



trim healthy™ Official

**Trim Healthy Podcast with Serene and Pearl**  
**Episode #110 - Attack of the Killer Tomatoes**  
(Original Air Date: 3/6/19)

*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]

S This is the PODdy with Serene...

P And Pearl.

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

D It's the Trim Healthy Podcast with Serene, Pearl and Danny. And you've made it back to another epic Wednesday, with epic content and epic audio excellence.

S Yes, and do you know what that epic audio excellence is? The rattle, the baby rattle that's, like, right next to my mic. I don't know if you can hear it.

D We're so glad Solly's here.

P Oh, she's singing.

S Yes, she's recuperating.

D Why?

P Why?

S Because she's a year old. And, you know, my children don't seem to be interested in food that early, for some reason. I don't know. But, anyway, [overtalking].

D Well, that's why.

S But, anyway, she's been tasting a banana. And my children tend to turn bananas into concrete.

P I remember Arden, your first son, you fed him bananas as his first food, because sometimes they say that.

S And very, very ripe. Very, very ripe.

P And what came out the other end, the hardest, blackest. I mean, the poor child.

D Yes, you could have built a house with it?

P Yes, Danny!

S And for some reason I was going so slow and I was trying her on avocado and bone broth and coconut oil and all this stuff. And she just wasn't interested in food. And she's a year old. And I'm like, you know what? You've got to start because you're acting so hungry.

[00:01:15]

D Okay.

S So, I started her on the banana, because she loved it. Like, after all, trying all the others she didn't like.

P She liked the sweet?

S She loved it. But I'll tell you what. She's been shaking and screaming and doing her little concrete marbles.

D Really?

S Yes.

P She's trying to push the marbles out.

S You all wanted to know that, didn't you?

D Can you throw some, can babies take psyllium husks? Or is that?

S Oh, that would be worse. Turn the marbles into, like, marble statues.

D Into granite?

[00:01:37]

S Yes.

P Oh, you're going to have to go back to egg yolks or something, because she likes that sweet stuff.

S Yes.

P And you can't give the babies the raw honey can you?

S I know.

D Hey, on this topic, I've had lots of friends who've had babies with, you know, colic or baby poo issues, I guess. And the only thing that works is, like, sticking them in a warm sink. And, like, pressing their knees against their belly and stuff.

S Yes, we've been doing the knee massage. Yes.

D What do you do in the case of concrete for babies?

S The knee massage. And I've been taking a lot of fennel tea.

P Yourself?

S Yes.

[00:02:10]

D Oh, to go through the breast milk to the baby.

S Yes.

P Or just so it becomes really liquidy, your milk.

S Well, yes. I think that it just helps them, too. The fennel.... You know, the components of fennel come into the milk, I think.

P Oh, of course. Fennel is good for the old constipation, isn't it?

S Yes.

P And the digestive gas thing.

S It makes the milk flow more too.

P Because if you have the poopy in there too long, it causes methane gas too, right?

S Yes. She's having some good old toots.

P But, we, actually, didn't want to start off talking about poops and gas!

[00:02:37]

D Baby poop, doo-doo-doo-doo-doo-doo.

S Baby poop!

P We, actually, we're going to... One of these days we need to devote a whole podcast to first baby foods. But, Serene, maybe you need to get better at it before you preach on it! You tried all your perfections.

S I got some great recipes, except she didn't like them. She just wants the good old banana.

P Anyway, I had something to say this week. It was just on my heart. You know? And it doesn't seem like much, but..

S Bring it, bring it, Pearl.

P It was so strong on me this week. I know we've spent a lot of... Many. I wouldn't say a lot. But we've spent a few podcasts here talking about the power of your words. What are you speaking over your life? And I feel, like, we've harped on it. But... Yes, Serene?

S You can't harp on a good thing enough, is what I say when I lecture my children.

P Well, it's always in my mind and heart. because I used to be... Yes. I used to be a negative speaker, right? No more. Now I'm a positive speaker. But to get from where I was to where I am now, and I'm still learning, of course. It's an every day choice. It's an every day, basically, taking up your cross. It's an every day gird up the loins of your mind. It's an everyday, I think this, not that. And I speak this, not that. But the power of words. I know you think, well, maybe you're tuning in saying, oh, they're on this topic again. No, yes, I am. Guess why? Because I don't think some of you have got it yet. I feel like a mother about to give you just a good, old talking to.

S Can I be a tell-tale-tit?

P That's a word...Do you have that here?

D What? A what?

P Okay, that's what we grew up in New Zealand saying. Tell-tale tit.

D Tit?

S Yes.

[00:04:17]

S You have it in America? Hey, Producer John. You have it in America? Because my producer Liz, from England.

D I mean, we may have them, we just don't know about it.

S I use that word daily.

P This is a tell-tale-tit. Your tongue will split, monkey...

S I forget it. But I tell you.

P It's some kind of monkey.

S I use that word, tell-tale-tit, that comes out of my mouth more than any other word during the day. Stop being a tell-tale-tit! I've got my own set of eyes. If I want to be training the other boys, I will! Stop telling me what they're doing wrong. Like, my boys will constantly tell on each other. Like, constantly.

D We call it... Well, so, white people call that tattle-telling. And where I come from, we call it snitching.

S Yes, snitching.

[00:04:58]

P Snitching, narking.

D Or narking, yes.

S Can I be a-narking? Or a-snitching?

D Yes, go and snitch.

S Okay, so we have talked here about the positive words. And we've been talking about, you know, speaking life over ourselves. And there's power of death and life in the tongue. And, Danny-man, what if he could? He's right up there with us, man. He's just, what if you could?

P Are you going to tell on Danny?

S What if you could is his t-shirt, man. Its his title, it's his name. But, guess what? You know, we've told you here on the podcast that he came to work the other day in his wife's robe. Wore it! For two weeks. Grocery shopping in it, going to Kroger's, because he just.

D He needed a hug.

P You got in a bit of a funk, mentally. Right, some physical things were happening, but it happened in your brain mentally, right?

[00:05:43]

D It wasn't a bit. It was the darkest place I've ever been in.

S So, after the few podcasts we sat down and we were like, Danny. We're going to speak some life over you. And we started speaking what he's spoken to you guys. And he's like, Wow. That's deep. That's new stuff, eh?

P No. we're like, no.

S And we're like, no. You've been saying this to us and to everybody.

- P We're like, no, Danny. We talk about this almost every week. And he's like, oh, yes. but it only just hit me.
- S So, the point being is, in the snitching, my point is, is that, we can always do with a good dose. Even the...Even the people that preach it the most need a good dose.
- D Well, there's a phenomena about that, even in... When... Having someone, kind of, speak into your business or health or something. Even those experts who you may hire to do that, actually have people they hire for themselves. Because it's very difficult to... It's, obviously, possible. And there's times when you have to encourage yourself. But it's so hard. And it's so helpful for someone else to come in and diagnose and look. And say, hey. This is what's so clear. And you can't see it, because you're in it.
- P Right, exactly. Just this week I thought about the power of words in a new way. And you know the things we speak over us. And I'm speaking about us, specifically, many aspects of our lives. But our Trim Healthy Mama journeys, our health journeys, in this context. You know, what are you saying? Because still, honestly, I know not everyone listens to these PODdy's, but a good group of you do. And we've been talking here about, what are you saying over yourself? Are you saying, you know, I am such a stubborn loser, that... Or, I just can't do those foods. And, you know, or, because I'm allergic to these 50 things.
- S Or blood sugar. Like, diabetes runs in my family.
- P Yes. I'm just one of those ones who can't get it together. I just can't seem to do this Trim Healthy Mama thing. Okay. Think about some of the things you've said this week. And then I want to think about the power of words... I want you to think about the power of words. I was thinking about it this week. You know, when you are dating someone, maybe. And you realize, could this be the one, you know? And there's those three words, I love you, right? But you don't say them at first. There's this huge, like, waiting time. Or, should I, because those words have such power. They change the course of a relationship. No! They change the course of a life. They can. Those three words set in motion things that automatically happen once they're released from your mouth. Right? Think about it.
- S Totally true.
- P So, you wait. And there's a time. And you announce, I love you. It is out there. It is spoken. And now things happen. All right, your whole body changes. Your mind changes. It was a decision. I love someone. I act differently now. I choose

different choices in my life now. My whole... everything changes with those three words that you decided to speak, right?

P Now, how about these other words, how they change your life? These are just words, people. Just words I want you to think about the power of these words, I want a divorce. What happens with those four words? Huge things are set in motion, just through saying them to your partner. You know, a lawyer is contacted. Feelings change. And decision is made. Children, you know, their parents go in different directions. Whole... It's like a universe is set on a different course. With just these things that we speak and then things happen. So, I want to say... You know, when you say those words, and even if you're not seeing it. No. I am healed. What happens?

S So, true, I was just thinking about that as you were speaking, Pearl. What happens if somebody is diagnosed with a disease, and, all of a sudden, they go home and say, you know what, to their friends, I'm dying.

P Oh!

S I mean, that is huge, and science has seen it. Science has seen even with false diagnosis's, where the doctor will be like, you've got three months to live. Or you've got three weeks to live. And the people will die within that time, even though, actually, they didn't even have the disease, because it was a false diagnosis. But it was spoken over them. And they go home and they repeat it. And they tell their body it.

P And it becomes a synapse in the brain. The brain then, produces proteins in the body. And all of the things line up with what you're speaking.

S What about this? My metabolism is slowing down now, because I'm over the hill. Or, you know, I'm, because I'm post-menopausal now, now it's going to be really hard for me to keep the weight off. Or.

[00:10:28]

P Yes. Or, right now I could... You know, I'm going through changes. I remember we had Coach Kris sit here a few weeks ago. And you know she's in perimenopause, like I am. It's just a label. But we both could be looking at this, like, wow. This is hard. My hormones are so wacky. You know? I have a period twice in a month and then I won't have one for three or four months. And it's messing up my metabolism. Rather than, I'm in this beautiful stage called perimenopause. Where, I've had my children and now I'm released into a new lease on life. My life is changing. But, oh, the benefits! I feel seasoned. I feel

wiser. I'm going to adjust my eating habits a little bit, because of this beautiful season of life that God has let me live long enough to experience. No, that is the way I want to talk about it, and that's the way I want to look about it. Danny, you want to talk?

D Well, I mean, you all are just so good that... Like, the whole time you're talking I'm, like, four topics in at this point. Of, like, directions and ideas and.

P I know you go to speak, but then we cut you off. So, you were probably there about, like, three topics ago.

[00:11:32]

D Yes, but, you know, as I was driving here today, I was actually thinking about... Give me a second. You guys don't like this word. I was thinking about death and how serious the fear of death is, in people. That we would never, kind of, consciously say that, you know, we're walking around afraid of death. I, actually, just faced death and... I don't mean real death. I mean, mental... Like, the internet told me I had cancer.

P Yes, yes, yes.

D But it was so deep and so dark. It was like being under a thousand pounds of water. And, I mean, I could not see out of it. I wept, wept in my bathroom, alone at midnight. Couldn't sleep, and just wept as I saw my kids at my funeral. I mean, just.

P Yes, your brain went there and...

D Just washed in death. And, you know, it's had me thinking about it, lately. And how, you know, it's the inevitable destiny of every human being. What we commonly call death, which I think is a really bad word, to call what happens as we sail to our next adventure. Which, I like a lot better than death because, if you think about how natural it is. Like, we avoid it and run from it our whole life. You know, when we're at funerals we throw flowers. I mean, we're trying to just escape it. And there's such a re-framing, I think, that needs to happen with what the human experience is, as a whole, about loss and suffering and death. And I think when we really face it and overcome it and see it victoriously, thanks to Christ, it just changes how we eat and how we walk. And, you know, I just realized that the thing that was really holding me back, in so many areas, was being afraid of the consequences of death. And I didn't... I never knew that until I faced it and grieved it, for like, a solid week. And, actually, I felt like I

faced death. It was like a lion I had to fight, you know? And, you know, as so many things, when you were talking. Have you guys heard the story about, and it may be made up. You were talking about when somebody says I want a divorce. Have you heard the story of the man who told his wife he wants a divorce and wanted it finalized in 30 days? And she wasn't with him. She didn't even know. And then she found out he was cheating. Supposedly this is a real story. But I read it online, so I don't know. And she finally agreed, but said, under one condition. I'll sign the papers, but you have to carry me to bed every night. You have to carry me, just like we did when we first got married.

S Oh

[00:14:39]

D And he reluctantly agreed to do this. And he said the first three nights were really awkward, as he carried this person he didn't love anymore around, like a friend. And he would... He did it night after night. He said by night five, he said, he just noticed that she was wearing mascara that he thought was kind of nice. And it goes through this whole process, of like... By, like, night ten, it's like they were like newlyweds. And, you know, I thought of that as you said, you know, how powerful those words are. Because those words, they really frame up deeper mentalities that are behind those words. And, if you can catch those little foxes, you know? And one of the ways to catch them, I think, is, really being conscious of your words. And what you're believing about your life, are you believing that your marriage is going downhill? You know, do you believe that your marriage is not what it used to be? I mean, we've all got phrases that we repeat in our brain. And those phrases are so powerful.

S Oh, so true, Danny, and on a lighter level, because that was so awesome and deep.

D Sorry, always.

S No, I don't want to go lighter. I'm just embarrassed for going lighter, because that was just so deep and sweet and meaningful. And I love that. But just, I don't want to go lighter and just change gears and just be quirky

[00:16:04]

P But you are, so go ahead.

D Just do it.

S Often times when I'm at the store and I meet somebody, they'll just... It's just... People are just so used to saying negative things they don't even realize it. And they'll just say things like, yes. I'll be looking at something, some contraption, or a stroller or something. And they're like, yes. Well, I don't, can't walk like I used to, ever since I turned, you know, the corner at 50. I've been aches and pains since then. And I'm just going downhill every day. And, you know, they're happy, they're joking, they're laughing about it.

P Yes, they're joking.

S But they're speaking it over their body. Or it will.

P Everywhere you go.

S Or it will be even, like, with my children. Oh, better you than me. Look at all those children. You know? My children were the death of me. And, you know, constant.

[00:16:57]

D I called myself, to my son who's 13 now, I was like, oh, you think you're ready to take on your old man?

P Yes, right.

D And I just shut it down. I said, no. Sorry, I'm not old at all.

S Yes, I call myself timeless now. And I, actually, totally believe it. I'm all about it. Because, you know, I'm the youngest of the family, our family. And I'm used to being the Shirley Temple, right? The baby. And my whole...

D Well, that explains so much.

S And my whole pride was in the fact that I was the younger one. You know? But now, once you get all over 40, sorry. You're all just a bunch of... You know? Just a bunch of old fluffs. Not really. I'm just totally teasing. But my point being, is, I'm realizing, oh, that identity isn't mine anymore. The little baby.

P No.

S But I'm realizing, I'm totally timeless, like, I'm a spring chicken. Eternal life, mate. Eternal life. When I'm in my 90s, that's just going to be an awesome season. Because I just love summer, autumn, winter, spring. It's just going to

be a season. But all of that is just, it's just all conceptual. It's all conception stuff. Because eternal life, when we cross the vale...

[00:18:11]

## **ADVERTISEMENT**

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

S I'm Serene.

S I love this product, Nutrafol because it truly is natural and it is a hair nurturer. Basically, it's not some magic pill. But it is something that you can take to make your hair happy from within the little root. And grow again.

P We're exposed to many supplements here that people want us to promote. And usually we don't. But we looked at just the quality and what is in this formulation. It's absolutely incredible. Serene and I went, yes, we can get behind this.

S Because it was absolutely pure, absolutely potent. And, man, these scientists worked on these for years. And there hasn't been any breakthrough's in hair restoration for a long time.

P So, many products out there for your hair are chemically-based. And they mess with your hormones. And, sometimes, your hormones are the reason why you're having hair issues. And they're just, completely, like, putting them on a roller coaster again with the chemicals. Now, Nutrafol is drug-free. It's a natural supplement. And we looked deep into this. And it has beautiful ingredients that are safe.

S And that's so wonderful. But it's even better than that. And the fact is, that not only is it natural, but they have so much information to help you, personally. You can get a one-on-one consultation at [Nutrafol.com](http://Nutrafol.com).

P With a naturopathic doctor. There hasn't been any real advances in hair loss, in actual things that you can take for hair loss, in decades.

S I love this formula because it multi-targets many issues that could be your issue, so that you're, kind of, covered.

P Yes.

S If you're a woman, you take the woman's formula. You're, kind of, covered.

P Nutrafol is the way to go.

S And what you can get is your own personalized GrowthPlan. Recommendations on results that you are going to find out through, like, a hair assessment test. And you'll find out your own unique metabolic needs. You'll find out, okay. What is your plan? It might be different from somebody else's plan. So, you will have a direct route to faster hair growth.

[00:20:24]

P I love that.

S Isn't that smart?

P Because... And hair loss is caused by so many different things.

S And remember, it's targeted solutions. That's what makes this so unique and wonderful. Not just natural, but targeted solutions for you, personally. Nutrafol's Core for Women line uses a multi-targeted approach that gets to the underlying causes that compromise hair growth.

P And their Core for Women Plus is specially formulated for those of us... And I'm closer to this than, Serene. That might be experiencing menopause-rated changes, hair changes. Which are so common when we reach that stage of life. To receive \$10 off your first purchase, visit [Nutrafol.com](https://www.nutrafol.com) and use the promo code **Trim10** at checkout. That's \$10 off, people! And go to Nutrafol.com. That is, N U T R A F O L.

S And don't forget the promo code Trim10.

[00:21:19]

P Yes, that's Trim and then the number ten. Not T E N. Trim and one O.

S This is The PODdy, with Serene.

P And Pearl.

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

P And can I talk about that deep subject of death, for a minute, Danny? Because I know that you were there. And we talked to you when you were there, and you were in a tough place. And, as I told you, I've been there before. I used to have night terrors, because of like, what if I'm torn from my family? What if I get breast cancer and my children are left? And how would they do that? And they need me, because their father can't input to them that, that they need me for. You know, and all the things that would be left. You know, God's got it. But here's what I want to say about death. We're born and we die, right? However, we, as believers in Christ, we are new creatures. As, like you say, we need to look at it differently. We're going to our next adventure! To be with our Father, right? Again, but we are rewarded a long, healthy life here. Now, some things, acts of God, we don't understand. I don't think they're acts of God, but sometimes there's tornados or things like that. But I believe, and the Bible clearly shows us, we are to be in health. And it says if you honor your parents, you have a long life. Long life is one of the promises. And, so, I refuse to live in a fear of death. If God chooses to take me on a plane or something, then that's His... He will deal with my children and stuff. But no longer am I going to spend my nights in terror over what... Because that's when it's a spirit of fear. And that's when it shapes our lives in certain ways.

S I see what you're saying. It's like the double-sided see-saw. We've got to trust the sovereignty of God. And we don't know what He knows. His eternal scope.

P Yes.

S So, we'll leave Him to that, right?

P Right.

S But what job has He given us to? He's given us the job of taking hold of His promises and cashing them in.

P Yes!

S Now, He's given us a blank check. We can cash it in now and then we can put zero on the check. Or we could put the whole spanking, all of them, right?

P On that check is healing and health.

S When my son Arden, just for new peeps in the room. He was fighting cancer and got to the stage where it was...

P Stage 4, very bad.

S Yes, yes. Just that will sum it up.

P Days to live, according to hospital, yes.

S But I remember my brother coming out. And we were all, like, we had a 17 week every night prayer meeting. Just like, totally claiming the promises over Arden. But my brother came out and he started just... An anointing came over him. I just remember he... It was like, it wasn't just a gentle prayer. There was a lot of loving, gentle prayers. But this was, like, this is his right! His right! His contractual right! There's a contract that a young man who honors his mother and father, he shall have a long life. Now, Arden has honored his mother and father. It is his contractual right! And he was just, like, totally, like, totally...

P I remember that night.

S It was... We all got pins and needles. He was just saying, I'm taking the check all the way to the bank. And I refuse to have nothing but the total fulfilment of what I write on that check. Because, it's a right of his and it's a contract. And I believe that we can do that so powerfully in so many areas. The promises are for us. But, so many times, we just let them sit on the shelf. We just let them sit in the dusty old Bible. We have to appropriate them... You know, a fancy word for cashing the check.

P But as we say them, you've got to speak them out. Because then, the speaking out sets things in motion. It's a spiritual law, but it's a universal law. Meaning, it's an earthly law. What we speak births things.

S So, maybe you don't feel love for somebody. And maybe you have said those dreaded four words, I want a divorce. But maybe as you turn around your words, and just say I love you, even if you're not feeling it, you're starting another law in motion there. You're starting back the law of love.

P Yes. It puts things in motion.

S Exactly.

[00:25:32]

P Exactly, and we're not saying, of course, you know, if there's infidelity... You choose in your marriage. You choose, if... You know, obviously, we're for marriage.

S There's some been some amazing marriages been turned around, even when there has been reasons to break contracts.

P But I'm not looking at your marriage and saying, you must stay together. Obviously, you know your personal situation. But great things can happen when you speak. These laws. They happen because it's intricate. If you're a human being in this universe, you have power with your words. You can speak things into being, because it is your right. You are made in the image of God. God spoke and it became. When we speak, things are becoming. Whether for our good, or whether for our detriment. So, be careful with what you're saying about your health journey, about your weight, about what you can do or you can't do. I really feel like a mother giving a lecture today, but I'm still seeing it. I want to get it into your mind. No, no. Be careful with your words.

[00:26:32]

S Totally be careful. And, you know, there's a lot of super-spirituality to words like, well, if God wants to take me by cancer, then so be it. If God wants me to be this and I'm just going to whatever. And, you know, almost an apathetic place with your words. I feel like it's, like I said, we rest in God's sovereignty. There is a full circle to all of this. And God has superseded things because He knows, He has a greater knowledge of everything. But He so wants us to take hold of His Word. And His Word say death and life are in the power of the tongue. And His words say that we can, we can, we can have victory through our lips. And that we are sustained and satisfied by the fruit of our lips. Or we are destroyed by the fruit of our lips.

D You know, I had to accept that I wasn't dying. But I accepted something, that for me, was way more powerful than, I wasn't dying. It was, even if I die tomorrow, I will have completed the work given to me here. And my purpose for being here shall be fulfilled. And that can't be taken away. And what would be happening in me saying I'm dying? Again, is me going first to, maybe, I'm going to help build my kid's house or something up there. Like, you know?

P Yes, but you don't go around saying, I'm dying, because only God can tell you that. Only God can take you.

D Well, what's ridiculous... That's right. I mean, at first, A, Point A is...

[00:28:18]

P First of all, you were believing a lie, Danny.

D Yes, Point A is, I was believing the lie. It was absolutely ridiculous. And all these beautiful other promises were the reality, right? That I wasn't accepting. But Point B was, I feel like humanity needs to get to a place where we are finished being afraid of death.

P No, you're right.

S Death, where is your sting? I agree 100%. But mother hen number two is coming in now. I love the total foundational rock that we can rest on as believers. Death where is thy sting? Because guess what? I'm not dying. I'm going to be more alive than any of you when I pass the vale, right? Than any of you here left back on earth. However, Danny, instead of saying, well, even if I die tomorrow, I will have completed the work of the Lord. Blah, blah, blah, blah, blah. Or everything I was meant purposed for. Why not be thinking, hey, I have no time for death. You know, I am promised, you know, a long life. And I've got purpose here. And I've got things that, and almost like speaking the other side of it, because you're still concentrating on dying tomorrow.

P But there's two sides of it. You can be doing it in fear. And fear is one of the big things I used to have. When I used to sit in an airplane, you remember me, Serene, completely petrified. I just look at us like, I shouldn't be up here, I shouldn't be up here. And it was always, like, I can't die. My children need me. And it was always, like, that fear. Now I'm sitting in the airplane just because I've picked up the promise. Like, God, I thank You that You can protect this airplane. And thank You that You've got things for me to do. Knowing that, despite that, if it goes down, why even am I spending, giving it a thought right now? You know what? Because He'll take care of the rest, and, so, no room. I just can't have room in my brain for fear. And I love what Serene says. No, I don't negotiate with terrorists. Fear is a terrorist in our brain. It terrorized you two weeks ago, Danny, to the point where... Yes.

D And you remember Sarah... Was is Sarah or Cat, that wrote in and let us know that she didn't, she was struggling with a really rare disease, called the fear of cancer. You know what I mean? Like, she didn't have cancer, she was afraid she

was going to get cancer.

P I've been there. For most of my life, I had that disease.

D And it's always cancer.

[00:30:39]

P It is always cancer.

S I love the verse, perfect love casts out fear. Casts out fear, it casts out fear. And I remember when I was walking through those situations with my two sons, I had the one fighting cancer, the other one, you know, had that car accident. Totally, like.

P Put your mouth near the... Look at you looking down. It's not in the microphone.

S Oh, sorry, mother hen number one, He had a car accident. His ear was ripped off his head. Like, he was in a total coma and everything. And I just remember just wanting to go to those places of fear. But I just... The words of the Lord going through my brain: Perfect love casts out fear. Who has perfect love? Only God. It's only in Him can we truly cast out fear. We can't go to any other place. Not what the doctor tells us, not any, any other contract with man.

S Any other thing, it cannot cast out fear. No mental gymnastics in our earthly brain. Nothing can cast out fear. That's why I don't do mental gymnastics anymore, where I try and fit everything into that perfect box. Okay, I've got it all sealed up. It's all good. And if this, da-da-da-da-da. No, it's all junk. Nothing we can do in our human brain can cast out fear. The only thing that can is His perfect love. And it's resting, like you said, no matter what He does, if He takes me tomorrow. That's that foundation.

P Serene, you are so right. But God has His perfect love, right? And I have been a believer in the Word and, you know, a pastor's kid since I've been a little girl. So, I knew about God's perfect love.

S But we didn't rest in it, right?

P I didn't rest in it. His perfect love was there. I was down here running around going, I'm scared of cancer. I'm scared my husband will die. I'm scared of this. I'm scared our Trim Healthy Mama business will fold up, and then all these employees we take care of, they won't be able to feed their children. I'm scared of that. I'm worried about that. For goodness sake!

S And we think pious, wonderful thoughts that we're good people, because we fear. Because we're worried about other people, and we've got to worry about our children.

P Or even we're worried about our children.

S But it's sin.

P The fear is not for me, it's for them. I need to be concerned for them. None of it is what God wants.

D Yes, you know, I finally came to this, kind of... I think, for me, you know, it's all about your mentality. And I found some mental tools. You know, the phrase, what if you could is really a mental tool. It's like, okay. I want to do this so bad. But, oh, what if... Oh, I reach into my tool pouch that's on my hip, right? Like, at the job site. Oh, there it is, what if you could? Okay.

P It should be a chapter in your book, Dan-Dan.

D Yes, like a to-... Yes, maybe it is. So, you know, I find these little tools are helpful. And one new tool that I've been contemplating lately, is, whenever I have any sort of mental negative experience, right? Call it fear or frustration or I feel timid or I'm afraid. Any, just any... And you'll do it. You'll go through, like, have you ever had, like, a good 30-minute spell where just something's wrong? And you're just, eh, in your stomach. But you're making food and you're not thinking about it. But something wrong and what is it? And then you're like, oh that's right. And then it's some dumb thing that's totally solvable. But it's totally ruining your day?

P Yes.

[00:33:52]

S Yes.

D Okay, so, like a new little tool, for me, is, I now say that any time I am feeling a negative experience, all it is, doesn't mean anything's wrong. Doesn't mean that life is going badly or I'm in a bad season. We always, you know... It's a season.

P Tough season.

D It's like, I'm in a tough season. No. It's the brain's little flag warnings waving. It's the brain just saying, pay attention. Pay attention. There's a issue. There's... And it's usually a wrong perspective. It's the eye is dark and so the whole body is full of darkness.

P So, true, Danny.

D You know? And if it's like, if the eye is good, the whole body will be full of life.

P It's like saying... You're basically saying. No, there's something you need to look at differently. Because you've looked at it in the wrong way and your body is saying, it's telling you.

[00:34:43]

D So, if we can just instead of, our negative feelings and emotions meaning something, instead of them meaning... And this is so freaking huge. Instead of the negative experience, or the bad day, or the bad season, instead of it meaning something, it's just the brain's brilliantly designed check engine light. For you to look at and go, okay. Why is this? Oh. And it's always ridiculous levels of solutions. You can just solve it in a second or just, whatever.

S I love that, Danny. And I totally agree with you. That's a great tool, and I'm not dissing the tool. Because I do believe.

D No, sharpen the tool. Sharpen it.

S No, it's the brain's way, too. Okay. Something needs to be looked at in a different way, because I shouldn't be having these negative feelings because I'm not made for negativity. I'm made for positivity. So, obviously, I've got to put a different pair of sunnies on. Totally agree. But I have the same thing too. And I used to... You know, I don't know why I'm going back to this story all the time. But I used to think when we were going through that season if we ever get through this with the Lord, which I believe we will and blah-blah-blah, there'll be nothing that can make me unhappy. Nothing.

D It's so true.

S Because at this point, I don't care if we have to, like, stand on an iceberg for the rest of our life. If our son lives, I will be happy sitting out in Alaska freezing with no home. Like, everything crash around. Everything, we have no home, we're homeless. No shoes, none of our children have shoes. Doesn't matter. He's alive.

D And how long does it last? One week?

S Right, to the point where I can get these negative feelings and it's like, whoa. What am I unhappy about? So, my new tool is... And I love your tool, too, but my new tool is, if I ever feel just the negativity and the unhappiness and just agitation and where I'm just barking at my children for no reason, straightaway I think, I'm like, be off with your heads, like terrorists, again. Because God doesn't put a cap on our happiness, so, if I've got this cap making me feel like it's constantly Wednesday and I've got homework. And none of that's true.

P And it's not Friday. Yes.

[00:36:50]

S Then I just realize, it's the demonic terrorists that just wants me to be crappy. And, so, I'm, straightaway, it's like, I've got no reason to have a cap on my happiness. Oh, that's just you, devil. Sorry, off with your head. You know?

P Yes, I like that.

S Straightaway. If I feel any cap, off with your head, devil. Because God took all caps away. He says life abundant.

P Joy unspeakable.

S Yes.

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 We are excited to talk about Zola, Z O L A. If you or someone is about to get married, listen up. because this can change your world. You know, right? That there can be a lot of stress in planning a wedding. Actually, they say it can be one of the most stressful times. But it doesn't have to be. Zola is reinventing the wedding planning and registry experience.

S Hey, I could even do this! Even though I'm not even... Like, I'm unplugged.

P Yes, Serene. You could.

S You start with a free wedding website. It's... Apparently, it's really quick and easy.

P Yes. You could do it.

S There's over 100 beautiful wedding designs and styles to choose from. Oh, I like that. I like choice. Yes? Add photos, stories, hotel accommodations and activities for your wedding. Oh, my goodness! Hey, it's like putting on a big gala for your guests.

P And 500,000 couples have already done this. So, it's been tried and true.

S Oh, but do you know what I like?

P What?

S The registry for the gifts, Pearl, they actually have got the 500 top brands on there. Which is important, right? They've got the Cuisinart, the Sonos, the Air BnB.

[00:38:28]

P And you can also register for gift cards and contribute funds towards the honeymoon. Which is great, because sometimes you're like, no, I don't want to buy that gadget. But I want them to have a fun honeymoon, right?

S At a stressful time in planning a wedding, you're always thinking, am I leaving anything out? Like, what am I forgetting that I'm going to wake up on the wedding day and think, oh my goodness, it slipped through my fingers? No. With this, everything is covered. So, it just lets your brain rest to enjoy that special day.

P So, to start your free wedding website, and also get \$50 off your registry on Zola, go to Zola.com. That is [Zola.com/trimhealthy](https://Zola.com/trimhealthy). Again, to start your free wedding website and get \$50 off your registry, go to Z O L A dot com forward slash trimhealthy.

S Hey, we need to start to hitch some people together.

S This is The PODdy with Serene.

P And Pearl.

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

[00:39:27]

D Well, we have these, you know, mental states. You know? It's like sometimes we're at this peak state. You know? Where it's just like, did I drink nine cups of coffee? I'm just filled with, just, excitement and energy and joy. And everywhere I go, I'm just putting on a show. You know? I feel like, for me at least, that's my happy state. Is, I'm checking out at Kroger and I'm fully entertaining everyone who can hear me.

P Yes, that's when Danny's in his happy place, right?

D I'm just in this zealous mode. And then other times it's just like, whah-whah.

S Like, you're in your wife's robe. Yes.

D Yes, the robe day, and it's like, what is the difference? What is... what Is it... Am I a creature of such chemical manipulation that I'm going in and out of these positive and negative states? You know? It's interesting when you start thinking about how, you know... You know me, too deep. However, you know, you can't measure... You can measure the brain, you know? You can look at the heart of the body. You know? You can look at the cardiovascular system. One thing I love about, that I think American's are starting to get into a little more, somewhat too far. But at the same time, American's, or at least Westerners are starting to believe that there's this invisible part of us that can't be measured and can't have a machine hooked up to to see. They're not really ready...

[00:41:01]

P Well, it's the spirit.

D Well, I was going to say, they're not really ready yet to call it the spirit, or the soul. Or whatever, sort of, invisible... But, if you just...

P Science is almost starting to manifest.

S It's almost catching up with the Bible. Why are you downcast, oh, my soul?

D Well, you know, interesting. As I was going to this gut doctor, this gut specialist, he was almost nervous because he didn't want to discredit himself. But he started asking me about, like, stresses and, like, where's my mental state? And what are my beliefs? He was, like, do you have any religious beliefs? And I was like, whoa. A doctor asking me about... Well, the reason is, is, you can find all of these at, like, major university studies, now, online. Is, they're starting to treat the untangible things of the brain and of the body. They're starting to take them seriously. And they're starting to develop systems of getting people in the right state. And they're calling the healing that they're seeing because of this, placebo. They're like, you know, you can pray to... In fact, this doctor told me this. He goes, I don't care what god you pray to. If you pray to your god and you believe that he will heal you, he was like, I'm seeing people healed, man. Of, like, every...

S Yes, and placebo goes only so far.

P But, belief is a universal law.

S Yes, it is.

D Well, that's my point.

P You see, we're promised these things in the Scripture. But belief and spoken word no matter what... Here's the point, no matter the religion, is a universal law.

S Oh, I totally agree.

P But the cross is bigger than that.

S But I'm saying but it only goes so far, because there's a point where you need the cross. You need the blood, because you can't be new creatures without that. You can't, actually, rise above this constant negative battle.

P Right, but I do believe that there is healing in that too, yes.

[00:42:44]

S I 100% agree.

P He's a gut doctor. Did he talk about the emotions in the gut?

D Oh my gosh.

P Isn't that incredible? And that backs up the Bible. Because David said my bowels, my bowels. And, you know, he expressed his emotion.

D Here's what he talked about with the gut. He said... Oh, really? David?

P Oh, yes.

D Okay. This makes sense, because he said, man... He goes, this is kind of like new science. A lot of...

S And my loins yearn... I mean it's all.

D Yes, yes.

S I'm moved within my bowels. Even Song of Solomon. It's all in the bowels.

[00:43:13]

P I don't think that loins yearning, because that's a different connotation.

S No, loins meaning... No, it was all about the bowels, the innermost.

P Yes. I think you got the words around the wrong way.

S Oh, sorry I wasn't thinking.

P Loins are different parts of the anatomy.

S I wasn't thinking, all you R-rated people.

D Is this, like, some sort of, like.

P She said my loins yearn.

D Is this like a Christian way to, like, S E X T my wife? Like, just send her a little message? Hey, my loins are yearning.

P No.

D Just curious.

S In my head I was thinking of it all, my bowels move within. And the whole Song of Solomon. But it actually meant the seat of your emotions. They call it the seat of your emotions are your bowels.

[00:43:53]

D Are the bowels the seat of your emotions in the Bible?

S They have a brain.

P Yes, they do.

D Okay, that's a whole... The brain... Okay.

P Okay. You've got to finish your thing. You've got to finish your thing. And then we've got to get a Super Food Spotlight today.

S Yes, but I've got to say... It's five seconds to back up what you said at the beginning, too, after he finishes his thing.

P All right. Go, Danny. Finish!

D They're discovering thought neurons in the heart, that, actually, go out from the heart, not just the brain. But the heart is sending thought. Now, I bet you, maybe it's already been studied, but I bet you it's similar in the bowel. And we're going to find, as science progresses, neurons all throughout the body that we just couldn't see. And thought, you know, anyways. Okay, my point is about the gut, is what this doctor was saying. Was that, the fight or flight mechanism completely shuts down your digestive system. And it sends, instead, all of those chemicals to your muscles, to be able to either run really fast or to be able to fight as hard as you can, and he's saying, it's adrenaline shot. And this whole thing. I mean, the last thing a guy, before he enters the boxing ring, can think about is food.

P Right, exactly.

D And I used to box. And I just remember you'd be starving, you'd put on the gloves, you start thinking about the fight and it's over.

P Do you now what's funny, though, Dan-Dan? Speaking of things having, actually... Men are like that, right? Men need, like, usually, something to happen to them before they change, you know? Sometimes women just want to learn. And, oh, let's get better at this. But men need this life crisis. You know?

Like my husband's high blood pressure. Okay, fine. I'll do this Trim Health Mama thing. You know? And then, we've sat here and talked about, Danny, how the digestive system shuts down when you're in an emotional state, negative, emotional state.

S That's why you've got to slow eat and get away from all the crazies.

[00:45:50]

P But you had to learn it from your doctor because you were having gut problems. But that's okay, we won't get too offended, Danny.

D No, no, that's great. Here's the thing though.

S You tell-tale-tit, aren't you?

D Here's the thing, though. Up until recently, I never knew how cause-and-effect it really was. And what I mean by that, is, you know somebody would say, you guys taught me, eat an orange for digestion. Right, get the Vitamin C in there because it helps assimilate.

P I've never said you need an orange, but Vitamin C...

D Doesn't it help assimilate other nutrients, or something? What did you tell me?

P Not that particular thing.

D My whole point isn't founded on this, by the way. But I want to know...

P Okay. Oranges are good, but we never said to eat for digestion. But, yes.

[00:46:31]

D What was it that helps with absorption, or?

P Absorption?

S Well, Vitamin C helps collagen be used.

P And it helps iron be absorbed.

D Okay, anyways. So, take that, right? Your version, that's actually real and not my made-up one. I used to see it as, like, people would say, you know, take a

little turmeric for your digestion. Or peppermint tea will help with that. And I always pictured it as a, like, long-term help that you would never really notice in your daily life.

S Take a little relaxation for your digestion.

D Yes, it's just like, oh, I'm drinking my tea and now I know that at 80 I had drank my tea my whole life and it mattered in, like, a... But I thought it was so tiny, tiny, tiny. Like, it sort of, sort of matters, but what I learned with my little crisis... Are we just taking our shoes off?

P I'm hot, mate.

D Are we good? You're taking your shoes and socks off. It is pretty hot.

[00:47:23]

P Keep going, Dan-Dan. We've got to warp this up. You're going to get to a great point.

D Well, I'm just curious, you know, I guess what I'm saying is, in answer to your thing about how you've got to have a crisis. I didn't realize how serious and in-the-moment and daily the cause-and-effect thing is, of what you put in your body. It's actually, you know, you think, well, I'll... For example. I'll just have this one piece of cheesecake. Of course. I haven't had cheesecake in a month. We'll never see this cheesecake. You'll see it somehow. It's like fuel. Put in the wrong fuel in your body and it matters.

S It's very interesting that you said that, because I just got sent this care gift for buying furniture at this store. And they sent me some Christie's Cookies. Didn't know we were, like, health people. And the card said, you will eat 33,000 cookies in your lifetime. Here's help getting there. Right? And I thought to myself, yes, that's so interesting. I bet you at least half of those 33,000 cookies were just this once. Just this once.

D Oh, yes, right.

[00:48:33]

S And you get up to 33,000.

P Wow, that's a lot.

- D Every cookie I've ever put in my mouth is a just-this-once cookie.
- S And what about this, okay, so let's get back to what Pearl said in the beginning at this point. Okay. I've been good at this positive speaking. But just this once I'm going to let it all out. Just this once, I can't stand you. You're really getting on my nerves. Just this once, I'm going to just let it all out. Let it all hang out.
- S How many times, is it 33,000 times then, are you going to be speaking death over your family and over your life and over your health? And then when, Pearl, when you were talking about how, let's just see the power of words. It's so true. And, Danny, you were talking about tools. You know, in the toolbelt, what if you could? And your other tool. Okay. I'm feeling this stressor. I've got to see things differently. When you see, you speak things differently. And when I was talking about having those negative feelings come over me, my little tool when I feel that is, you know, off with your head, devil. But the other thing is that I start saying opposite of my feelings. Because my feelings are still in the negative. My feelings are still, like, there's something just crawling up my spine. Like, I just feel agitated, right? I'll start saying, boy, I'm excited. And I'll talk to my children, isn't this a great day? And if I start saying that for a few minutes, I get excited and I get these Christmas feelings in my cells. And it really does change my feelings.
- D The greatest of all feelings.
- P And I'm telling you, here's what... If you can do this, it's a huge-y. I'm going to write a book on this. The Power of Skipping.
- S Oh.
- D Skipping what?
- P If you are in a bad mood and you, something's wrong, you're down, you skip through your living room. You tell me if you don't feel happier after that. You skip outside. I was just skipping the other day, the joy that was flooding my body. You can't skip... If you're down, you can't skip. But you start skipping you can't stay down. I'm telling you, now here's what I wanted to end with. I started and may I end?
- D You may?
- S Yes, but I'm going to say one more PS after you after you. No, you want the last word?

[00:50:32]

P All I wanted to say, is, I wanted to wrap it up with some things like, I wanted to get tangible. I know I've said this before, but, come on. We're doing a re-hash today. You know, I see on the Facebook, I see many things and I understand. Because so many of you are new and so many as you change things, it is hard sometimes. But you make it harder by what you're saying and by your perspective. Like, I just find this Trim Healthy Mama thing really hard. Don't say that.

P I'm really rocking this Trim Healthy Mama thing. Yes, I've made some mistakes, but I can do this. This Trim Healthy Mama is really giving me a bunch of freedom. Yes, yesterday I, sort of, messed up that meal. But I know I can do this. And, yes, I am a Trim Healthy Mama. Some of my meals aren't perfect, but I sure am a Trim Healthy Mama. There's such a difference and empowerment that, scientifically, will flood through your body when you say these things.

S And there's an empowerment that comes, too. You know, I thought I was rocking this positive speaking thing. But, then, I also knew that there was some complaints that I needed to say. Like, if it was freezing outside, I would be, like, I'm freezing. Or if the walls need painting, these walls are ugly. Right? I said the complaint. But I was reading this book that Pearl gave me, it was an empowerment book. Actually, about relationship. And this person was saying...

P That is a good book. It's called, what?

S Yes, it was an amazing...

P The Empowering Wife?

S Yes.

P The Empowered Wife, oh, it's a good one for marriage.

S Yes, it's a good one. But, anyway, aren't you saying, every complaint that people are saying there's really a desire behind it. So, find the desire and speak the desire instead of the complaint. So, now if I'm freezing and as I'm walking to the car instead of saying, children, isn't it a free-... It's as cold as a mother-in-law's kiss out here. It's freezing. You know? I'll be like, I'm going to enjoy it when I get inside. So, I speak the desire. I speak the joy that's coming instead of, like, you know, my house has still got ugly paint. Instead of saying the walls are ugly, I'll say to my husband, I'll say, oh, it's going to be great when we put our favourite colour on the wall. Like, just speak the desire.

[00:52:42]

P All that is, is, practice and habit, and good stuff.

D I love it.

P And then it changes every other part of your life.

S And I want to say one thing in closing, we've said these tools and they're great. But there's sometimes a dusty, old Book, you know? And it's got a couple of old, dustier hymnals, you know? In the back of a pew, maybe next to them but if you get out that Book, but you see it as the modern transcript for true abundant living for 2019 and beyond. There are 7,487 promises that are being... There's more than that, probably, because there's sometimes promises inside a promise. Like, more than one promise. But, just 7,487 promises in God's word that we can take to the bank. That aren't just tools, but are total guaranteed checks, if we take them to the bank.

P Oh, love it.

D Wow.

P I was going to end with another PS, but I'm going to just stop, because then you'd have another PS after my PS.

[00:53:38]

S No, I'll leave it. I'm done.

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

S Super Food Spotlight.

P No, you don't need to say that. It's already been done. Okay, Tim.

S Okay, Tim, can you leave that? And I'll tell you why I want you to leave that. Just to prove to the world that she really holds the big sister thing over me, even professionally in business.

P We have the cutest little kid saying, Super Food Spotlight. So, why are you repeating it?

S Good on you mate. Now you look like the meany.

P She wants to leave it in so I look like the big, bossy sister.

S Okay, Tim, leave that bit, please. So, we're talking about an amazing, incredible food. The basis of the healthy Mediterranean people, the basis of a people so healthy that I don't know how many diet books have been written about them. But, all of a sudden, this food has been villainized.

P Vilified. You can leave that in, Tim.

S Villini, vilified? Villainized?

P No, vilified.

S Oh, see. There she goes again being the big, old mean-y. But, all of a sudden, this food is now the... It is now poison. It is now only to use to throw at people.

P Not by everyone, but there is a certain diet craze that... And it's not just one diet book author. There's others getting on this bandwagon and saying it's true. Let's say the word, tomato.

S Tomatoes are so healthy. And, before all of this scare, and a sensational fear diet books, the tomato was considered to be so super anti-aging. And a lot of studies... And, Pearl, you can tell exactly where they are here in a second, if I don't explain it properly.

S But here was a study done, a very, very large study. And it was done of people to add about four tablespoons of tomato puree to their diet for three months. And to see what would happen. After three months, they measured their actual skin. The anti-aging of the skin after three months, and it had more natural sunscreen, more prevention of the ultraviolet rays.

[00:56:08]

P A dose of 55g, which is four tablespoons of concentrated tomato puree, after three months the tomato eaters were found to possess a surprising 33% higher protection against sunburn.

S Isn't that awesome?

P Also, their skin had reduced DNA damage. Their aging, actually, regressed. And get this. They were found to have significantly higher levels of collagen.

S Pro-collagen, right?

P The pro-collagen the protein responsible for the firmness of youthful skin.

S Okay, and, so, this is not even talking about how tomatoes are meant to be incredible, to cut the bad cholesterol, to be anti-cancer, for internal cancers and things like this. But this is a new one. Let's just think of the beauty of skin. Anti-aging, anti-inflammatory of the skin, just in three months.

P Now, let's talk about tomatoes. The scare is with them lately, is, that, there's lectins in tomatoes as well.

S In the seeds and in the skin.

[00:57:07]

P Surprisingly, that is where the goodness of the tomato is. You see, when you start getting crazy and you're saying that foods that God made are no longer good for us and are out to kill us, we then miss out on the things that are potent in tomatoes that kill diseases in our bodies. So, incredibly, you know, several large observational studies have tracked tens of thousands of people. This is not a group of, like, seven, eight little studies. These are tens of thousands of people. And are showing that tomatoes cause significant reduced incidents of many cancers.

S And get this, Pearl.

P Yes?

S The very yummy thing that makes tomatoes have that umami, that special savoury taste that's naturally in them, is around the fleshy parts. It's around the seeds. It's attached. It's that little gel around the seeds.

P It is, Serene.

S And it is that, the very seeds and the skin that holds these fighting properties. And now the very things that are vilified. Pearl and her word.

[00:58:05]

P One Harvard University study, you can't really argue with a Harvard Study, found that tomatoes and their products have a 35% lower risk of prostate cancer, those who ate them. Including, a 53% lower risk of the more aggressive forms of cancer. Heart health, incredible. Study after study.

S And if you think, okay, oh, my goodness. I'm going to have to, you know, eat lots of salad and throw in a big, old tomato. No. It's, actually, the cooked tomato

that's healthier.

P The cooked tomato... When you cook a tomato, it releases so much more of its nutrients, the lycopene. And the lycopene is the thing that fights cancer and fights the heart's diseases. How many more times... I've got it written here. Well, first of all, before I talk about cooking.

S How to pick your tomatoes.

P First of all, when you bring a tomato home, don't put it in the fridge. It's the death of the tomato. I just found this out.

[00:59:04]

P There's great book called "How To Eat Better" by James Wong. He is a British author

S This book.

P Oh, this is good.

S Oh, my goodness, it brought such joy to my life because it celebrated God's gift of food. It celebrated. And it, just, really, took down a bunch of the scare myths that are making life miserable.

P It's hard to get here. It's a British book and it's not really here in America.

S Where did you buy it?

P I had to buy it... I bought it off Amazon. But it took like, 2½ weeks. It came from Britain. Oh, man. It's a brilliant book. Don't put your tomatoes in the fridge, put them out on your kitchen counter where they get a little bit of sun, because it causes the lycopene in them to go up 200%.

S Yes isn't that interesting?

P And this chemical reaction will not occur below ten degrees. Okay?

S So, don't stick them in your fridge.

[00:59:51]

P Yes.

S Keep them out, hopefully, in a little bit of sunlight streaming in on them. And they will, actually, increase their benefits. Increase their...

P Types of tomatoes. You know, we always think of that big, fat tomato. And on Trim Healthy Mama tomatoes are a fuel pull. Meaning you can go with S or E. But we say don't overdo them. Don't sit there and have three big tomatoes in an S Meal, because they do contain some natural fruit sugars. Okay? But they're not high in them. So, we do enjoy tomatoes. But baby tomatoes have the best disease fighting properties.

S Cherry tomatoes, and little plum tomatoes.

P Why, Serene? Tell us.

S Because... Well, first of all, it's a concentrated nutrients, and there's more skin-to-flesh ratio. And it's in the skin, like we were saying before, where all of these fighter nutrients. They, kind of, like, nest in there. And, so, in the little plum tomato, it's more of a spherical, like, elongated shape. That has even more skin-to-flesh ratio.

[01:00:51]

P I know. Isn't that incredible? And here's another thing. We all are told these days, huge scare tactics, you can only buy locally grown products.

S Oh, this is great.

P Now, it's fantastic if you can grow your own tomatoes in your garden. More power to you. And they're great, right, Serene?

S Yes.

P But local is not always better.

S Because if you live in London, like this guy, right, and it's all, kind of, like, a cloudy sky, kind of, weather. The tomatoes do not... They're not as rich in all these wonderful, disease-fighting nutrients as those that are found in the sunny Mediterranean.

P Yes, exactly. So if we're getting tomatoes from Florida and they're coming up here, good for us.

S Hey, and doesn't he say that they've actually done studies. And even in the trucking up from a certain state, or the shipping over from a certain country, they haven't lost many of their nutrients.

[01:01:39]

P No, they don't lose the nutrients. That's his big thing in this book called, How To Eat Better.

S Some vegetables do, but tomatoes don't.

P Yes. Some do. But most, actually...

S Yes, it's broccoli that...

P Yes, broccoli. Most actually don't. And if you do frozen broccoli, you're fine.

S Yes.

P Yes. Most vegetables and fruits are holding their nutrients.

S Oh, this is a release, this book.

P This book is such a release. When all these books out there right now are, like, this will kill you, and that will kill you. And don't eat that. And you live with five things. And he just shows you how to take everyday foods and just make them healthier by what you do when you bring them home.

S You better love us, Mr. Wong. Because we just want to tell everyone...

[01:02:15]

P It's Wong, Wong. James Wong.

S I just want to tell everyone to go and... Hey, and I'm not just being Chinese racial Wang and Wong. It is very, very different.

P Yes. James Wong.

S Yes, because, you know, I have a Chinese daughter-in-law.

P Serene, I'm not racist! I have a Chinese daughter-in-law! That's like me saying my sister's black.

S I said Mr. Wang and you're like, well, it's Wong. And.

P Look at Danny!

S I'm just trying to say, the name, I'm sure, is very, very different. And the families are very, very proud of their Wang or they're Wong.

P Oh, Tim, I'll leave this to your discretion. Dearest Tim. Okay. Tim our engineer.

S I'm proud of the fact that I have... Oh, I'm so excited. Anyway.

P Me think she doth protest too much. We know you're not a racist, Serene!

[01:02:59]

S James Wong, I want everybody to buy your book. Because I was reading it last night. And it was better for me than the shell with the soundscape little musics of waves and everything. It was bringing peace to me. It was bringing tranquillity to a storm-tossed diet sea these days. Where everything is wrong. And if you don't buy local, you're going to hell. And if you eat any processed food, you're going to hell. And if you chop up your salad and put it in your fridge, you can't do that. You have to spend the prep every day. You can't do any prep ahead because you're destroying the nutrients. And he has some amazing things to say about that, right, Pearl?

P Oh, I'm telling you.

S We could go on, but we've got to save that information.

P I do want to say, I want you to get his book. But he won't care because we're selling him books here, if I read some from it.

S Can you send me one for free, James Wong? Just for all the publicity?

P Yes, because Serene is stealing mine, Mr. James Wong. I think he's pretty big in Britain. I think he's a super star. People don't know him here.

[01:03:55]

S Hey, Superstar Wong. We could, like...

P He could come on our PODdy, yes... Hey, trapped deep within the tomato's cells, lycopene is hard to get out. Until one thing happens. Cooking. Yes!

S Hey, this is great, because I was a raw foodist. But do you know what he says and why he says it? If you have a salad and you spill some tomato from your salad down your shirt, you won't get a very bad stain. But you spill some pizza sauce, it's a pretty bad stain. Because it's where the color and the carotenoids are that all these disease properties are. And it's the cooking that releases that.

P I know. So, in as little as 30 minutes of bubbling on the stove, it can more than double the amount of bright, red lycopene available in tomatoes. And it transforms the lycopene molecules from hard-to-absorb crystals into much more soluble form that is easier for your body to get at.

S Hey, I want James Wong on this PODdy. I would love him to speak.

P I wonder if we could do it by Skype? I don't know. But if he's ever here in the United States... Hey, we could tell him we're the biggest, number one health podcast. Why wouldn't he come on?

[01:05:00]

S Yes, hey producer John. Do you want to get on that one?

P If there's ever someone we want on our PODdy, it's Mr. James Wong.

S You called him James Wang. She didn't even put the S on it.

P Okay, okay. Tomatoed puree when it's actually not just cooked but reduced, yes, the same stuff that you buy in a can, puree, guess what? You're going to love your Bolognese now. Go and look in our cookbooks for the Bolognese or any chili or anything when we use puree. It's a whopping 16 times richer in lycopene than the same volume of fresh tomatoes.

S Oh, man.

P Is that not incredible?

S Ah, that's so fantastic.

P And he talks about how when you put it with olive oil, and that's naturally what we do. It enhances it.

[01:05:43]

S And I love the way he talks about home-cooked versus processed, because all kinds of cooking is a process. And he talks about just if you make a cake at home, home cooking with real ingredients, it's still junk white flour and white sugar and all that stuff. It doesn't really matter if it was made in a factory or if it was made at home.

P Long as it's done with quality and no additives are added.

S Yes I love... He just really sets a lot of...

P Anyway, I love me some tomatoes. I've been having them in my omelettes in the morning. But what I'm doing every week, now, and I'm showing this on our Membership Site. Serene, I just got Autumn to take some photos. I'm doing a video, next time we do videos together, lovie. I get together kale and spinach... This is going so long. Should I talk about this another day?

S This should have been a whole PODdy on tomatoes.

P One minute but kale and spinach, kale has, just, it's so good. He talks about kale in here.

S Oh, I know.

P But again the vegetables are enhanced when cooked. Mushrooms are enhanced when cooked, and also tomatoes. So, once a week I get them all together and I sauté them in a pan. Then, I've got them in my fridge and I'm just putting them in everything. I'm putting them in my morning omelette. I'm putting them in my stir-fry's.

S I noticed these wonderful little soups you're bringing.

P I'm putting them in my soups. And it's just there, ready to go. And I'm getting all these nutrients, and such weight-loss benefits of all these mushrooms and spinach. Ah. Got to go people. It's too exciting. And John is giving me the eye, so we shall bring that next week, even though we promised... And, when John gives the eye, we must wrap up, everybody.

D Trim Healthy brothers and sisters we love you. We're glad you're with us. Come hang with us on Facebook, Instagram and anywhere else you can find the Trim Healthy Mama Community.

S Yes, bye.

P Bye.

D See you next week.

[01:05:30]