



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #114 - Grocery Cart Judger or Discerner ~**  
**The Grocery Trip PODdy Part 1 (Original Air Date: 4/3/19)**

*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 • L = Lesley

[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, it's Wednesday, you're here, Serene's here, Pearl's here, Danny's here, God's here and it's going to be awesome.

S Now it is. Danny, I love that.

P It's more awesome with that introduction.

D And, you know what, we're bringing goods, and can we dive right into the goods?

S We can.

D Because we were all fired up a minute ago.

P No rabbit trails today. We are going to bring a very practical PODdy today that just popped into our heads.

S I've got some meat in the freezer.

[00:01:07]

P Serene wanted to...

S I had it fresh but I'm putting it in the freezer for next week.

P Yeah.

S: We'll thaw it out.

P We'll bring Serene's meat next week but today we're going to have a practical poddy. I thought to myself what if we just did a whole PODdy about going to the grocery store? What is it like when.

S Come on, Aldi.

P Serene and I go to the grocery store, or even Danny.

D Do I get to talk?

P I said even Danny. Or even Danny. It's a little tiny afterthought.

D Or even some guy named Danny.

[00:01:33]

P Yeah, but does Mrs. V go to the grocery store or do you?

D I do now.

P I do now.

S With his wife's bathrobe on.

D Sometimes.

S Just for new peeps in the room, when Danny has his myriad, his time of low emotional state in the month, he wears a robe to Kroger.

P Yeah, he does. But do you know that my husband can actually do a whole Trim Healthy Mama run to the grocery store now? He is so skilled and trained. He can go... I don't even need to write a list for him. Normally like, honey, can you get the groceries and he's really good like that. He'll come back and most of it, aside from a few things that catch his eye and he can't like stop himself because they were eye candy like, maybe a packet of corn... I don't know but he'll come back with a couple of things but all the rest is like solid Trim Healthy Mama that he knows wifey is going to cook.

D Nice.

S Yeah, my husband too.

P Yeah? Can he do it?

S But I'll let your husband stand in all the glory because that was beautiful.

[00:02:27]

P Because I just wanted my husband to get the glory for a sec without yours.

S Well, no, because, you know...

D Praise Charlie.

S Because I'm in that season of like, you know, still having babies and all that stuff, I get to the stage where sometimes I just can't run out to the store.

P Yeah. So, he can do it, right?

S Especially in postpartum. I'm out of that now but, yeah, he has to go and do that. He's trained.

D I say just I went to the... I go to the... It's not just me, we both go now, because she's...

[00:02:51]

P Do you do the date at Wal-Mart? The date?

D No, no. Now normally we go together.

P But do you remember...?

S I've seen you at the Wal-Mart and then doing the little pinchy of the wifey.

D [Laughs].

S I've seen you and you're like, yeah, we're just on our date.

D I think you saw us at Costco.

S No, it was Wal-Mart.

P Hold on. For a lot... many years, though, Wal-Mart... Like the grocery store was my husband's and my big day. It felt like the date, especially if you have... when your older kids were old enough to look after the young ones and you're like, let's just go to get groceries. Okay. You want to come? We'll both go. When you're out there and you're walking, just you and him, through the aisles, it felt very romantic.

S It could have been like through the orchards.

P Yes.

D This is such a Trim Healthy Mama style date, though. It's like there he was, he took my hand and as we entered aisle two.

P Yeah.

[00:03:37]

S I don't know if it's back from my childhood or where it stems. I love grocery shopping. I don't know whether it's because I thought if I went grocery shopping I could get a treat, you know, with my Mum or something. It was like I'd be the special one and I'd come home with a treat but... It might stem from that but I love grocery shopping. I wouldn't want... My husband can do it occasionally for me but I really like to personally do it.

P I do love it too but sometimes my life's just too busy. But here's the deal. I love grocery shopping at certain stores. As much as we are the scorned women and Aldi hasn't called us back, I get a bit of a euphoric feeling walking through the Aldi... especially the newly redone Aldi's. Because it feels like Whole Foods but the prices are just so good, you're like...

S It's the right size.

P Mmh.

S Now, don't be upset, sweet Wal-Mart.

[00:04:30]

P I know.

S You've been there as a foundational bedrock for all of America.

P I still have to go to you.

S And we go to you for some things but...

D Like sauce.

S You're big.

P It's not fun and you're not...

S You're really big and when you go in there you say I'll be five minutes. Two hours later you're there in the aisles.

P You see, when I do grocery shopping at Wal-Mart, I feel... I get this work mode come over me where it's not fun, it's work. Let's get it done. Okay, now I've got to go to that aisle. I'm always rushing and I'm always like how long are the aisles. You know?

D Wal-Mart seems to cater to a hectic, fast-paced... Like it's all here in this one store and you're flying around.

P I don't know what it is, it's just atmosphere.

S You get lost. I feel like you go in for tea and then 70 items later you're in like the tea tech aisle and...

[00:05:07]

P Yeah. And it's not downing Wal-Mart because they have the things that some other people just don't have and they're there for a reason and, yes, Serene, they have upheld us in years. But now when I go to Aldis or even some nice... There's another one I like. What's the one in Fairview? It's...

S Publix.

P I love a Publix.

S Yeah, but that's only for richies, girl.

D Well, look, it's the same...

P I love a Publix.

D Like when I was a carpenter, I could get everything at Home Depot. But there's a store called Woodcraft...

S Oh, yeah.

D ...and it's got specialty items and things that you can't find anywhere and everything's high end and people in there.

[00:05:44]

S Little bits of cherrywood that you can inlay.

D Oh, it's... Yeah, and the people there are all like of like mind and they want to know what you're working on. And I found Publix to be my personal favourite place to get fruits and vegetables.

P And those people there, they treat you like you are... They're so happy you're there.

D Exactly. They recognise me at Publix.

P And they're just lovely. But this is what I'm starting to love about Aldis. Aldis keeps getting better and better. They never stopped. Their cheese selection...

D Okay.

P Now, when you go there, you feel like you're in Europe.

D Really?

S Oh, yeah. Like eat your heart out Whole Foods, you better be scared because Aldis is...

D I'm serious about cheese. So, I didn't realize Aldi's...

P You should go to Aldi's. You'll be in cheese heaven. You just stop and you just breathe in the... all the options and you hold up each one and you read it and you put it back. Maybe not that one but that one next week, how about this one this week?

S Oh, at Christmas time too you can just get the mother load. And they have kombucha, dar... I was going to call you darling. Please forgive me, Lord, I didn't mean it.

[00:06:43]

D But, no, you call the mailman darling, and in a very pure way.

S I'm used to calling everybody in my house darling.

P Danny darling.

S The D, it just spilled out.

D Well, remember 101 Dalmatians?

S Yes.

D The husband's name was John Darling.

P Yeah, he was John Darling.

S Yeah. But, yeah, and then they have the cold brewed coffee. I mean, they have everything. Aldi's, it's like the Song of Solomon. We're just like writing to you our love letter.

[00:07:10]

P But no love letters are coming back.

D No, none returned.

P What's up with that?

D You're the scorned woman. Do not stare at me because I'm dark.

P So, anyway, let's start.

S No, but I do love the size of it, though, because it's like sometimes I can like... 14-year old, yeah, you stay in the car with babies and you can watch, what, something.

D Oh, you called out the age for insurance purposes.

S Yes. TCS, get off my back, they're over 13. But, you know, they can see you from... You know, like you park up close.

P Parking at Wal-Mart...

S Wal-Mart you don't leave the children in the car.

P No.

S Not even your 18-year olds. They could get hijacked.

P I have done it but you always worry when you're at Wal-Mart because there's no sight of them.

[00:07:48]

S I did that for DCS.



D And you're surrounded by the great unwashed.

S Danny, his Publix yuppie self. You're just snobby Publix.

D I was a normal guy until I started shopping at Publix and now it's like I go to Wal-Mart and I'm like filth. The filth of society have all come. The poor and the lame and the crippled.

S That's what Jesus came for, Dan.

D No, I agree. I'm just saying I... I'm saying I'm wrong. I'm confessing that it's wrong but I'm saying once you leave Aldi and Publix...

S And it's not their fault they were given Coke in their bottle as a baby.

D No.

S It's not their fault.

[00:08:22]

D It's not their fault.

S It's not.

D It's not their fault. Whoa.

P But obviously some people have never been to Wal-Mart in Hickman County in Tennessee.

D Thank you, exactly. It's quite the show.

P It's a scary... You know what, when I walk through Wal-Mart, sometimes my heart breaks. It's like the health problems are very there.

D Oh, no, it's real. It's the pool of Siloam.

P And it's just... And you know... You don't want to be a cart judger but you can still be a cart watcher without a cart judger sort of attitude.

S You can have discernment.

P If the Lord works on your heart...

D No, that's good because I felt so much shame for being a cart judger but I realised in this moment...

P But you just know stuff, right?

[00:09:05]

D So you're just a cart watcher.

S No, yeah, I've been a cart judger in the past but I'm going to transform because we can be transformed by the renewing of our minds and I'm going to be now a cart discerner.

P Yeah, it's just...

S Love the pusher of the cart but not love what's in the cart.

P Because you know what's in the cart has caused the health issues that you're seeing in that person.

D Yes.

P And that's why it breaks my heart. Because you can't just go up to them either and say, listen, there's a better way. Look at my cart.

D You know, and I never used to think that way.

S And politically correct too. You know, I'm going to say this carefully but, you know, there's ways of living these days. It doesn't mean you don't love the way of liver. It just means the way that they're living we don't love and it hurts them, right?

[00:09:46]

P Mmh.

S There's ways that modern people have chosen to live that is hurting them. It doesn't mean you don't love them, it just means you want them to live better for them.

D It's like any time your eyes are opened to something new. All of a sudden... Like one of the first things to happen is you start noticing all around you like the thing... Even if you just did the same thing last week and this is week one of your... Like I'm a...

P Oh, it's huge, Danny. Keep going with that because then I've got something to say.

D Yeah, like week one of me like shopping correctly was a big deal. I was looking in my cart and it was like bursting with like bright garden and fruits and like...

S And it was pride A.

D Yeah, there was salmon and meat and obviously all these like foods for the first time. Like my cart isn't filled with taupe boxed pre-prepared packaged fake stuff, right, with mile-long ingredient lists and it was just stuff that was like one thing. Like this is called lettuce and there's no niacinamide and phoenix death and whatever else they put in. It's just a tomato. And so I was like, wow, this is so bursting with colour. Because I was on my special diet and then I thought...

S You were on your honeymoon of change.

[00:11:03]

D Yeah, exactly. Yeah, this was like week one. And so now... And so I'm pushing my cart through and I'm just kind of like... My chest is out a little bit and I'm like are they noticing how I'm better? Can they see?

P Oh, hold on. Has anyone not had their chest out when you're going through your grocer store and you look at my cart. You can look at my cart. Sure, I'm pretty proud of my cart.

S As the checkout person is pushing your things over the scanner.

P Do you always hope they'll comment?

S Yes, you're waiting for them to say, ooh.

D To praise your...?

S Yes.

P Oh, my goodness, I always wait for the comment because sometimes it'll happen and... One lady will always say to me, boy, you never buy any junk, do you? And I get pride puffed up.

[00:11:42]

D Hey, do you ever do this...? Do you ever do this too, like you fantasise about the type of compliments, specific? Like, oh, that's why your skin must be so nice or something like that. Like you pretend that they're going to... that they're thinking all these things and all they're thinking is when do I get off, I'm tired of this shift, why did I choose to work here.

S But, no, now it's all about me, me, me, me, me. Let me open up my vulnerability.

P Okay.

D Let's hear this. Confess.

S But I'm not staying here. I'm moving on. Okay?

D Okay, fair enough.

P Okay.

S But in the store it might be easy to fantasise what people say because you're around people that are seeing your food and they might say I fantasise at home without anybody there.

D On your cutting board?

S No, opening my fridge and imagining some stranger coming in and opening my fridge and getting a shock at the glory that's in the fridge.

[00:12:28]

D Yeah, yeah, totally.

S And they haven't me yet. They'll come in... Like, you know, maybe we invited them over and the door was unlocked, they're sitting down and they just open our fridge and... We're not home yet. They open the fridge and then they learn who we are by the fridge.

P That's your fantasy?

D That's the fantasy.

P That's the purest fantasy.

S I have thought about this so many times. How ghastly is that, right?

P Okay, but here's the other side of it. There's been times when... I am Pearl, the author of Trim Healthy Mama, and there are things in my cart that don't look like I'm the Trim Healthy Mama author. Like we have, you know, some teenage party, one of my boys, and I'm loading with corn chips, you know, and I've got...

[00:13:00]

S I get corn chips every week, Organic Blues.

P Yeah, but, no, these aren't Organic Blues. I'm feeding a lot of corn chips.

S You feed them all the cheap stuff, right?

P Yeah, and then there's going to be ice cream after that party and it's going in there, you know, and I slink around Wal-Mart.

D Oh, ashamed.

P I slink. I put things... If you see me in Wal-Mart and I've got the greens on the top, it is covering something, okay?

S Usually I don't meet many people in the store, unless it's something like that, at Christmas time. It's like my children go healthy all year and it's Christmas, I may not buy the worst of the worst but I go to Costco and buy the bake packets of yummys and all that.

P I always know...

S And oftentimes I'll meet somebody, oh, Serene, Trim Healthy Mama, and I have just nothing in there but boxes of candy. Healthy candy slash but...

P No, do you not meet...? Every time I go grocery shopping, I meet people, especially at the Aldi's.

S Well, at the Aldi's, yes.

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

[00:13:59]

S I'm Serene.

P Hey, Serene, did you finally buy some of your underwear?

S Yeah, but actually not at goodwill, like the rest of my clothes, thank the Lord. I got them from Pact. You know where? Pact.com. Love it.

P Pact makes super cute and super soft clothing for the whole fam, made out of 100% organic cotton.

S That is soft, people, and that's important because comfort's where it's at. And, look, it's made in fair trade-certified factories. That's a plus because, you know, we like people to treat their workers fairly. Their prices are fair too. You know, 15 bucks for a tee, 30 bucks for legging and, listen to this, seven bucks for undies. That means you can change your underwear more frequently, if you would love to.

P These are processed from natural fibers, so that's amazing.

[00:14:48]

S And also, we are offering our poddy listeners a discount, Pearl. You just shop it at [wearpact.com](http://wearpact.com) and enter the code `trimhealthy` at checkout for 25% off your first order, mates. That's [W-E-A-R-P-A-C-T.com](http://W-E-A-R-P-A-C-T.com) and enter the code `trimhealthy` at checkout for 25% off. Poddy listeners, buy some underwear. You can change the world. This is the PODdy with Serene...

P ...and Pearl.

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

D I had my first sighting.

P Did you? Was there a full-on Danny sighting?

D It was the first ever.

P Okay, what? I want to hear it.

D It was a person... It was on a public sidewalk outside of a store and...

S It was a person.

D And this person said, where do I know you from, and in my head I was like the Trim Healthy Mama stuff, right? But I was like, I don't know, I don't think I've met you. She was like, do you go to the bridge, and I said, I've been to many bridges.

P You're making it hard. You really want it to keep coming, don't you?

[00:15:56]

D Yeah. And I let her walk away. But she came back.

S Yeah.

D She came back and she goes, I just realised where it was from. She goes, Trim Healthy pod... the Trim Healthy Mama.

P How did she see...? She saw a video of you or something? Because people hear your voice, they don't see your face.

D Exactly. I said, what, you listen to the podcast or something? She goes, I do but, yeah, I've seen your face probably on Facebook or something like that.

S Oh, my goodness, Danny.

D And I felt the pride swell my chest, okay, and I went, where's my cart full of

vegetables and fruits to show her that not only have you recognised me but I'm in proper form.

[00:16:32]

P I do this, yeah. Hey, before we go on, and we're definitely going to get to what we put in our carts at the grocery store but I do want to say something.

D But we're having way too much fun.

S It's a vulnerability.

P But Danny said... And, listen, Serene and I... You're writing your book, Danny, Serene and I...

S But pride is worse than McDonald's. I'm just saying it, right? I'm transforming now. I'm just realising the sad to see cart.

P But, anyway, yeah, our sad to see grocery carts.

S And we're filthy.

D This is huge.

P But, anyway, hey, let's not get too bogged down [unclear], let's bask in the righteousness that we're bathed in through the cross.

S Totes.

P Hey, come on. Anyway...

S We're meant to have healthy carbs.

P Yeah. All I was going to say was, Danny, when you said, you know, the first week... Can I speak?

S Yes.

[00:17:20]

P Thanks. The first week, you know, you're on your new thing and you're doing



your healthy foods and you... and now you suddenly see all the other cuts. That was you before but suddenly they look repulsive to you.

D Yeah.

P Well, I've come into a new thing. We're going to get some meat here. I'm coming to this new thing, so is Serene, but it actually started with my sister, Vange, and, you know, we've been on a spiritual journey and a change. It's letting go of changes, how He really can and Vange... and this is going to come out in our book I'm That Girl, part of it, but I'm just going to give you a preview here.

D Did you just give us the name of your book?

P Yes, I'm That Girl.

D It's called I'm That Girl.

P Yeah, but that's not the cookbook, that's the change book. The cookbook is Trim Healthy Quick And Easy. The I'm That Girl... Don't tell anyone it's called I'm That Girl.

[00:18:08]

D I won't tell.

P Anyway, part of it is about hurt. Okay, so Vange was saying to me... She should tell the story but I'm going to give it to you in 30 seconds. She said, Pearl...

S That's good because she'd give it to you in 30 hours because she's...

P Yeah. Last year I knew that this year I was going to become a real Christian but it was really hard for me because all year I didn't know if I could. I'm like Vange, what are you talking about, a real Christian.

S She's like...

P You're like the most Christian person I know. And she said, no, Pearl, you know, you know me, I'm in love with God, I read his word but she said, no, a real Christian. I'm like what the heck are you talking about. And she said, no, I knew at the beginning of this year I was truly, truly going to lay down my life and throw my hurt away, just like Jesus did, right, He forgave them on the cross. And

she said, Pearl, we all hold hurt. We're so good at it. Even as believers. We call us believers but that person hurt my feelings and, oh, man, and my wife said something that hurt my feelings and she's like, no, Pearl, nothing... I am to hold nothing because I am forgiven so much. If I'm forgiven that much, I must forgive. That's when my husband hurts my feelings, you know he can, Pearl. You know what hurts me. And I'm like... And so she said, and I've done it since the beginning of the year and she said it's the most freeing thing in the world.

S I overheard the conversation. She goes, oh, Pearl, it's so fun. It's like bring it on, bring it on, come on, come on. Bring me a hurt because I want the challenge.

[00:19:33]

P Yeah, and she's like...

S I want a challenge to die to myself.

P ...I don't have to forgive, now I get to. What? And I'm like... It just started... You know, I've been on this journey and I'm less offended by my husband than I used to be. I used to give silent treatment, he used to hurt my feelings, and I'm less that way. I've been walking in it and I thought but, Pearl, what if these things that you suddenly... like you shouldn't have said to me, honey, it hurt my feelings, what if you could just throw them out? Okay. So, that was last week.

S Yeah, but can I just add to this because it's like... And we started thinking about it, the parable in the Bible of that man that was forgiven everything, all of it. He had this huge debt that he could never ever pay. In our currency it would be trillions of dollars, right? And he got forgiven everything. It was unbelievable. He was like, oh, my goodness. And then he went out to his neighbor, his brother or whatever it was, my paraphrasing here, and said, give me your money, you owe me, what, 50 cents, in comparison, right, to the debt that he was forgiven and the guy's like, I can't pay it, I don't know how, give me time, and he's like, no, throwing you and your whole family in prison. And that's like it is, God has forgiven us everything, everything of who we are and our fallen nature, right, and then we hold a little cents worth of, aww, you pricked me with that annoyance.

P And even if we decide we forgive but we still show we're hurt because that's precious to us, right? My little showing my hurt, it was my... I was so good at it. Anyway, so I thought why can't I go that whole way. Why can't I lay that down, right? So, I decided, okay, if my sister, Vange, could do it, I can do it.

S And why do we lay it down? Because when we become Christians, right, we die on the cross. Calvary means us dying. And we're now... it's only Jesus living in us and when Jesus is on the cross, the whole lot of them, even the disciples betrayed him.

P Guess what, hurt, it's not good for us. It's really bad for our bodies. Every cell in our body responds to it, cortisol rises, our body wears that despair and we have to... And it's a little bit of a... You know, we wrap ourselves in the cardigan of hurtness, like it really hurts, and everyone's like, yeah, you go ahead and hurt because it's human to hurt. You hurt. You know? But that's... We all think we can hurt.

S So, we become the victim.

P But, anyway, so I...

S And there's always a villain.

[00:21:47]

P To go back to this, Danny, so... you know, so some things that my husband would just ordinarily say, especially in business meetings, Trim Healthy Mama business meetings, he'd always hurt my feelings somehow, just because of the type of person he was and I thought, what if I...

S Well, he's alpha male.

P Yes, he is. I just thought, what if I could not be hurt? What if I could?

S Well, inside your home, you see, he wears husband hat but outside the home it's a business hat and he's like... used to like, okay, now this is going to happen and that's going to happen and he probably like...

P Oh, he hurts my feelings.

S He wears the business hat.

P But I thought, why Pearl? You're so used to practicing the hurt feeling thing. I just threw it away. It's just the best darn thing in my life. Danny, you can't hurt my feelings. I mean, you... I mean, there might be a temptation but, by jove's, I'm not going to wear that. You know, I'... Any of you people in this room, Serene,

you've hurt my feelings before. Now, we learned to get over each other's hurt feelings really quick.

S But mine is... I'm going to a new level, Pearl.

P But I'm practicing now... That was the old me and now I'm like this person... I'm like Danny with the new cart of groceries and I'm like... I'm sort of like this is my new cart of not hurt. It is so freeing. Look at my beautiful groceries, look at this life I'm living now, not being hurt. But then I look around and I see all what I used to be. You know, I see that person but, man, that hurt my feelings, they shouldn't have said that to me, and that really hurt, I don't know if I can get over that, and I'm seeing all the grocery carts now and I'm trying not to be judgemental because I was that last week. Oh, but it's huge. It's so huge.

D And can you now see when someone... you know, not to judge but to observe when others are hanging on to hurt. Isn't it so clear?

P Yes, and I'm seeing the waste of time, the things it does to your body, the ridiculousness of it.

S The emotional drain.

[00:23:30]

D Oh, but can you do this? Can you be hurt at someone and... but yet, you know, pray and meditate and keep your body right?

S No.

D Can't you separate it?

S No, you can't, because the Bible says you can't.

P No, because you're focussing on this hurt. I mean, I was skilled at being hurt, I tell you. It's one of my skills, especially with my husband.

D You have a degree.

P He could hurt me and I had a black belt in it, being hurt, and now I've just thrown that... I don't want that. I love this life.

S Isn't it fantastic? As we're mirroring the one that sets us free, we become free. Now, He's made us free on the cross but that's because we're meant to live through the eyes of the cross. Right?

P Yeah.

[00:24:15]

S So, if He's made us free and, yes, we're going to go to heave and that's great, but to be free right now, for Him to say this here for earth, to have His kingdom come on earth, we have to walk in the light of His cross, which is walking as Him. And He doesn't get offended and He doesn't get hurt and it's so freeing. It's so fun because all these other things you try and be hooper and have all this energy for on earth, maybe it's like to lose 100 pounds and to exercise every day and to have self-control for food and it's all great and it's all wonderful. But not many people try and take the hooper attitude or the energy to not get hurt, to be strong, to be self-controlled in this area. But this is actually the area we have strength through Christ for, because it's something that He's paid for, for us to be righteous in these areas.

P I know.

S But it's by faith. So, we have to just believe that we can do it and do it and walk in it. It's not pride, it's just acceptance.

P It's so true and we'll get to the grocery store any minute. But I wanted to say... You know, you could say...

D But, wait, there's more.

P Yeah, but, wait, there's more. You could say, but hold on, this is a bit ridiculous, there are truer things in life that hurt. I mean, I don't know what your Uncle may have done to you, I don't know how your Mother treated you all those years, I don't know how your Husband betrayed you. Right, those are deep things. I do know this, though. We all have our stories, right? There will always be a story that is harder than ours that someone went through. Hurt doesn't help us. Hurt is a natural human thing but we live in the supernatural too. And I'm not pretending let's just all be Pollyanna's and let's pretend nothing bad hurt us. But we're called to something more and when Christ said, you know, I set you free and you will be free indeed, He knew it was so much better and that we were created to live above that hurt and to offer that forgiveness, because it's good for our

minds, it's good for our bodies and just because He did it, and when we emulate something, we are supposed to and we'll be far better off. And so I can't speak to your situation. I don't know. I can't... You know, I don't know what to say. You can put me a hard question but, Pearl, I was molested from the age of three to 16, you know, how can you say, oh, don't hurt.

S Well, see, the thing is that Christ knew and Christ knows and that was done to you and that's awful but concentrating on that... And it's only going to be God's strength to be able to not concentrate on that.

P Yeah.

[00:26:42]

S On what was done to you is where the pain remains but concentrating on what was done for you by Christ, not done to you by... for the man but done for you by Christ to strip that pain away.

P So true, Serene.

S That's where the concentration is and that's where the freedom comes. He said it was beyond any other man. He went through and bore all of this and the knowledge of all sin that was present and that was to come, the knowledge of all that darkness and the pain of all that disease was laid on. He bore it and... You know, when you read the story, there was... the pain that was done to Him before the cross was... you can't even describe it, right? It was only because, I believe, He was God that He lasted to the cross.

P Yeah.

S That was done to be able to take those memories away so that what was done for you can pale away in replacement... in what you're going to replace with what was done for you.

P And I don't think the memories either go away but...

S No, I believe God can strip them.

P Yes, but... Maybe the pain and the hurt but...

S So they don't sting anymore.

[00:27:46]

P But here's what I want to say too. Here's another thing. Some... Even setting that aside, when we forgive and let go on the little things, when we baby-step into this, I think it can peel the onion and we get stronger and stronger in this and then we can face the deepies.

S So, maybe I'm not a captive for... Maybe my husband said... Or maybe I said, hey, do I look good in this and he's like, yeah, I like what you wore better last week or something and maybe it hurt my feelings, okay, I'm not a captive to that hurt. It hurt me for like a night maybe or whatever, a day, but some people are captives to the pain because it was... their pain was so vast, right?

P Yeah, because there's a hurt spirit.

S But Christ came to set the captives free. So, the cross and Christianity is for those deep places. As much as it's for the little things, it's for those deep places, so it's not like, well, you don't understand, mine's so deep. But the thing is, is you need to understand is, it's because it's so deep is why He came. And so those are the perfect situations to put at the foot of the cross and some things that are... See, in the past, and He's come to sit all things new and the past is gone and He's made all things fresh. The past is gone but it's hard for us as humans to be able to realize that but it's the supernatural gift that the past can be gone in Christ.

P Yeah. Dan, you didn't know your grocery shop little thing was going to...

D No, I didn't. Girls are funny because if I was like, John, what do you think about my shirt, and he was like, man, the one last week was a whole lot cooler, I'd be like, cool, there's my friend, right, I'm going to go get that other shirt.

P Yeah, but we'd get hurt.

D Because that's the information I wanted.

S But no more, Pearl. We're that kind of girl that doesn't get hurt now.

P I was even... And this is the extent. I'll just be vulnerable to the extent of my hurt. I was such... like a hurt person, I don't know what it was, an insecurity or something, even like... My husband didn't like the smell of garlic on me but he'd always say, go ahead and eat it, I just won't kiss you that night, right? That would sink so deep into my soul, I'd almost be in trauma for the rest of the night.

D Why? It's so practical.

P It's practical. And he's like, hey, I don't like garlic on you. That's okay.

D And that was actually nice because I don't enter my home when my wife eats garlic.

P Okay. So...

[00:29:58]

D You can just have the house and I've got my little office out back.

P But you don't even know the tears I've cried that he's said that and it doesn't even make sense.

D It's so silly.

P So, he doesn't like garlic on you. Well, now I'm just like I see the silliness, I see that grocery cart for what it was and I'm like why, Pearl, did you spend hours on this... It's just so ridiculous.

D But unfold to me the purpose of taking offense to that.

S But can I say something really quickly, though, Pearl? Can I say something that just came... an analogy just came to me about the grocery cart.

P I felt gross.

D Okay, you felt gross.

[00:30:27]

P I felt rejected.

D Okay.

S An analogy just came to me from the grocery cart and it's just like, wow. Okay, so we go to the grocery store and we put a bunch of yogurts in from the dairy section and then we realize that they've got a past date, a use by date, and they're old. We put them back, right? Because we're like, that's not fresh, it's not for now,



it's not going to do us any good. We're just like and maybe we'll tell the manager, hey, I know that you may not realise but these may have not sold and you need to throw them out. Why are we always keeping use by stuff in our spiritual carts, in our emotional carts?

P Oh, good.

S And keeping it around to stink.

P Oh, Serene, that's so good.

S You know, we've got to get rid of that use by stuff. It's in the past. We can't fix it now. It's gone. So, we just have to be...

P So, stop eating it.

S Yeah.

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

S I'm Serene.

[00:31:18]

P You know Serene and I. When it comes to natural products, they're the only things we'll endorse. Grove, it makes it easy to find the best natural eco-friendly products online and here's what I love, they deliver them right to your door. No shopping in the supermarket. Everything available from Grove is healthier for you and for our planet and it really works. That's what I love – it works.

S And not expensive. You go and buy your natural products at a regular retail store, you're paying for that retail space and they... It makes you think that, oh, I can't buy natural products because they're expensive. But if you buy them at Grove, they're actually...

P They're affordable. This is just all about who we are. You don't want toxic chemicals in your house.

S No, I'll tell you why you don't want... Because if you want to get off the smoking, what do you do? You put a nicotine patch on your skin. If you want to like maybe help your hormones, what do you do? You rub bio-identical hormones on your skin. If you... Topical things are straightaway affecting your bloodstream.

[00:32:19]

P Yeah. So, if you're using cleaning products like dish soap and your hands are in the sink and it's not natural.

S Or you're smelling. It's the opposite of aromatherapy. It's like killime therapy.

P So, why do that when you can go to Grove.co and get these natural ones? It just doesn't make sense. What makes sense is to go natural. When there might be just... Yes, they're quality, so they're a little bit more expensive but this place is making them actually affordable.

S And can I just talk to you about another serious thing?

P Yes, but this is going long.

S Yeah, but this is important, Pearl. Listen, you might be thinking, well, you know, I can handle a bit of the chemicals, you know. But what happens if your six-year old or your toddler says, mummy, can I help you do that? And they're putting their hands in these chemicals and little bodies concentrate things and it's just not okay.

P So, try Grove now before this exclusive spring offer runs out. For a limited time, our poddy listeners, you are going to get a three-piece cleaning set from Mrs Myer's spring scents, a free 60-day VIP membership, and a surprise bonus gift just for you when you sign up and place an order of just \$20 or more. So, check out Grove and our special offer at [grove.co/trimhealthy](https://grove.co/trimhealthy). That's [grove.co](https://grove.co), not .com, right, slash trimhealthy.

S This is the PODdy with Serene...

P ...and Pearl.

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

[00:33:49]

P You know what, this is going to be something so different but I... Lesley has a rookie question I want to bring. This isn't part one and part two. Part one, we didn't even know we were going to go here, grocery store run, right? Part two will be the practical let's actually go to the grocery store. But I feel like this was supposed to be today. I don't know why.

S We did not plan this.

D Hey, you know what's...?

S We plan the meat to be thawed out for next week.

P Yeah, but we're going to do the practical next week but it was just supposed to happen. Danny, you say...

D Yeah, just one more little note on hurt and unforgiveness. You know, I used to think that those two were different. Like, yeah, I'm really offended. Like a man doesn't say, I'm hurt, ever. He's offended maybe at best.

[00:34:27]

S Yeah. Mostly mad, yeah.

D Or ticked.

S Yeah, ticked.

D I'm ticked or other forms of that. And I thought that I could have that but have also forgiven them as well. Like, oh, I've forgiven them but I'm still like not going to speak to them and let them know what's up. I'm going to hold them accountable and there's a time for those things but, you know, hurt or...

S I think there's a time for holding accountable...

D Oh, of course.

S ...but not holding the grudge, yeah.

D Yeah. Well, when your emotions are caught up in it, you know, you're all in knots and you're personally hurt.

S Oh, the knots, yeah.

D You know, it's like hurt is the sign of unforgiveness. Even though you feel like you've forgiven but you're still hurt. When you're hurt, you haven't forgiven and...

P It's a practice, though, isn't it?

D It is a practice and one thing that is an unintended consequence of unforgiveness is you feel guilt yourself. When you don't forgive somebody, there's a cloud over you.

[00:35:26]

S Yeah, there is.

D And you feel like you're in trouble and like you've... You're not right with someone, maybe God. There's a freedom in... when you forgive someone, you'll find that you also have been forgiven.

P Your body knows it too. Doesn't it feel different?

S Yeah, your body knows it.

D Oh, your body knows. Your body knows, your gut especially knows.

P Yes. I'll tell you what I want to be. I want to be a ridiculous getter over it person. I want to be so ridiculous at it.

D Cloud nine level forgiveness.

P That you will hurt me... Like somebody can give a review now, Serene, of our upcoming books, where that used to hurt me...

[00:36:09]

D Oh, yeah, get ready for that, right?

P Get ready, Pearl, you're going to drop that like a hot potato and say, so what?

D Mine's going to come out first so that we can manage the sales.

S But, you know, Serene can't do it, though, because... But I'm getting rid of her. I've still got my personality and all that stuff.

P Okay.

S Because I feel like God created that and He's going to shine through that because He created that for fun. Right? Everyone's He created for fun, for His glory and all that and... But I feel like all that fleshly side of all... you know, the...

P All your hurts and pricklies.

S Yeah, all that kind of stuff, I'm just going to slay it. It's going to be dead. And it's what Paul said in the Bible, like crucify with Him. And now it's only Christ that lives and it would be so odd if... So... And I've heard it spoken by this wonderful guy. Dan Muller is his name and he said like if it sounds ridiculous... All the things you're saying in your head, if it sounds ridiculous coming out of the mouth of Jesus, well, then it should be ridiculous coming out of the mouth of a Christian.

P Oh, right, yeah.

S You know, it sounds ridiculous, oh, he hurt me and I can't believe it. Well, you know, I would have forgiven them a couple of months ago when I was like, you know, coming to them and saying, well, you know, blah blah blah, but now, now it's gone too far and, you know, where were they when blah blah blah. And it sounds ridiculous coming out of Jesus' mouth.

[00:37:23]

P Yeah, we can't do it in the old wineskins that we were. It'll have to be new wineskin.

S And we're going to fail, right? We're going to fail if we do it in our own strength.

P Yeah, and obviously it's like the whole Trim Healthy Mama thing. You know, some days I might not be the perfect dropper but I'm going to get back on that dropper horse, you betcha.

S And we're not going to concentrate on the failure. We're just going to have faith that we were created for righteousness.

P And we are created for this, people, but, Lesley, bring your rocky question into Danny's microphone. You just slid it away from her. Just like... Oh, Lesley's coming to the couch. Come and sit down on the couchie wouchie, Les.

[00:38:03]

L Thanks, Danny, for sharing your microphone. I know you hate it. But you've forgiven me, right? Rookie question is... And it's been on my mind for a while, and talking of bringing poddy meat, I feel like I've got it, the plan, right? I feel like I know the basics. And I know that I could read this somewhere and just please forgive me because I'm just not that girl. But I will be. I'm that girl, not that girl.

P You haven't been that girl yet but you're going to be.

L I'm going to be. But what really still hurdles me when I'm creating meals for me and Dad, the meat, like the protein, specifically like... So, say I've got like this beautiful E Meal all arranged but then I go, oh, wait, because this is like... Wait, this isn't an E Meal anymore because I've totally messed it up with the protein. So, I know sometimes you highlight like the fun... like the, hey, it's everywhere but here we're going to highlight this, I wondered if there was like a quick way for you to like run through like E turkey, chicken, you know...

P Yeah, I love it. What a good question.

L Okay, thank you.

P I think it trips up a lot of people. I'll go and then Serene can go. There is only two fuels when it comes to meat. Okay, meat, if it is lean, ultra lean, like chicken breast, zero grams of fat, or even very few grams of fat, deer, like venison.

L See, I would have put deer... I would have said deer in my mind was F.

[00:39:44]

P No.

L I'm having like a super...

P No, lassie. Can you...?

S Anything that just pastures and doesn't get fed grain can end up being very lean.

P Okay, can I...? I'll do it in this nice lovely way and then all you chatterers can come in.

S Yes, and there's no offense to the way she said that because I'm unoffendable.

P Yeah, thank you. Shut up. Hush up. There's only two fuels when it comes to meat, dear Serene. Let older sister speak here. There are fuel pull meats which are ultra lean and then there are S meats because they're fattier. Now, your S meats that are fattier, anything with skin, anything with marbling, anything that has some fat in it, can only go with S meals.

S And if you've noticed, salmon has marbling. It has that nice white stuff that cooks out onto it.

[00:40:30]

P Yes. So, some salmon is S. Lean salmon from a pouch or a very lean piece could be a fuel pull. Now, this fuel pull meat, all the rest of your meat, you've got chicken breast, you've got tuna, you've got white fish, you've got... There's one form of pork, I think it's a pork loin (pork tenderloin) that's very lean. I don't eat pork but some people were telling me these... Shrimp, all those sorts of..

S Turkey without skin and...

P All those very lean meats, Leslie, that are fuel pull, that means that they can go with an E. They are not an E but they can go with an E. So, you can't put a fatty meat with an E unless you want to Cross over, which is fine. But if you put a lean meat with an E, you're great. Or a lean meat with a fuel pull. You've already got a fuel pull.

S Or a lean meat with an S and throw olive oil on or put an avocado on the side.

P Yeah. So, your lean meats, your ultra lean meats, they can go with everything.

It's only the fatty meats that stay in the S. Does that make sense?

S So, ground beef that's not pasture-raised, it's like grain-finished, or bacon, chicken with skin.

P Get your... Look, your face is so far away from the microphone.

S Chicken with skin and all of that, that all is S. And the rest is fuel pull.

L So, ideally...

[00:41:46]

S But you can do a trick with ground beef and make it a fuel pull by doing the hot water trick.

L Ideally your protein with your E meals are either super lean or they're like a drink with like collagen or protein.

S Okay, let's talk about dairy. Dairy, anything 2% and under is... Like 2% cottage cheese...

P Don't get stressed, lovey, look... She needs a massage, poor Lesley.

S Will you get me like a little tiny piece from the bottom?

P Do you not remember that people can hear us when we eat?

S We've decided that we... they're not going to get offended. They're going to be that kind of girl or that kind of Bruce.

P Oh, that doesn't get offended. So, we automatically say either that girl or just Bruce. Bruce represents all our male listeners, I guess.

[00:42:30]

S Because he was the first man to listen to the PODdy

L Okay. I'm going to... So, I'm going to see if I like digested this.

P Okay, Leslie. Shall I ask you questions? Shall I quiz you?



L Yeah, maybe in just one second, so, an S... So, meats that go with an S meal are going to be marbled or like fat... like anything that's got like visible fat like or skin. So, a chicken like with skin or turkey with skin.

S Yeah, the dark. The lamb.

L The steak, the lamb.

P The basic ground beef, yes.

L The ground beef, which I'd... That's basically my diet.

S Unless you've pasture-raised them. It's like our bull.

P Now, there is one where you can lean up your ground beef. If you want to lean up your ground beef, cook it first and then rinse it under super hot water. Don't just drain it, Lesley, boiling water on top of it, that will get... release the fat. Then you can have it in an E Meal.

S It'll melt the fat off of the meat and push it down into the pot below but not into your kitchen drain.

P Oh, I do mine.

[00:43:34]

L Let's talk about that, though, the whole oil down the drain.

P What, lovey? Oh, I use hot water. Mine's fine but other people think that I'm a sinner to do that.

S The fat gets all coagulated.

P You should build a new house, like an English manor, and it won't do it.

S Oh, yeah, you Richie.

P And I'm not offended. I'm that kind of girl. I'm keeping my grocery cart free and clean.

L Skinless chicken breast and turkey, like tuna packets...

P Yeah, lean deli meat.

L Tuna, white fat, white fish...

P Lean turkey.

[00:44:11]

L Lean deli meat.

S 2% cottage cheese or under.

P Greek yogurt that's 0%.

S Oh, she bumped her head.

P Is she all right? She did it on the corner.

D Hey, excuse us while we just had to cut the mic quick. Had a little baby bump her head and...

S On the coffee table.

D On the coffee table.

S And I yelled out that it was the first time she'd ever gotten hurt and I was screaming.

D And it was a major crisis. But we're back and we're so glad you tuned in again with us.

P To say goodbye.

D And we just... It's time to say goodbye.

P I'm so excited about this podcast.

[00:44:45]

S I'm not offended at you and your pointy cornered coffee table, Pearl.

P Sereny, you're going to ruin this whole non-offended thing by overdoing it but I forgive you.

S Yes, forgive me for that.

P I'm not offended by that.

D And I'm going to have to leave now and eat this banana before I go into another ketosis state.

S You have so much fruit in that.

P Ketosis is not happening.

D Not anymore. I did it once and I'm never doing that again because it was awful.

P Oh, yes, okay, love you, everybody.

SP Your home is important. That's why Geico helps make it easy to save on homeowner's insurance because home is more than just a place. Home is where you have a cute little reading nook for those rainy days when you want to curl up with a good book. But you don't even read, so you just sit in there during thunderstorms and squirrel through memes on your phone and laugh in the darkness. The Geico Insurance Agency could help protect the dark meme-filled corner you call home. Call Geico and see how easy it is to switch and save on homeowners' insurance.