over a wall.

S I love it. Pentecostal Pearl

P I was yelling it, man. How not to...

S What I love about that, the Pentecostal Pearl bit? Because Pearl's actually quite stoic in our family. So, I can imagine Pearl, like Braveheart, sprinting and yelling out I can run through a troop.

P But that doesn't mean I'm going to go and over-exercise and ruin my body and have to sprint every day. I don't feel like I have to sprint every time but if I want to, I shall.

S Because you're not too old

P I'm not.

[00:37:43]

D Yes, no, I know the Pearl character, so to see her in her little run, like her warrior cry, it's just wonderful in my mind right now. But, you know, I love the idea of fantasy and I always have and my wife and I talk about this all the time. Like she's like... Because, you know, she knows me, I'm always casting vision and the future and what's coming and all this. Like your Dad probably, I always picture him that way. But, you know, she's like what if you're just full of it, man? Like what if you're just, and I just said, you know, I don't know. All I've noticed is my whole life all my fantasies come true. It's ridiculous on day one but by year five it's happening. All the things I was saying were coming and it's not that I can see the future, it's that I believe we can create the future.

S Well, the Bible says you can have what you say and that's true because death and life are in the power of the tongue. When people speak negativity, when they speak death, that is a seed that is sown.

[00:38:39]

D So, can I share my current fantasy?

S Your greatest fear has come upon you, the Bible says.

P Yes, you can.

S Yes, go.

P You call them fantasies and I think that word has been robbed from us. I love that you're taking it back, that people often use fantasy in a wrong sort of term. It sounds like I'm having wrong fantasies but fantasy is just something that your mind is envisioning.

D Yes, it's something...

S Happily envisioning.

D It's something fantastic and to be fantastic is to be above the realm of what would be common reality or possibility and so it's fantastical. It's outside. It's higher than what the commoner will... should expect. We're not commoners.

S I love it. And He wants to fill us with all of His fullness, the fullness of the whole Godhead in us. I know that's like... we're going on about the Bible but I just have to just say that. And you keep going. But that's fantastical. There's nothing boring and normal about that, okay? Go.

D Well, I was... I want to share my current fantasy with you because it's really great. But I had a friend who said... I said, man, do you... maybe you should start stretching and start running a little because where he was at and what he was telling me with his health goals, that would totally be his cure, aside from eating right. And he said, oh, no, I'm not a runner.

[00:39:56]

S Right, right

P I've said that so many times, Danny. I've said it.

D And you know what he followed up with? You know, my Mom and Dad were never runners. I'm just like, well, because they never ran, man. Well, so I said... And I said to him, well, maybe you need to start fantasizing and I said, maybe you need to start pretending that you are a runner, that you actually have a unique ability to run. You have a... You're actually strong in that area and above others, though it's out of practice right now.

P Why, did he look...? Did he take it from you?

D No, he's... You know this person, I won't mention his name. He rolled his eyes because he's like kind of a fatherly figure in my life.

S Did you slip in, oh, what if you could track?

P Do you have a "What If You Could" tract, you know like the people that used to witness with.

[00:40:38]

D Oh, I should totally print tracts, like the... stop the yippety yappety and get to it.

S And put them in the Wal-Mart bathrooms.

D I should print tracts. That's coming from marketing later. Okay. But my current fantasy, I'm on a run... Well, I've ran a total of six times.

P Was one of them when we went with you to New Jersey?

D Yes, count that.

S With the silk shorts

D Yes, in my silken shorts.

P I'm the best runner in the world and this is what I do.

D Yes., chest out, shoulder blades creased.

S I don't understand why you weren't like face down on the pavement because your eyes were to the horizon, not to what was...

D Listen, I am constant... And when I run... Here's why I believe...

S There was a picture on the front of Runner's World magazine.

D There was. No, it was and I felt that. That's interesting you said that because I was there inside and so the world saw it, right? Well, I think people should run, and I don't run every day but I try to run as often as I can.

[00:41:36]

P But you've run six times, you said.

D Yes, and each time as I'm running I am... it is like a physical action. First of all, it makes blood move to your brain, it makes oxygen crush through your body and it presses things out of your sweat glands.

S Yes, it does.

D It just renews your cells. But mentally you have so many breakthroughs on these runs because it feels like you're running towards your future. It feels like you're actually getting somewhere rather than, you know, like when I sit and type and write inspirationally, it's like, okay, well, that's great but when I'm running I just feel like it's happening now. And what I want to...

P What's your fantasy? You've got two minutes.

[00:42:15]

D So, what I want to say about my fantasy was, my fantasy was that it's simple, I am a runner. I am one of those people who are on those magazine covers. I'm one of those people who people, oh, yes, Danny, "The Runner". And so even though it's a fantasy, it's like, well, how long does it take before that fantasy becomes a reality? Run number seven, run number eight, run number 4,000? I mean, which run do I get to claim the authentic...?

P Now, you're claiming it now.

S And I want to be careful with my children, and you were saying this too, Pearl, because sometimes as parents we get so like pushed by the mindset of the world, the depressive reality mindset where we hear our children dream. It's natural and instinctive to dream. It's natural and instinctive to imagine and to have fantasies and be fantastical in the head but adults, it's somehow pushed out of them and now we feel as parents that we have to like... so that they... so they don't lose... like they don't get, what's the...

P Squished... the reality... a dose of reality?

D A dose of reality

S Yes, like don't let your hopes... What's that terminology? Or don't get your hopes up.

P Yes.

D Yes, yes.

[00:43:15]

S We are meant to get our hopes up. It's scriptural, right?

D Yes, keep them up and be ridiculous.

S Yes, exactly

D You know why? Because they're not... They're ridiculous to the world around you who plays the flute and you don't dance, and who sings the dirge and you're not... you're the only one... while all mourn, you're the only one dancing.

S Yes, well, what if you get crushed one day? Well, if you're such a fantastically happy person, you'll know how to rise again but what about being crushed every single second of your life? How miserable.

D Living crushed.

S Living crushed.

P But then you stop hoping.

S But my children, they're like, oh, I'm going to do this and I'm going to do that and I'm going to... You know, I'm going to be a wildlife photographer and then the other day I had an older sibling in the room. Well, I don't know, that takes a lot of... that's a big thing. And I'm like, no, uh uh, you don't crush that dream.

[00:43:54]

P Yes.

S Why couldn't he? You know? And so I feel like Danny, it's instinctual, it's something we're born with, we can't squash it.

P No, let's not squash and let's not dig up that dirt. Leave the seed down in there. Let it grow, let it germinate. Don't dig it up, don't waver. You are a Trim Healthy Mama.

S Yes

P We need to end, Serene.

S And what have you been thinking you're too old for?

P Yes.

S Everyone's got to start rearranging their own journey. You, it was running and you, it was like your... Now your old your hormones are whacky. But it's something different for everybody.

P It is.

S You know? And so we've got to find that and turn it around.

[00:44:27]

P And you start to be aware of your confessions. I didn't realize all the things that were saying that were a part of my vocab and now they hit me, like Pearl, what did you just say. Uh uh. Let's not say that anymore and I love not saying it.

S I know and I used to go around all day long saying, oh, poor baby. Oh, poor boy like I'd say to my children and they were poor all day.

D They were poor. Yes.

S Not with... Not like opposite the riches but just like, oh, poor you, poor...

D Well, you had mentioned and you said close and we can do that but if I have to say anything in closing.

P I think we've gone a bit far for a Super Food Spotlight. We'll bring it back next week.

D Yes, well, you mentioned let the weak say I'm strong and that's from, in the Bible, Joel Chapter 3. It's actually a battle cry and he said, to proclaim among the nations prepare for war, rouse the warriors. Let all the fighting men draw near in attack. Beat your plough shears into swords and your pruning hooks into spears. Let the weaklings say I am strong.

[00:45:27]

S I love it.

D It's a war cry.

S It's a battle cry because, you know what, it's a war in our mind.

P Yes, it is

S It is a war in our minds and that's where it's won. It's not won on the dinner plate. It's not won in the gym. It's won in our minds.

P Yes, because your mind decides what to put on that dinner plate.

D Yes

P Okay, see you guys next week.