



trim healthy™ Official

## Trim Healthy Podcast with Serene and Pearl Episode 95 - Headspace Encouragement Coming Right Up!

*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!***

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S = Serene • P = Pearl • D = Danny

[00:00:00]

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[00:01:03]

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's time for another fabulous episode of the Trim Healthy Podcast with Serene, Pearl and Danny. And I'm getting a thumbs down. I don't think my enthusiasm is where the girls want it today.

P Danny's just a little bit subdued today, not quite his usual pepster.

S I think I know what it is.

P What?

S He's been hanging around us too much, and he might be receiving hormones through the air. Pearl's having a little hot flash as we speak.

P Hey, I'm almost 50, people. It happens.

S And so maybe just...

[00:01:44]

P What I have done, it's one of those beautiful fall days where you don't know whether it's hot or cold. So I am wearing a sweater in case it's cold, but what I have done is put my arms out of the sleeves and just... They're coming out the bottom of the sweater, ready to shed my sweater at any moment.

S Is it science that you might be sweating estrogen into the air, and it might be coming to Danny and giving him a little bit of a sentimentality today where his: Hello, boys and girls, women and men, may be just down a notch because he's receiving the sensitivity of a woman?

P I don't think it can happen. My husband has received no estrogen from me all these years, and I have wafted a lot of estrogen over the years, trust me.

D Glory Hallelujah I like your shirt, Serene.

S By the way, thanks. I haven't worn it since I was pregnant because it was my pregnant shirt.

P That's right, it was.

S Yes, I bought it from goodwill. No, I was given it, but it was my pregnant shirt, yes.

P But they didn't tune in for this today, our people, our Mamas.

S I'm not pregnant, by the way, it's just that...

[00:02:40]

P Plus our 17 men.

S Yes

P We've got something for you. I called Serene earlier today...

S It's just that my husband's out of town, so I can wear a pregnant shirt.

P Oh, yes, he's in China, huh?

S Yes, good on you, mate.

P But Serene, you actually called me. I didn't call you. Which of us called? I don't know what it was. It was ten times calling each other back and you were like: Pearl, hold on. I'm going to call you in a minute, but I'm homeschooling. And then you call me, and I'm like, I'm in the shower, Serene. I'll call you back in five minutes. And then you were like: Hold on, Pearl, sorry, I'm exercising. Can I call you back in five minutes? And it went like ten times, didn't it?

S I know it totally did

P And we decided on a topic.

[00:03:13]

S Well, I'll tell you what, you know, I'm not one of those like super spiros like the Lord told me that's the kind of person.

P You are kind of. I'll give you a 20% on it, though.

S No, I want to be. I want to be super spiritual in the real meaning of super spiritual. I don't want to be super spiritual in the meaning that is out there for the nutcases.

P Okay. Well, can I share a nutcase experience?

S I want to be a nutcase for God, but not the nutcases that are flesh.

P Can I share a nutcase experience?

S Yes

P Because I feel like we can receive all things through God's Word, right?

S Yes

P But we grew up in a church where people got words of knowledge for you, right.

S Yes

P But one time I went to this other church and I wore my hair in a bun. I was 21, I believe?

[00:03:55]

S Yes

P I was actually...

S You've never worn hair in a bun.

D You bunned

P No, it was a bun thing. They were in fashion.

S But it wasn't a bun like I'm wearing now, like cool, I don't care, stick a pencil in it. It was a very neat, tidy bun.

P Well, back then, they were tidy and neat. So this...

D It was a Baptist bun.

P Well, yes, but a lady came up to me and she said: I feel like the Lord is telling me that in your future, you will be dancing for the Lord in, oh I feel it, in ballet.

D Wow

P Now, if you know me, if you know me...

[00:04:26]

S Pearl can't even click and groove.

D And we do.

P You know the Pearl Dance, right? It's my children, I mean I never hear the end of it because I'm such a bad dancer. It doesn't mean I couldn't have what if you could have and aspired to be that in my life, but there's some nutcase stuff going on and there's some real stuff.

S Right, and that's what I was trying to clarify. I don't want to be a nutcase but, you know, I believe in a real relationship, right, so it's not just about reading the Bible, going to church, to me, it's about communication, so I was in the shower, I wasn't on the potty, by the way. I was in the shower and I was like: God, you know, I don't want to abuse this platform to speak to all of these people. I don't want to speak about nothing, and I know Pearl doesn't want to speak about nothing, and neither Danny. And so I know we're all seeking You for words of life for these people.

S So God, if you have something that you want us to share, just drop it into my head because I want to share words of life. And then being all these stuff came into my... Cheese stuff came into my head. I knew I was planting in there, like you know you're like, okay, that was me. Okay, that was me. Okay, that was me. But then I had this line come across and say: My grace is sufficient for you, and it just zoomed so like I wasn't expecting it through my brain. I'm like, well, I wasn't even there in my head at that moment, so God, that must be You.

[00:05:46]

S And all of these thoughts started coming into my head, and that's why I shared with Pearl today. And so I feel like we're going to start with some meat. We've been practical lately, right?

P Mmmmm

S So we're going to start with some meat. Do you mind if I just start us Pearl, and then we'll go from there?

P No, you can go, Serene.

S And even those of you who aren't believers, hey, we have a take home point for you.

P Yes.

S Right and so

P But you're going to have to listen to some scripture.

[00:06:11]

S You're going to have to walk through us with scriptures because hey, this is where we think all wisdom stems from. Even the world that steals wisdom from, plagiarises it, I reckon it comes from here first, right?

P I do.

S If it's real wisdom, it does. And so my grace is sufficient for you, and we all grew up, if we were in the church, we grew up hearing it. Yes, yes, that's right. He's going to hold our hands as we walk through the fiery trials, and He is going to be there for us. Total truth, and Pearl and I, and I believe, Danny, and you can say: I'm not part of it if you don't believe this, Danny. I'm using your name right here. We all are full of that, that truth. He holds our hand as we walk through valley experience, and He is with us. He is totally with us. So we're not here to remove that beautiful part of the gospel.

S We're just here to add a little bit more, another truth which is the good news of the gospel. Okay. So His grace is sufficient. Now, a lot of people think grace just means unmerited favour, but grace is more than unmerited favour because if God was like: Hey, yes, great, I'm in favour of you all coming to heaven one day. I'm in favour of it. But He went and turned Himself into flesh, came to earth, died, was crucified, and went through all this pain. He used His action. It was His willingness to use His power on our behalf, not just His in favour of it.

[00:07:41]

S He wanted to will His power on our behalf. So grace is a huge thing. So when scripture: My grace is sufficient for you. It's so much more than I just want to... I'll be there. I'll be smiling on you, you know, as you walk through the trials. I feel like God wants to hold your hands as He leads you through because in the... The children of Israel, when they were walking through the wilderness, He was, you know, their pillar of fire by night, to guide them. He was the pillar of cloud by day to protect them, you know, from the sun and the heat.

S So as He lead them through the wilderness to come out the other side, to the Promised Land, and so yes, I feel like us, as believers, we may think that if we're going through stuff, we're in the muck. Okay, I'm going to look for God's grace so I can have a smile, so I can sit in this muck for the rest of my life. God's going to hold my hand and I'm going to have grace for this muck. But I feel like there's another part of the gospel that says, no, His grace is His power to walk you out of the muck.

P Absolutely, and so I think that when you take this down to real life, Serene, where a lot of us are and a lot of us fall into the trap of just one side of My grace is sufficient for you, that scripture, a lot of us start to think, okay, well, I can be a little bit weaker in my faith. Okay. Maybe I can stop believing now because I'm here, nothing's happened yet and He said He'll lead me through it. You know, I've got 37 food allergies and 47 sensitivities.

[00:09:18]

S And seven of them are life threatening.

P Yes. So thank you, Father, for just helping me through this, you know.

S Being happy, helping me accept it.

P I'm going to help... I'm going to be happy for the rest of my life and I'm just going to accept this, and You're sufficient for me, and this is the way I'm going to do it. I'm going to put a smile on my face, okay, good. I'm so glad you're going to put a smile on your face because His grace is sufficient. He will supply you with joy even when you're walking out of that, but what we're saying is there's actually more. It means you don't have to reduce your faith and think, okay, it's just enough for me as I'm sitting here in this problem. It's actually enough for me to walk through this problem, out of this problem.

S Yes

P He has a timing, right?

S Right and so when we get an understanding of God's grace the Bible is a whole different book. It's not just about He's going to supply us with joy as we sit in our muck. It's about the good news is that He came and He's given us mighty, incredible... I felt like my Mum there with the word mighty. Mighty promises...

P Yes, and you looked a bit like her too.

[00:10:14]

S No, but He's given us these promises. He has come and shared His action and His power on our behalf, what we have to do is get up now, take hold of them, and wield the sword of victory in these situations. We don't just sit here and say: Thank you, Lord, for making me happy in the muck. No, that's not just the only part of grace. Grace is You have used Your power to walk me out of the muck. So I'm not going to

sit here in my 75 food sensitivities and say, well, this is me. Thanks, God, for giving me joy in it.

P Or there's the other side of it, you know, well, I've got this stubborn weight and it just won't go. Thank you, God, that You can make me happy as I am. I'm not going to get all mad. I'm not going to just...

S I'm going to be the fat, happy woman.

P Yes, that is a part of it. Guess what? Because it's way better than hating yourself and loathing yourself, and you know what it is? It's layer one, it's because His joy brings us strength, but layer two is like, and now, I'm believing that You will help me walk out of this, than You will give me healing, that you died on the cross to heal my body. I believe it.

S And it doesn't matter if you pray a prayer and you have belief, and you believe in it, and you take hold of it, and it doesn't happen the next day.

[00:11:28]

S If a gardener plants a row of carrots and it doesn't stem up the next day, in the natural, we're like, stupid carrots. This garden doesn't work. The soil is a bunch of bunk. No, it takes time for a harvest, and you never know when that's going to happen. When the children of Israel were at the Red Sea, the Bible said that they had the wrong kind of attitude, right. They angered Him at the Red Sea because He was about to part it, but they saw the Egyptians coming down with their chariots, and they lost their faith. They were like, look, this isn't going to happen. The problem's still here. The problem's coming.

S It's coming worse than ever; we're going to lose our faith, but God has a timing, and you may have prayed 25 years ago for something. And you believe the promise, and it hasn't come up yet. Well, so did Abraham, 25 years after he was called the father of nations, before he became a father to one.

P And what about devil's... Because I know there's a lot of people going through things, what about, Serene, then and let's just, before we get on and maybe go deeper into this because I think we all... I think this is almost a lie that many of us, Christian or not, have just taken, like I'm just stuck here, so I'm just going to be happy through it, okay. And as we said, it's good, but it's just first step, right. What about people... Okay, hold on. My Dad's in hospice. He has a week to live, okay. Things are looking like it's his time. What do I do here? Do I just say,

well, I'm not good enough for saying: God help me through this. I mean do I believe that he will live when all signs point to him dying?

[00:13:00]

P You know, or my baby didn't make it, or I had a miscarriage, all these things. My husband came home from war and he lost his legs. These are serious things.

S Totally serious things

P So how does this relate to that Serene.

S Well, God has sovereignty, right?

P Yes.

S He has sovereignty and we can never understand God, our minute minds, but we cling to His word, and we don't change our theology because of our experiences, right?

P Yes.

S It says in the beautiful... They call it the Hall of Faith, the chapter of faith in Hebrews 11, and some of them died in their faith. It was a promise, but it was received in the end. It was received because he became a father of nations. He may not have seen all the nations, but you see what I'm trying to...

[00:13:37]

P But all these things...

S There is a fulfilment in time.

P They can't diminish our faith just because of what we see.

S No, they can't, exactly.

P Because we're called to this higher step... Now, Danny, you wanted to say something, say it before we keep on talking.

D Well, I don't mean to belabour the minutia of words, but I think that our mindset is really important in all these things. The thing that triggered me that you said was, you know, maybe you're saying: I have this weight that won't go, and that's a mindset. And, in fact, it's attributing, it's giving the weight a will of its own. It won't go. It will not. It chooses not to go. It's as if the weight or whatever the obstacle is, has a personality and it has a will that it's putting over you. And,

when in actuality, you know, our mindset, I think, when it shifts, we start even talking differently too.

D And, you know, as long as there's a something that will not, well, then will it? Well, of course, not, it won't, you know, it's kind of like saying: You know, man, I just really want to make some money. Well, if you want money, do you have money? You don't have money because you want it. So if you're always wanting, you know, I think when you really begin to fantasize a little bit, and become inwardly the thing that you're wanting to see on the outside, I really do, even though that seems ridiculous.

[00:15:06]

S Well, it's the what if you could theory of Danny, and that's also what we've been talking about, right, the power of speaking words and life over things.

D Yes I think your fantasies will come to pass.

P And I think what Serene's saying too is, one part of it is I'm not going to... Actually, I'm 75 pounds overweight. So the one part of it is: Okay, now, I'm going to stop seething and hating my body. And even if it doesn't drop quickly, I'm going to be okay. The second part of what Serene's talking about is: Oh, I can do all things through Christ who strengthens me. It's the good news. It's the way out. It's the taking up all He's equipped us with and doing our part.

S So His grace, it's like... Well, He has this covenant with us, God does, and a covenant is twofold. It takes two people, like in marriage, a covenant is I will do this if you will do this, right. So God, all His promises, not all but many of His promises are conditional because there is a "If you... I will". And so I love this verse and I was just reading it in Psalms and it was just so beautiful. And it said: Bless the Lord, oh my soul, and forget not all His benefits, who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction.

[00:16:21]

S Now, it says, forget not that He redeems your life from destruction. What if I forget? I'm not going to be redeemed from destruction. So what I'm trying to say is it's not just this lightning bolt of grace. Here, zap, you're out of it. There is something that we have to do. Forget it not, stand firm in the faith. Like get up out of the muck, take hold of His hand and say you're not only here with me, You're here to guide

me out. I have promises. I am standing on them and, you know, when this verse comes, you know, written by Paul and it says, you know, where My grace is sufficient for you.

S Paul was asking: Take away this thorn in my flesh. And many bible scholars today say that thorn in the flesh was not really a physical thing; it was the buffeting of Satan. He was constantly coming, and they explain that...

P Persecuting Paul in the persecution

S Right, they explain that with the grammar and the way it's worded. It was actually a personality. It wasn't like a sickness or anything. So, you know, he was buffeted constantly and Paul said, take this buffeting away. Like zap it, would you? And God's reply was, my grace is sufficient, which means I have already done it, Paul. Grab hold of the promises. Grab hold of My power. Wield My sword. I've given you all that you need to get out of this. It's through my strength, but you have to do something. So today, what we're trying to say is, forget not all His benefits, forget not that He is your will power.

[00:17:46]

S He is your strength. He is your whole different mindset and attitude. He is your healing and your supernatural miracles, but He also is things practical too, and He may not take away the 72 donuts, you know, that are there at some potluck that you arrive at...

P Or your work... When you get to work, there's like 36 donuts that other people are eating with their Starbucks autumn, you know, what is it?

D Pumpkin Spice

P Pumpkin Spice Latte

S Say, take these away, Lord. Let me just walk in safe pastures. God's saying: I'm not going to take them away. My grace is sufficient, cling to My willpower. Do something, right. You have to do; you have to hold part of your covenant. And so, in the end, Paul was buffeted much, but the buff, it went away in the end. And he really had much power and much success in the gospel being preached worldwide.

P Yes. I think there's really two theories, warring theories here that many of us adopt, okay. Even as Christians, I'm talking to believers here now because some people are like: Oh, I'm with that theory and I'm with that theory.

[00:18:45]

P The one theory is... And we've done whole PODdies on thankfulness here. You know, in times of trouble, be thankful. Look around at what you're blessed about. Be thankful even through times of trouble, and yes, I mean that's what we should be doing when I open my eyes in this morning, I breathe in and then I breathe out. And I thank God for each member of my family, and I thank Him for what He's going to do, and I thank Him for what He's given me. But then sometimes it just stops there, just being thankful. And okay, I'm here. I'm in this muck. I'm in this mess.

P I'm in this messy life. And then the other part is, stand by faith. Take up your sword. Believe, believe, don't quit, you know. And sometimes those two philosophies go to war. People are like, no, I'm in this camp. The other person's: No, I'm in that camp. But what if they're just two truths...

S They are, they're the same camp.

P Yes, they're the same camp.

S Because there's a timing for God's miracle, there's a timing for His harvest, and He's got to hold our hands in it, and give us the grace to walk in the valley, through the shadow of the Valley of Death. But He doesn't want us to just go walk around in it all the days of our life, He wants to lead us through.

P But to quit the faith, do you know, sometimes to just say: Okay, I'm going to be okay here because God's got me and He's holding my hand through this, but do you know what? Sometimes that is codeword for: I'm quitting the faith.

S Yes

P I know I've done it my life.

S It's codeword for, I don't believe I'm ever going to be the slim, healthy woman, so I'm going to be the fat, happy woman, and I'm going to have grace for it, and I'm going to not change. God's going to hold my hand in this but He wants to hold your hand out of it.

P Or there's something else, you know, for a disease, or my child, you know, I'm just: Man, this is tough. They're away, they're in a hard time in their life and they messed up their life, right. Oh man, this is hard to be their Mum, but thank you, God, that You're helping me

through it, but I just don't know. The other side of its, no, I'm going to keep praying. I'm going to keep believing.

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

S Serene

[00:20:40]

S I don't love a lot of things when it comes to clothing because I'm not even... You noticed I'm not a jeans wearer because I'm all about comfort. And if I can't sit down and feel comfortable, I'm bugged by my clothing.

P Hey, we're talking about Pact, where you can get clothes made with completely natural fabrics. And Serene and I have been wearing these clothes, and what a difference.

S This clothing, I feel like I'm free. I, right now, I'm wearing the most comfortable leggings I think I've ever put on in the world. They're not scratchy, and they don't feel rough and fake.

P You're thinking: Oh, Serene and Pearl, you're wearing this Pact clothing now, right, and it's probably super expensive. This is the good thing. It's so affordable.

S And listen all you nursing mothers out there, I brought the wrap dress, the simple wrap around dress; it was a really good price. It's excellent for nursing. You put a nay-nay [?] tent over there, it's easy, easy access.

P Listen, the tees are just 15, the leggings are 30, and the undies are only around 9, but these are solid.

S Undies 9

P Yes.

[00:21:46]

S That's amazing. Listen, because I got into like this huge, big only natural fibre hobby for a while.

P You were paying 35 bucks.

S I went almost bankrupt. 50 bucks for a good pair of undies. This is a good price.

P I'm telling you, when I put that sweater on, Serene, my body went: Ahhh. We are offering our PODdy listeners a discount, but first you've got to go to wearpat.com alright. That's W-E-A-R-P-A-C-T dot com. Then you enter the code, trim healthy, and you get 25% off, mate. Wearpact.com, you go to W-E-A-R-P-A-C-T dot com, and you enter the code trim healthy at checkout for a whopping 25% off. That's a quarter off, people.

S This is the PODdy with Serene

P And Pearl

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

P What were you going to say, Danny?

D Just you said the fat, happy woman, and I just don't...

[00:22:46]

S No, I'm trying to be mean. I'm just trying to say there is a way out. It's a mindset because it's great to be happy, but you can be the happy woman who's walking out of the weight issue. Don't accept the muck.

D Well, there seems to be this kind of a false idea that if you are really caring about your body, and going down the path of health that you're somehow miserable and then some people are having these... And I see it on Instagram, these big revelations of... It has an appearance of self-acceptance, like when you said fat and happy, I just immediately went to Instagram in my brain, and I saw all the people who are kind of hash tagging, you know, the acceptance of their body the way it is.

S It means I don't have to change.

D And that's beautiful.

S And it's true, you don't have to change to be happy.

P Yes, and goal weights are so different for all of us, right?

S Like totally.

P Some of us, goal weight will be a size 12, and you're perfect there.

D Yes, but that mentality...

[00:23:52]

P And so they have a point because we don't want to be shredded and all look like that ripped person on the other side of Pinterest and Instagram.

D Like me, like me, ripped.

P Because that's a lie too, right?

D Yes

P But there's a truth between the two of them, and that is your healthiest or you can be honouring your temple body.

D Yes, that's it.

S Yes, and it's not like I'm going to accept this and God's going to hold my hand in this, and this is me, and I don't want to take one step and hold onto any of His willpower, any of His strength to walk me out of this because He's in it with me, here. So I don't have to change. No, He wants to be in it with you so that you can walk out of it with Him. And Psalms 37 is amazing, verse 3, it says, Trust in the Lord and do good. Well, trust is an action, okay.

S And it says: Dwell in the land, and be free in faithfulness, delight yourself in the Lord, and He will give you the desires of your heart. I don't know how you can delight yourself in the Lord without delighting yourself in His promises.

P No, they are His promises.

S And it says to dwell in the land that means we can dwell somewhere else because He's saying...

P If you're deciding to dwell in the land of I'm okay with white flour, and I'm just okay with my life right now, driving through and doing it this way because the other way's too hard right now. So if you're dwelling... But God's going to see me through here, and it's okay. I don't need to beat myself up, right.

S No, He's not even going see me through. God's going to be with this, here where I am, and I'm going to find joy where I am.

P Right, so...

S But that's a truth, but it's not the whole truth.

P You know, He's going to protect me even though my blood sugar's going up, and my blood pressure's going up. I mean this is just relating it back to the health aspect, but there is a point there.

S It's way deeper than the health aspect that we want to...

[00:25:39]

P But you see, He doesn't want us to dwell in that land. There's another land.

S Exactly

P We're not told to dwell in that land. You know, He wants us to go for the other one.

S Exactly

P The children of Israel walking around for 40 years, He was with them in that because He loved them, but there was another land, a better land that they were supposed to be in.

D The land flowing with S & E Meals

P Danny, actually milk and honey, but...

S But you know, I just feel like it's such...

D Same difference

[00:26:07]

S I feel like the enemy will allow us to have a certain amount of truth, but he doesn't want us to have the whole truth because there's victory in the whole truth, and the truth is, God's grace is sufficient for us in issues, but the full truth, the good news and the gospel is that He came with power to deliver us. And the full truth is He doesn't want to just hold our hand in the issues, He wants to hold our hand out of them. So let's see an out mentality.

P Yes.

S Not an in

P I love it, Serene. I needed this today because...

D Oh, an out mentality

P There's things I'm still fighting, that I've been... I've walked out of so many things in my life.

D Just going to write that down.

S I worry about my babies though, by the way. I wonder, can I call your daughter and see if she's...

D You can.

P Oh, Lesley's going to go look.

[00:26:50]

S Oh sorry, Mama Lesley

S My little girl took my baby for a walk and I miss her, and I just need to see her face. Keep going, Pearl.

P No, I said... Keeping it in... John's trying to edit that out.

S No, keep it in, Tim. Our peeps are our fam.

D Cool, soak it up.

P Serene just didn't know where her baby was.

D So I can I tell them that I need to go use the bathroom?

P Yes, you can say that because they know that Danny uses the bathroom.

D Can you two handle this on your own for a second?

P Oh you actually... have to go in the bathroom.

D I have to.

[00:27:15]

S Okay, go, Danny.

P Go, that's why he was quiet.

D The bladder, yes...

S That's why... Keep going, Pearl, because I like where you're going.

P Well, you sort of... What was it? What were we talking about? You sort of drew me out...

S Oh, the out, it's like having an out mentality.

P Oh, I said I've been walking through things in my life, right, and some are fully gone. I'm fully the victor. I'm a bed maker. You guys have all taught me this. You've all heard me talk about that.

S You've walked over so many things, to physical issues too.

P I walked out of fear, I walked out of physical afflictions that are no longer part of my life. There's still a few things though that I could right now, sit there and dwell on them and say, you know what, maybe I don't need to walk in faith for that, maybe I just sit here and say, God, you're going to be with me in this and it's tiring. It feels tiring to summon the faith for that, and to keep battling. But you know what? I'm not called to that.

S That's right.

[00:28:07]

P I am called to be a woman of faith. I am called to be Faith Pearl, not sit down in the muck girl.

S And the danger to the truth, the half-truth that is, God is here in this muck with me. It's so true. I'm not taking away any of the truth of that, but it's just a step to more truth. The danger is that you can get comfortable there because you're like, Well, I'm going to practice being happy here. So you pitch your tent here, and I'm not saying: Let's be happy here because God's with us here, but guess what? He's walking us out of here. So you still have an out goal. Don't pitch your tent in the in of the muck because of God's grace because God's grace is more than just holding your hand in.

S God's grace is leading you out. And I know, like Pearl said, we're not taking away from serious issues that have been years and years and years and years and years that you are feeling like you're walking around in them. Don't put a timing on God.

P Right, but in the end, do we believe His promises or we don't, and his promises are I am your victory. You know, I am your healer, all of these things.

[00:29:20]

P They are huge promises, much bigger than we could even, you know, put our minds around. They are fully restored promises. They're huge ones.

S Now, if you're in the muck right now, and you're believing to get out and you have this out mentality, and say it's a physical condition, it doesn't mean that you're not walking out of it by taking your medicine and wearing your gloves and all that. That doesn't stop healing. That doesn't stop promises coming through.

P No, it doesn't.

S You take your medicine. You do all of that, but you're walking out of it, and you're being smart while you're walking out of it, but you're walking out of it still with an out mentality, with victory talk, not I'm owning this.

P Yes. Let's go back to those 37 allergies and 47 sensitivities. Now, okay, we're exaggerating a little bit, although not quite.

S It doesn't mean you go and eat eggs and slam your face in a big tub of peanut butter because His grace is to have me power to get out of this.

P But it just means where is your ultimate belief there? Is it that you're there for the rest of your life and maybe you'll get a few more because you're genetically inclined to them, or is it, no, okay, so I still have these sensitivities towards some foods? I'm going to do my duty. I'm not going to shove my face in a big vat of peanut butter, but I believe I can be fully healed and restored.

[00:30:38]

S Talking the promise, speaking the promise, believing it...

P And speaking it out even if, you know, even if maybe your body is still manifesting... I was talking with Vange our sister, the other day. We've had her on this podcast. Let me tell you, she could not eat a drop of wheat.

S She couldn't even drink water and she'd get terrible stomach ache. She was so sick...

P I mean I saw her on Sunday just eating bread and she... She and I were talking about this very subject, and she goes: Pearl, it was years. It was years of me walking out of this, but she never believed for a second, one second that it would contain her all her life because she was...

S And that was hers, hers to own.

P Yes. She was chosen for victory.

S Yes

P We've all got stuff we're walking out of.

S And it doesn't mean that she didn't live on bone broth and sweet potatoes instead of like bread and stuff like that.

[00:31:22]

P And she said, even now, Pearl, some things I'm still walking out of, some things I've gained total victory, and some things, I'm still in the process, but boy, am I going in the right place.

S So don't hear lunatics saying, you know, you just think that we should just like, you know, totally pretend to have reaped the harvest and, you know, smash our glasses, you know, our reading glasses and just say, I'm in the victory. God's taking me out of it. Well, we don't know His timing, but we're going to talk the victory of His timing, and in the meantime, we're going to thank God for medicines, for His herbs, for His healthy foods and all of that that helps us walk out of the symptoms of it, but taking medicine doesn't stop God's miracles. That's for sure.

P No

D The greatest things of human achievement have been wrought by men and women who have been labelled absurd by literally the whole planet.

P Well, that's true too, so maybe you want to be a lunatic, Serene.

D Human flight...

S I want to be a lunatic, but not the lunatic that tells people to just go shove their face in peanut butter if they've got allergies. But I've often met those type of people that have the 76 food sensitivities, and all I'm trying to say is it's almost an idol where this is mine.

[00:32:35]

S This and my children are probably going to have it, and basically, they live and every thought is about the ownership of it. And I'm just saying: Don't deny the fact that you're walking out of it, and there needs to be carefulness of it, but use victory words for your future.

P Use victory words, so true. Like you said earlier...

S Because His grace is sufficient of it, that's why I'm saying not to just be in there with you.

P So true

D Get that mindset right.

P Yes.

**Announcer: Trim Healthy Mama Super Food Spotlight.**

P Oh man, I'm so excited about today's Super Food Spotlight because it's cranberries.

[00:33:18]

S I was at Aldi's, good old Aldi's. I mean if any of you are working like in some hierarchy part of Aldi's who are listening, and you want to put a good word in for us, at Aldi's.

P Yes. We actually did a pitch video to them.

S Yes, totes... Aldi's and us should be partners, right?

P No, no, but they still haven't called, still to this day.

S I know, but listen, I was at Aldi's the other day.

P Lesley, you received a call from them yet? No?

S Well, I was in Aldi's the other day, and those beautiful little red balls were there, and I was so excited. I filled my cart, and when I got home, my children thought it was like that I'd brought candy home. They love cranberries. They're like, yay, the berries that pop in my mouth. You know how they kind of like pop. I love them.

P But let's talk about the major, major health benefits. This season of the year is actually the time we can get the healthiest because of some of the foods that come at only this time of year.

S And I'll also tell you about another way you can do it during the year too, Pearl, with cranberries.

[00:34:14]

P Oh okay

S But first of all, cranberries, of course, they fight urinary tract infections. That's what they're known of. They're anti-inflammatory in all areas though, and their anti-oxidant level is incredible. I mean baobab is the highest, but cranberries are higher than blueberries, higher than green tea.

P Can we talk about urinary tract infections though? Cranberries, just in case you do have urinary tract infections, cranberry supplement, I like it better than juice because the juice will have more of the sugar. You can take just a cranberry supplement, and then the other thing that you can take is D-Mannose. If you take those two together, man, you'll be saying goodbye to that urinary tract infection, and they won't keep

coming back. Stay on a dose of that. It's amazing, and I'm speaking from experience.

S Do you know that cranberries are actually excellent for the teeth?

P I didn't know that.

S Yes, they prevent the bacteria from sticking to the teeth. Ain't that awesome? And the anti-inflammatory benefits of cranberries, of course, help the gums.

[00:35:14]

S So I just love my children snacking a lot on cranberries because even though we don't do like bad candy at all, Christmas time though, I am known to go to Whole Foods and get some of the, you know, the best of the bad lot. You know, that's still more sugar than we normally have.

P But they don't have dyes or whatever.

S No, and, of course, it's not for my older children and me or anything, but for your little six-year-olds and the four-year-olds, there's nothing wrong with a few Whole Foods gummies and jelly beans, you know, just to celebrate the season. But I'm glad that they chew cranberries as well and as often during the day.

P So they don't mind that tart taste, they just shove them in their mouth.

S Oh, they love it. I love cranberries with walnuts any way I can get them. Oh, decadent. Hey, listen, guys, revisit the, I think it's called Guilt Be Gone.

P Guilt Gone Cranberry Pie, it was one of your original pies that you made early into Trim Healthy Mama, Serene. It's so easy. I mean just Google it because it will come up and make sure you get a free recipe.

S And make sure you do not make it with Super Sweet.

P Oh okay, we started with Super Sweet though.

S No, we didn't. You see, it was before we even designed Super Sweet. It was way back when, when we used... When we started like...

[00:36:21]

P Oh, you used other people's...

S Yes, when we used other people's, and Super Sweet, when I make it every year with Super Sweet, I wreck the recipe. You've got to remember...

P So use Gentle, Gentle Sweet.

S Yes, or if you have straight xylitol from, you know.

P Yes. I made it with Gentle Sweet. I actually have made it with a small amount of Super Sweet in. It's great. You just can't put too much in it.

S Do less, less is more with the sweetener, but it is the best pie in the world, I'm telling you. Hey, cranberries fight cardiovascular disease too because they are so high in just a combination of factors, anti-oxidant effects, you know, causing the anti-inflammatory... I keep on saying anti-inflammatory for all our Super Foods, but they all are. They're amazing.

P Yes, and you look at the colour. When you look at that bright colour, you know something's going on. Anything bright, food wise, God is just basically saying eat me, eat me, eat me, you know, because I have good stuff.

[00:37:12]

S Pearl, it's so high in polyphenols and these prevent the build-up of plaque on vessel walls. So cranberries, they are linked to reduction of blood pressure because of those reasons as well. They're just the bomb.

P So really load up on them. Serene, there's another recipe, your Cranberry Wassail

S Oh yes, yes, yes, and...

P And when that is brewing, every day from now until Christmas, your whole house smells just like the holidays, but it's so good for you and your children.

S And don't forget... Oh, I forget what we call them in the book because I call them my Yuck Yum Bars, but don't forget the Super Fruit...

P Super Food Berry Bars or something

S Super Fruit Berry Bars or something They're in the latest Table book. They rock the world. You can take them to any Christmas party, and you will be like, who made these? These are just awesome. They are delicious, filled with cranberries. Now, listen, if you want to have the benefits of cranberries all through the year, or if you just want to

throw them in your smoothies, and you just don't necessarily want to deal with fresh going off, you know, going rotten, Pearl and I buy cranberries off the Internet that are like totally unsweetened. They're like shoe leather. They're so dry and hard, and they're quite inexpensive. I buy it in this big like clear bag. There's no like fancy label on it.

*(The recipe is called Chocolate Berry Boost Bars, page 431 Trim Healthy Table.)*

[00:38:25]

P Because most dried cranberries are sweetened with sugar. You've got to go online to buy them. Now, one of these days...

S But I want to tell you what I do with them.

P Okay, good girl.

S I put them in the Vitamix, and I blend them to a dust. I sprinkle cranberry dust on my oatmeal. I put it in smoothies. I put it in like Super Food protein bars. I tell you what, the cranberry dust is the bomb, and you can mix it with Gentle Sweet. Oh my goodness, it's amazing.

P Yes, it's amazing. One of these days though, we're building a big manufacturing centre right now to do a whole bunch of Trim Healthy Mama foods, guys. Hopefully, it's next year.

S Crackers, I mean, all kinds of stuff.

P I pray it's next year, but we're getting the machines ready. But we are going to have for you, the things that you have longed for, like Serene said, crackers, cookies, all those things, but we had to get the space and the machines.

[00:39:09]

P And all of it's costing a lot, and so we've tried to take our time to get there, but we are going to do dried cranberries too because we're going to get a huge dehydrator. We are going to make the best crispy, crunchy okra in the world. Like you can buy it at Whole Foods right now, it's got dextrin and sugar in it. Why do they do that? And really, we can make them taste much better, but I love the crunch, oh my goodness. But I got off cranberries and I went to okra. But all I'm saying is we're also going to do the dried cranberries.

S Oh yes, we are.

P And we'll sweeten them, but right now, you can buy unsweetened, dried cranberries, but if you don't want to do that, really load up on your cranberries right now and put them in your freezer, so you can have them all year.

S Yes, and throw frozen cranberries in your kefir smoothies, they suit kefir.

P They really do. I love the tart taste of cranberries. Put them in your pancakes...

S Oh yum

P I mean, throw them in your salads.

S My Mum and Dad don't eat oatmeal without cranberries in it. Pearl, our Mum and Dad, I should say.

P Yes.

[00:40:02]

S During the winter...

P Yes, ours. So hey, we'll see you here next week, guys.

S And I have to go to the potty now too.