



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #124 - A Whole New Mind Blowing Approach to**  
**Dishes & Cooking**

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

S = Serene · P = Pearl · D = Danny

[00:00:00]

Announcer Technology truths, brought to you by GEICO. Truth, you think you can solve any problem by turning your computer off and on. Hey, man, is there something wrong with your laptop? No, I just need to turn it off and on. It's no problem. It's smoking. Yes, that just means it needs to reboot.

Truth, it's so easy to switch and save on car insurance at GEICO.com. And now it's on fire. Happens all the time. It's all good. GEICO, 15 minutes could save you 15% or more.

[00:00:30]

S This is the PODdy, with Serene ...

P And Pearl.

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

D It's the Trim Healthy Podcast people. It's Wednesday and we're in your face with good tidings and cheer.

S Guess why we're in your face.

D Hold on, with Serene, Pearl and Danny. Go ahead.

S Wow, guess why we're in your face.  
D Why girlfriend? I mean ...  
S Because we're taking the cap off of Wednesday.  
D Friendly.  
S We're just friends.  
D Friendly girl.  
P Just a friendly girlfriend.

[00:00:56]

S Hey, because we're taking the cap of our joy off of Wednesday. We're not going to cap, ah, it's Wednesday.  
D Remove the cap.  
S It's Wednesday. No, it's Wednesday.  
D Hello.  
S Pearl, can you do it?  
P People might be listening to this on any day, Serene. This comes out on a Wednesday but many of our listeners listen on ...  
D You know what? I want them to feel it when they miss Wednesday.  
P Oh.  
D When it's Thursday and you hear, it's Wednesday people, they're going to be like, we missed it.

S Yes.

P Yes.

[00:01:26]

D So, we got a PODdy for you today.  
S Oh boy do we.  
D It's podcast time.  
P And you know what? Some things just come at the right times and I just think this is going to be a timely word for you. I got this yesterday and it was completely by accident.

D You got this. Like, in the mail?

P No, I got this download, Danny.

D Oh, you received it from the spiritual realm.

P I did but it came through the online realm first.

D Oh, okay.

P I was just actually searching online for other things. I was in a deep study about MTHFR and folate and how best to get your folate because I'm in this big tizzy of a, where's the truth in all this.

D Only you all could be in a tizzy about MTHFR.

[00:02:06]

P Do you do Methylated B vitamins or do you not? Anyway, there's a big thing.

S Well, you are not allowed to be in a tizzy because you need to go back ...

P I'm coming out of my tizzy.

S And listen to PODdy number such and such. I don't know.

P I don't know.

S And I don't even know what you are saying.

P I just wanted to get to the truth of it, Serene.

S The one about, don't wait upon Google BeelzeGoogle or whatever it ...

D BeelzeGoogle.

P BeelzeGoogle. All I'm saying is, there is so much confusion and conflicting information out there and that's when we got to the truth with Trim Healthy Mama, Serene. We just got to the truth of it. And so, I want to get to the truth of some of these other things.

[00:02:36]

P But in my journey to the truth, and I am getting there, I was directed to this site where this man was talking about a certain supplement. Okay. But then he started talking about food. He's got his own diet and to give you this truth I have to tell you a little about this diet, which is pretty cray-cray. I mean, it's not sustainable. There was some good stuff in it but it was like, you have to have

three cups of cooked vegetables at every meal and there have to be 10 different vegetables at every meal.

S I got a bloated stomach just listening to it.

D Witch doctors

P And it was – went on and on. All the things you weren't allowed to eat. You weren't allowed to eat fruit. You had to have a certain amount of protein but only certain proteins. By the end of it I was like, almost hyperventilating.

D Now you have to subscribe to their system or else, right?

P Oh wow. Oh wow.

S Wow, Producer John here is like, whamming us out with his Thieves. Can you smell that?

P The Thieves oil oh, I like it. Anyway, let me speak.

S He's an obsessive Thieves dropper.

[00:03:29]

P Anyway, there's a point coming for people, Serene. Let me get this point.

S Yes.

D She is on a terror right now.

P So, guess what, I loved what he said. I didn't love his diet, but I love what he said. So, he was just a no-nonsense guy, right? So, then he said, people say to me, well I don't have time to cook all that and I don't want to cook. I have to cook every meal. And he said, guess what I say to them? He said, good. Good for you to cook because guess what? It's so good for your brain. It's so good for you body. In this instant day of, like, open a packet and forage, instant meals and everything. It's not the way we were designed to be. He's, like, you were designed to spend some time cooking, to sit down and eat that meal and then spend some sanity time cleaning it up.

S Bingo, Pearl, you hit on something. You said, sanity time cleaning it up. People despise cleaning up, but studies have now come out ...

P Yes.

[00:04:30]

S We'll get them for you at a later date.

D No, we won't.

S Because they're not right in front of my face, but I remember you ...

D No, they're not coming.

P Meaning we won't get them for you.

D No, never, go ahead, Serene.

S That's like when parents are trying to be good disciplinarians. I will give you a consequence at a later date.

D Yes, I remember my kids ...

S My children are like, whoosh I got out of that one.

D When my kids hear that their friends are going to Disney World and they're like, we want to go to Disney World too. And I'm like, soon.

P Soon, yes.

D Soon, we will.

P At a later date. Never.

[00:04:54]

D Totally one day.

S No, but listen, Pearl, you did read about a study once here before. I don't know if it was on the radio, the radio show that we used to do, the old has-been show or whatever. But anyway, you said how there was a lowering of cortisol, of stress hormones when people actually clean up and do dishes and do repetitive tasks around the house.

P Yes, but it's all about the way your mind looks at it. Listen, I'm there with you. If you're like one of the people, I've been there with you. It's like, do I have to cook again tonight? Oh, my goodness, dishes and, you know, it's just so much easier when I can go out or if I can drive through. If I can open a pack. Just give me packs. I'll open them. Okay, isn't that the way our brains want to be because it's the easiest but is the easiest the best? I started thinking about this yesterday when he said this for his cray-cray diet. But then I thought, let me look at this in a more sensible way.

S Not in his diet in the more sensible way, in the actual, in the idea of spending time in the kitchen.

[00:05:52]

P No, look at the philosophy. I want to relook at cooking. I'm always trying to shortcut my cooking, get it quicker and quicker and quicker. That's who I am.

S You know I'm really enjoying you coming to this whole theory, Pearl.

P I'm not going to turn into Serene, a purist, but I'm going to start looking at this differently, and then cleaning up after. I've always looked at it as like, get it done once I get that done, then I can relax.

D Then I can live.

P Then I can live. But what if it's ...

S You would pay money to put your feet into like, little fish tanks and let fish eat around your feet to relax you?

P Girl girl, let me get my point out.

S Put your hands in soft, hot water

P Let me get my point out. What if it's so jolly good for me? What if I could look at it as like, this cooking is therapeutic. This is the natural way of waiting, then feeding and then cleaning up. We've looked at that with disdain. I have looked at that with disdain. What if I train my eyes and my brain to look at that with honour?

D Love it, Pearl.

[00:06:51]

S Do you know, can I just tell you and this is a “SAG” out of the window, out of the blue, it just dropped into my brain.

D A SAG?

S SAG means – I’m a “Super Analogy Girl”. That’s my nickname. I named myself SAG.

P SAG.

D I remember the super hero show. I was almost – no, I was in that.

P Yes.

D Go ahead.

S Yes. “Super Analogy Girl”. I have a cape, but I bring out analogies. Half the time they work, half the time they don’t work. Can you imagine being slammed into birth out in the middle of nowhere? Pearl just slammed, just slammed. That would be stressful.

P I don’t know what you mean, slammed into birth.

[00:07:18]

S Listen, just wait. It just came into an analogy.

D Like, you were walking down the street unpregnant and then, boom, you’re on a table giving birth.

S How wonderful. No, no. How wonderful – listen, hear me out. How wonderful do births go when there’s been plenty of Braxton Hicks contractions in preparation for the moment?

D Oh, that was way off. Samsonite.

S Listen, in preparation for the moment. Don’t they go amazing?

P Yes.

S Isn’t there less stress? And doesn’t your body work with it? Doesn’t your body just know what’s going on and everything works great. Your body knows how to metabolise food. It knows how to digest it. It has the right no-stress hormones and the right hormones to start the whole interplay of – that works with metabolism and everything. When you have prepped what you’re going to eat with preparation, the food, the smell ...

D Oh, there’s a mind-chemical connection. Nice.

S The flaring of the nostrils.

[00:08:08]

P The looking at the spices.

S Yes.

P The envisioning the meal, the being part of the creation.

S Then the eating and the digestion goes well with you. There's no leaky gut syndrome in that.

D The chasing the kid out of the kitchen.

P Yes.

S But I reckon all this leaky gut and distress and what is that? Gastritis whatever would be a lot ...

D Oh, I can tell you.

S Because we're going into birth without Braxton Hicks peeps.

P I think it's so true.

D That was a good analogy.

[00:08:33]

S Mark it. One to 10. Did it work? My analogy.

P I'd give you a good 6.2.

D I'm going eight.

S Thanks Danny.

P Really?

D Yes. I'd give it an eight.

P Oh, she's done way better ones. She's very gifted.

S She's banned from the Olympics judges in gymnastics.

  

P No, Serene's gifted and I don't think that was up to par.

D But she didn't prepare that one, so ...

S No, it just came out the blue, it flew through the window.

D Yes, I'm going to give it an eight.

P Listen, I'll give you another thing. You know, we were just in Italy, if you tuned in last week and every meal – we ate out every meal. Now, what a fantastic



experience it was, but I find when I'm on vacation and I'm eating out at every meal I start dread going home because I'm like, I'm back to the cooking.

[00:09:04]

P I'm back just being Cinderella where I have to get up and make my husband's meal and then mine and then I have to cook the kid's lunch. And then I'm making dinner and poor little me.

S It's all your outlook, hey?

P You know, it is my outlook, but this time, because the Italian food and I couldn't eat eggs for breakfast and so, it was way out there, I, sort of, found myself at the end of the trip like, wow, I get to come back to my own kitchen and make eggs. I got this little excitement in my bones about it. And since I've been home, yes, I'm doing more work, it's there, but it's been like this, I get to make these meals. Every meal has been like, oh, wow, now I get to do it. And it's just a flip of the switch in your mind.

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

S Serene.

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 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 – they're affordable.

P Mrs Meyer's, they're those really beautiful cleaning products. I like them. I've actually used them before.

S I have one – I have the geranium scent bathroom spray. Oh, I love it.

P You get that free, right? When you go to [grove.co/trimhealthy](https://grove.co/trimhealthy) and when you do your first order you get that gift set free people. So, try Grove now before this exclusive spring offer runs out. For a limited time, our PODdy listeners, you're going to get a three-piece cleaning set from Mrs Meyer'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](https://grove.co), that's [grove.C-O/trimhealthy](https://grove.co). That's [grove.co](https://grove.co) not [.com](https://grove.com), right [/trimhealthy](https://grove.co/trimhealthy).

[00:11:31]

S This is the PODdy with Serene

P And Pearl

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

S Can I ask you a question?

P Yes.

S It's not a question, I teased you. I just wanted to speak.

P Okay.

D Wow.

S This is the deal, it's a flip in your mind but this is the deal, Pearl. Our minds are the ones that are flipped, we just have to turn them back. Do you want to hear why?

P Oh.

D Yes.

[00:11:58]

S Olden days, there was a lot more preparation. There was the foraging for the – you know, you got to go kill the chicken and pluck it and do all that stuff.

P You did. That's a lot.

S And find the berries and the roots and all that kind of stuff. But listen, listen here and chop the wood and all that stuff. When I was a little girl, you watch any little girl's play, okay, maybe not JoJo Siwa and all that, kind of, modern thing. But, you know, old-fashioned normal, like playing ...

P I am surprised that she knows JoJo Siwa.

S I only know JoJo Siwa because I had a ...

P Because you have a six-year-old.

S City cousins come stay with us. Anyway, guess what? You look at them, they prep for play.

P Yes.

S And they love, in play, to change babies' diapers. They love, in play, to pretend to dress them and all that. They love to clean up, prepare, pretend that they are making food and they love all of that whole, what you call mundane. Right? They love it all because in the natural we are born, I believe, with natural insticks ...

P Insticks?

[00:13:01]

S Instincts to do this because it's a part of life.

P To do the mundane things.

S To do the mundane because that's how the world revolves. That's how life is. That's how we ...

P Function.

S Function, we can't function without doing the mundane. Somebody has to do the mundane. And I believe there is a natural instinct, when you watch young people play, young children, they love the mundane. The mundane is precious to them. That is play, it is fun, and all of a sudden we grow up and we think, that's not fun anymore. I don't want to like, be cleaning up after my dolls and dressing them and feeding them all day.

D Because ...

S And making kitchens, right, they have little play kitchens and they love kitchens.

P Yes? Go Danny.

[00:13:45]

D Or because, as you guys would say ...

P Go Dan.

D Because I think that we lose our childhood, is really the crux of a lot of what's going on, on planet earth. Is that we become adults and we become stressed out with the things, the cares of the world and children, I think, remind us of who we - like, we didn't hit this point where we became this new creature. Like, we're just like older children. We're children who've been here longer, right, but I think if we lose our childlikeness we ...

P That's scriptural.

D We carry – we take on this yoke, this heaviness, and then all these things start breaking down in our life because of it and I think, unless we change and become like little children ...

P Yes, you're right.

S When I first got married I was like a child, right, because I was just young.

P Yes.

S Having my own kitchen ...

P I know.

S My own pots that I got for my wedding presents.

[00:14:46]

D You're little play kitchen.

S They were precious. They were precious pots, man. And just playing around the kitchen and using that fresh little salad bowl and using that Pyrex dish that I got from Aunt Suzie or whatever felt like I was on top of the world.

D No, Serene, I ...

S Where did that go?

D I came home one day, I stopped by the thrift store and at this particular thrift store in Franklin they give away bread. Like, bread companies who's like, a day old bread but it's still fine will, you know, they're not going to sell it so they'll give it to the thrift store. And then the thrift store says, hey, free bread whoever wants bread. It was at the end of the day. I got this bag of bread. It must've been three feet deep like a pillowcase, but a clear plastic bag, filled with all these artisan loaves of bread. I remember walking into our trailer home ...

P Yes, you were newly married, you mean?

D Newly married.

[00:15:35]

P Yes.

D Carrying this thing up in the air, the proudest providing man. Like, looking back it's like ...

S That was like four deer's worth.

P Like, me bring bacon.

D Yes.

S That was like, four years worth on your back.

D Yes, like, I had all this bread and it was as if the heavens had opened for me. I was the most favored of men. It was like, earth itself was lining up to make way for the king.

P Yes.

D You know? And I entered my home a king ...

P Your trailer home, hey.

D Like I just stepped off of a white horse ...

P Yes.

[00:16:07]

D Which was actually like an '89 Isuzu Rodeo. It was white, but entered my trailer home with the most passion and zeal.

P I love it.

D And like, my perspective now, like, if I were to be walking into my trailer with a bag of bread from the thrift store I would feel like a failure.

S Yes, a loser.

P I know but you were man-on-white-horse. You were the stud of – your wife looked at you with like, look at you my provider.

S Look at those muscles as he holds that sack.

D Yes, like, somehow it was attributed to me. And, yes, our perspective is – that's my point is like, I feel like, right about when bills come is when we decide to become adults with fear and stress and worry. And we're so afraid of losing our stinking trailer or our whatever, our big house that we had built. So afraid.

S You know, I was listening as I was walking over to Pearl's house today because my husband was there, and I was going to drop off a little bit of his lunchy-poo.

P Oh, yes. You walked.

S Yes, and I was listening to audio as I was pushing the stroller with the babies in it and this, you know, just the beautiful scriptures again. Consider the lilies of the field, they don't toil. They're not worried about where their next meal ... Sorry, not the lilies but they're not worried about how they're going to be clothed but they're more beautiful than all of them. And then he says, you know, don't worry about your next meal because those that are the Father's, they don't need to worry about that. And now I'm going to let you talk for the rest of the time period. I want to shut up ...But the reason why I brought up that whole idea about it being a natural instinct ...

D Doubt it.

S And how we actually just have to flip back, is because I was downstairs moping about the dishes ...

P Today?

S No, this was about a week ago.

P Okay.

S And it was a revelation I had about a week ago and that's why I said, I'm going to be that girl now, who loves the mundane.

[00:17:46]

P Oh, yes.

S That calls the mundane in her head to be spectacular because I was downstairs hiffing and humphing about this like ... They didn't even wash their plate look and they ran out to play and I'm here blah, blah, blah. And it's the boys, they're just running out and not helping. But my girls were upstairs in their playroom and I could hear the giddy laughter and I knew what they were doing, playing on their new kitchen sets. You know and cleaning up and pretending to play house. What I was doing downstairs as an adult, like, all miserable and they were having the time of their life. It was their best moment. It was like – they couldn't contain the joy and I was miserable. And then I realized, you know what? I need to flip back my brain.

P Yes.

S Go for it, Pearl. Take it away.

[00:18:32]

P I think that's beautiful when you say, I'm that girl who knows the mundane. But it can get more specific. I want to say, I'm that girl who loves to cook for her family. You know, who doesn't freak out at her dirty dishes because they're just a natural part of life. Here's the thing though, I understand where you're coming from if you're sitting there listening and it's like, girls, I just don't have time for all

this. I work or I home school eight children and then I've got to take them to here and there and there. I get it because I get busyness.

P But it's still the way we look at it because, you know, we take time and my big thing was, let me quickly cook and quickly clean up so I can do what I want to do. So, I can sit down and read, or I can sit down and do whatever. You know, the fun stuff. But I read this article once I realized, no actually cooking is really good. It's good for your weight. Not just because you're cooking better foods than you're eating out, it's actually good because your mind, like Serene says, starts digesting the food. It gets it ready. Your body metabolizes the food better when you cook it, and then when you sit down and eat it. All these things that are good for us.

P And, you know, it's the way we look at things. All these benefits I looked up, to cooking, and benefits to doing dishes. There are incredible benefits. I mean, one had 15 studies that showed all the different ones. And so, I think it's just like, you can be busy but what if that is your rest? What if you can look at – think about a huge busy day at work, what if you can be one of those people that come home and is like, now I get to relax and cook. Yes, sure there's children coming in and out and sure, your life is still crazy but what if that's your decompression zone?

[00:20:13]

S Oh, preach it.

P What if that's my time where I just really – my cortisol goes down. What if when I'm cooking I'm just in touch with, you know, the basics of life and isn't cooking the basics of life?

S It is.

P It's perpetuating the species. It's doing good for our bodies. It's looking after our families. It's the very crux of humanity and yet, we despise it.

S When you said, looking after our families and I want to let Danny speak too but I just want to say this really quick. After just the busyness of breakfast, is when I start preparing lunch for my husband, right? It takes me a good hour because I make him fresh broth every day, fresh Spuice every day and all the stuff. But it was becoming a feeling like I was – I remember feeling a lot of cortisol through it.

Like, I've just been in the kitchen all morning with breakfast, now I'm doing this, but I need to do it for his health and blah, blah, blah.

[00:21:01]

S I was just, kind of, starting to just despise it a little bit 'til I realised, I have a daughter who, it's her turn in the morning to help with the chores in the kitchen. And they switch out in different times of the day, and I'm like, this is my time with this child. So, we put music on that we love, we put worship music on. But we put music on and I'm like, hey, it's just you and me. This is our precious time and we laugh and do jokes together. And I was just determined to make it a, opposite of cortisol time, and it's really made our relationship so much more sweeter than it used to be because it's time that I thought, I don't have enough time for all of these children. I have time for these children now because of the mundane.

P Wow, it is so much how you look at it.

D Yes, I think a reframing thing happened with me because I despised the kitchen in every way, shape and form. And I started getting this idea in my head of like, what if we were the family that cooks. You ever seen that kind of family whose like, even the kids, they have their little thing they do. I chop the carrots or whatever. Like, that actually really helped me because kids, kind of, slow you down at first. Like, before they're helpful they're just ...

P They're really not helpful.

[00:22:18]

D Like you want to slap them in the back of the head and say, get out of the kitchen. But eventually they become quite helpful if you take a couple months, maybe even not that long, and just show, okay, you're the one who just chops up the lettuce for the salad or whatever. And then it becomes like this family event. And I get, like, I tell – I try to preach that to my wife sometimes and she's like, no I'd actually rather you take them, and all go out ...

P I know, and let me do it, right?

D So yes. So, to the husbands listening, there is a time, and it's probably as simple as asking your wife because I find my wife won't tell me. She won't say, I wish you would take the kids and go out and play. She'll sit there, stressed out hoping



it will magically happen. I don't know what's wrong with ladies, you know? I don't know who taught them these things but, you know, you can just tell your husband what you want, and he'll probably do it, like, that second.

P Probably, yes.

[00:23:17]

D But I think she gets so in the zone that she's not even thinking about asking for help. She just wants me to know what she ...

P But you grew up only microwaving burritos or opening Doritos, right?

D Yes, oh, yes.

P Or opening a can of coke.

D Yes.

P Right. So, you despised but so to become – so, you didn't like cooking, right? So, to become – you cook now, right?

D Yes.

P Yes, you got the Instant Pot and all your little gadgets, and you do it, right?

D Yes.

P So, to do that you had to, what if you could? Like, no I'm that guy. I'm acting here at first.

D Yes.

P And did the acting lead to something? Do you actually enjoy part of it now?

D Oh, yes, totally, and it actually led to ... You know, my mom's wired this way, my grandfather's wired this way. We all are like, so work-focused. Like the work that we have to do to pay our bills. And, you know, my wife has humbly and sweetly asked, might you be a workaholic like your family is? And I'm always like, no, of course not.

[00:24:24]

D But, you know, I think the biggest thing it did for me was what you were talking about at first where the mundane things of life have become the thing I'm trying to get to now. So, instead of, like, if I could just get done with this I can get to

where I want. That realistically happens around 11 flipping p.m. if you're living that lifestyle of trying to get done with the mundane so that you can get to do what you want to do.

P I know, that is so true.

D You're exhausted on your bed at 11, so what do you do? You get your phone out in front of your face.

P Yes.

D And that's what you wanted all along?

[00:24:57]

P I know.

D You wanted your phone in your face?

P So, true, Danny.

D That's why you were rushing through mealtime with your babies?

P So true, Danny.

S That's another thing, I've just decided, I'm that girl who no longer uses the word, rush. I realized it was a swear word. It was a curse word because I kept on ...

D Oh, yes.

S It was the word I was using most of the day, oh, hang on. I'm just rushing here and, oh can you do this because I'm just rushing at this. And I'm just rushing out the door.

D Rush, rush. Busy, busy. Rush, rush.

S Totally, terrible. But if we enjoy the journey and it's like with weight loss too. It's not where we're going, it's not that end-point, it's actually the whole beautiful trip on the way. That is life.

P That's so true because my cooking ...

D Here's the thing ...

[00:25:33]

P My whole cooking thing was, oh, when it's on the table and when it's cleaned up. That was my end-point and now it's not. Now, my switch has flipped to, now, it's the making of it.

D Yes.

P It's the actual cleaning up. It's the mundane that I'm going to consider precious. I heard this story the other day. Okay, so, there was this bunch of rich people on a cruise and they got to this little fishing village in Mexico. And this guy was this big CEO of a big corporation and he walked past this fisherman who caught this most amazing fish. And he said, why do you only have three of them? And he's like, because three is enough to feed my family and that's all I need. That's all I need for my day and then he was done by, like, 2 'o clock in the afternoon. And he goes, well I could help you because light bulbs went off in his head because these were very expensive fish. And he's like, I could help you. You know, if you do this and that you could – if you fish 'til six, like, you could catch three more and you could get them to not just this restaurant, but other restaurants.

[00:26:34]

P Then you might have enough to hire out and you could have other men underneath you. Then I could bring you to New York and they would love these fish and I could get you onto the bigger restaurants and all of that. And in the end, you could build an empire. And then you'd have enough money to retire. And what would you do when you retire? He said, well, I'd just – you know, in the afternoon I'd sit with my kids and eat my meal and do exactly what I'm doing now, and I wouldn't have to go to New York and build all that and do all that. And so, he was actually doing these little ...

D He's already getting it.

P The mundane ... He was already living the dream.

D Yes

P But we're living the dream but we're despising the dream because we're despising the mundane. You know, I see, listen I'm guilty of it, but I see constantly on the boards, you know, the worst thing about Trim Healthy Mama is the cleaning up and the dishes and the cooking. What if it's the best thing?

S Well, can I just say something too, because it's something that's just yelling in my face. It's just speaking to me so loud. You know, what it's like, you put your children down to sleep at night and you see their long lashes over their gorgeous little childish cheeks. You know, it's just the beautiful bloom of youth and you're just like, oh, how precious these beautiful things are. How precious these children are.

[00:27:42]

S But it's like we – sometimes I'm rushing all day to just do this, do that and just trying to push them along so that they tick all their boxes in the day. But it's the same thing, what am I trying to arrive at? It's the enjoyment of all the mundane in raising them. It's enjoying the brushing of their teeth. It's enjoying, if they're toddlers, helping them out in the tiniest, littlest of things and pulling their socks up. That is part of the beauty. That is part of the mundane that actually is a stress reliever. Pulling socks up on little toddler feet can be a stress reliever.

P Yes.

S And when you tuck them into bed at night, there's more than just looking at precious, there's this fulfilment of, I had a beautiful day spent with them. Instead of a little bit of guilt in the back of your head, look how beautiful, they're growing up too fast and I didn't spend enough precious time.

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

S Serene.

[00:28:45]

P You know, we'd all love to hire an interior designer for our homes, right? But they're so expensive.

S Oh my goodness.

P Well, I mean, we'd all like a personal masseuse, a personal assistant. No. Can't afford it. Mody.com, it's the revolutionary online interior home design service that starts at just \$69. It makes it possible to have your own designer for your home and you can afford it.

S You bring your home to them. You take the pictures. You take the measurements. You send them to them online and then that's all the hard work done. Then you just get the fun of picking all their suggestions.

P Yes and I've done it. It's a lot of fun. There's like, a low budget to super high budget. Whatever you want. You take your room. You take the measurements and you send a picture and then you say what sort of style you like. And then the designers create a space that you would love.

S They actually have connections on the same site to all the furniture that you need so you don't have to go search. Once they've given you the look that you need, it's all there on their site.

P With their price-matching guarantee and exclusive savings you can shop all the beautiful furniture in your Modsy design at once from the easy checkout. You get unlimited revisions, so you can keep changing.

[00:30:09]

S They guarantee that you're happy. Like, if you're not happy you don't stop with them until you're satisfied.

P So, this month only, when our PODdy listeners go to modsy.com, start a design project and use code trimhealthy, you will get 20 percent off. So, that's 20 percent off for our listeners at modsy.com, code trimhealthy.

S This is the PODdy with Serene ...

P And Pearl.

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

D My, probably daily, struggle, weekly struggle, monthly struggle, yearly struggle is to stop writing this narrative that one day I'm going to be at this destination. If you think about how much we do that and how – that's why I appreciate the words of Christ. So much of what he said was about entering now, doing it now.

P It's true.

D Like, today is the day.

S Yes.

[00:31:08]

P Yes.

D Like, don't look out there, it's not way out there. It's not coming. It's not one day.

P Now is the hour.

D Now is the – it's like, right now. I think we write the story where we're the main character and in this story, we have to stress and labor and toil because one day there's going to be whatever you want ...

P The big pay-off.

D The rest.

P Yes.

D Or as we in America call it, retirement.

P I know, right.

D And we've created this story where we're this character who strives and struggles and never has enough time and never ... Like, man, we are writing that story and that for me, is my, what if you could, right now. It's like, what if you could rewrite your story?

S That's so good, Dan.

[00:31:54]

D What if you could star in this new story where you actually – and it may come with, I get it, it's very anti-American. Give us this day our daily bread.

S So, give us our year right now.

D Yes, we're like, give us this decade our daily decade. Our decadely decade. Like, we want to be covered. We want to, like – I wonder if our striving for security actually is what's making our guts falling out.

P Well, so much of it is and I think it's the way we look at these things. Because honestly, I have despised – always I have said, I hate doing dishes. I've literally said it a million times, right? I determine now, never to say that again because what if that is my rest? Like you said, when you get to your rest, what do you do at the end of the day? Danny, you look at the stinking phone and that's our rest these days. Or we're looking at the screen and that's our rest these days. What if my rest is the mundane?

S Pearl, can I just ask you to share a little something. Pearl, you know, it was fun for you to plan your house. Pearl lived in a trailer home. A cockroach trailer home, I love to just put that in.

[00:33:10]

D Yes, we're talking like a couple years ago.

S No, no, I mean, a year and a half.

D Trim Healthy Mama owner.

P A year-and-a-half I've been in my new house.

D Yes.

S But it was like, a cockroach-fest haven, like, you know?

P Oh, man, look. She makes it sound so bad.

S Hey, it just makes you look not ... It makes you keep ...

D It was ...

P It was pretty bad.

S It makes people not look down on you for being in the manor. The new, beautiful house but it was beautiful and fun for you to plan this with your husband.

P This new house, yes.

S But there was a lot of stress too in planning it, this house.

[00:33:41]

P I wasn't stress – we had a good time.

S I know, exactly but I need the point that you were slightly stressed please. You wrecked it. Undo it. No, I'm joking. No, I don't need the stress point, let me do it in another way, but, okay, now you're finished. You've come to the end. You're finally in it.

P It's so done. I have no room on my walls for any pictures.

S You are so bored. You said, I want to move just do it again.

D You ready to get a new house?

P Yes, this is how it happened because Serene was having a big barney with her husband.

S There was a point there, right?

P Yes, this was the point. I'll make it in a much better way.

S Okay, good, big sis.

P Serene was telling me the other day how her and her husband were going through a little bit of conflict, you know?

[00:34:18]

S Not enough to take fruit salad out the place but anyway keep going.

P Because her house is always in a state of undone and Sam's the one that built it so, he feels like he's the only one that can finish it.

D For sure

P And so, Serene's house has been in a state of finish for how many years? Since you've known her, Danny?

D I've never known them and it not be in process.

P Yes. Okay.

D And we've known each other for probably, I'd say about 13 plus ...

S Yes.

D Yes.

P Serene has plans for her kitchen and things get quarter done and then left, okay. And so, Serene ...

S It's not his fault, though. He's got a million plans, he's the most amazing, incredible man.

[00:34:53]

P No, Sam's ... No and she loves her husband and he's great. He's a great guy and he does a lot of things.

D You all are such.

S I'd never, ever, ever have met anyone to multi-task like him.

P No, he's awesome.

S It's because he's building 16 houses for different people.

D Not to mention this company.

S Not 16. I'm an exaggerator. About six.



P Yes, so Serene's one, other things get done but Serene's one just stays there with, yes, in a state of undone. So, Sam wanted to buy something, more land the other day or something. So, Serene was saying, we had a bit of a conflict because I'm like, the house. You promised. I mean, my kitchen come on. I mean, you ... And so, they had a bit of conflict but then she said, we sorted it all out. We got it out. He told me his side, I told him – you know, they came to a compromise. And I said, Serene, guess what? Even if your house keeps going, it's so fun.

[00:35:40]

P You're still planning it, you're still doing it, you're getting it done because we built a house and got it perfectly done. And it's all finished, and I'm bored. I want to go build another house because it's the planning. It's all of that. It's the doing it, seeing it come together. You know, once things are done what do you do, Danny? Like, we stare at our phones, right? And so, I said to Serene, you're actually sort of lucky that it's going to go on forever because it's fun.

S Because when you go out to dinner you got so much to talk about.

P Yes.

S You know what I'm saying.

P I know.

S It's like, what are we going to do with this room and how the staircase is going to go. You know what I mean? You don't have to think of ...

D Well, it's like a empty nest syndrome. You know, everybody's trying to like, whoosh the kids out and then they're depressed the minute their last kid goes off to college or whatever.

P Have we ...?

[00:36:24]

S That's so funny.

D And it's over.

S We were all trying to, like, hold back like, I'm not going to interrupt now. Like, well me.

P No, I know.

S I'm like, oh, take a deep breath. Don't interrupt again. Don't interrupt again but I was like a horse in the stall ready to say another thing and then all of a sudden

P We're done.

S We're done.

P It got said. Hey, Lesley Pops, do you have any rookie questions or anything? Because I keep getting people saying, bring co-producer Lesley back.

S Shout out to my Dad, I don't feel done even though we're done. I feel like I need to do a rehash.

P Oh, Dad.

[00:36:48]

S Maybe an altar call.

P My precious Dad. You know, the church of dad that we go to?

D Yes.

P Our precious Dad's church. You can count on it. You know it is. The sermon is done. It took 45 minutes, but it's done but then he says, everyone stand up, let's pray. But that's when the recap happens and that's 15 minutes.

D Yes, you think ... Yes, you think it's a – or how ...

S I wanted to do the recap just then.

P Because you're his daughter.

S Oh, I was like, desperate to. I was like ...

P No, it's done.

D The weddings, too. The amount of young grooms whose knees have locked up and they've fainted at the altar.

P For Dad?

D Before his three-hour sermons and he's like, yes, we're getting married, right?  
You know this is a wedding?

[00:37:25]

P He has a pretty good track record of them staying together, though.

S Yes.

D Oh, yes.

P His three-hour stuff does good.

S Whoever Dad marries, yes.

D Yes, if you go through a three-hour Campbell session ...

S And they make you go through their counselling too, their marriage counselling.

D Oh, does he, before he'll marry you. Yes, because he talks ...

P These days they do. They talk a lot about the S-E-X too.

D Yes?

P Oh, yes.

S And they're almost 80. They got good advice.

[00:37:45]

P Yes.

D They should do a 10-year reunion for couples too.

P Yes, they should.

D Like, every 10 years you come back through the old seminar.

P Lesley hasn't got any rookie questions. What's up with that?

D It's cool because you know what? That brings us to a close here on this fabulous Wednesday. And if you're not listening on Wednesday, you missed it but it's fine because that's what recordings are for in the internet age. I mean, it's 2019 after all. So, we're so glad you tuned in and we hope you tune in again.

P You never know who is listening to this or when it might be 2022.

D What?

P This PODdy will go on in the future.

D Oh, yes, but there's dates on them.

P Yes, I know.

D But then they can see the, oh, wow. Now it's a part of history.

P I know, right?

D You know?

P See you later.

S Bye.

D It's over.

[00:39:03]