



Trim Healthy Podcast with Serene and Pearl

Episode #126 - IS IT OK TO FAKE IT

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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 · L = Lesley

[00:00:00]

Announcer Technology truths, brought to you by GEICO. Technology truths. Truth, you think you can solve any problem by turning your computer off and on. Hey Man, is something wrong with your laptop? Nah, 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 percent or more.

S This is The PODdy with Serene and Pearl, get it right, P-O-D-D-Y.

P Hey, and welcome to The PODdy, yay. I've actually, Serene's got a topic that I want to discuss with you.

S Oh my goodness.

P What?

S You've changed Pearl since you've come back from Italy.

P Why?

S Well you constantly wear navy blue.

P No it's not constant, it's just I, then I thought you might comment on that today. It was just time for the navy blue.

[00:00:59]

S You look really awesome by the way though.

P It was just time for the navy blue. I haven't worn it since last PODdy, when you commented on it.

S No, but listen I want to talk to you about something. Scrunchies are back in fashion.

P Oh yes scrunchies.

S But Pearl wants to be double fashionable.

P I just realized.

S She has a scrunchie on each wrist, and they match.

P That's for any moment my hair starts bothering me, and it's going to go back.

S I know, but you've got two, one on each wrist.

P I didn't realize that.

[00:01:20]

S So she's trying to be the cool, Italia, navy blue, and she's got the cool, I'm now modern scrunchie thing.

P Hey, I'm a hip almost 50-year-old. Come on now.

S You're doing it well Pearl, you're doing it well.

P And you have your nursing shawl wrapped around you like it's some garment.

S Well, it's a little chilly in this Poddy Cabin.

P It looks like it's her style, doesn't it, Lesley?

S But it's a not nice Nay Nay Tent, this is one that you could actually use for a diaper.

P Yes, but let's get on to the topic. Because this is it Serene. I have not discussed this with you yet. So, I was saving it for The PODdy.

S You're good.

P I sort of know your thoughts and feelings on it. We might ask Miss Lesley here soon. Should you fake a good mood if you're not feeling it?

S Totally.

P Okay, so I'm saying this because our Mother, as many of you know, she has a magazine called Above Rubies, and she's had a ministry for many years as, she started her ministry when Serene was born. So how old are you Serenie?

S I am 42.

P 42 years.

S Years young.

P Above Rubies she's made this magazine. She has a Facebook page and our Mom is very black and white. Oh man, when she brings a point of view, she brings it strong. Let's just say that, that's her gifting, it's strong, and it offends a lot of people, but Mom doesn't care.

S And she's had, because Pearl's Dr. Horm, she's into hormones. And she's had our Mom's hormonal profile tested, and mom's High T.

P She has a lot of testosterone.

S So, she brings her point with High T.

[00:02:49]

P And let's the chips fall where they may. She will say something, she will never be rude, she will say it in grace, but she will be very forthright and...

S But when you're almost 80 you can.

P You can, she's an Empress. If people like get, actually when people get on her Facebook page and disagree with her, she just loves it. No, it doesn't bother her in the least. Yet when Serene and I do something, we get people disagreeing with us, I'm like, oh Serene, did you see what they said? And I'm like half crying. But Mom's like, Oh I saw all that, that's okay.

S I've got too much going on to go down and grovel in the dust about that.

P She's never worried about that, but she put a post up, a couple of weeks ago now, and I saw it, and it made me think, because it got so much flack, Serene.

S Of course I didn't know, because I don't get on social.

P No, because you're not on Facebook so I'm bringing it to you today. She said she was dealing with a Mother whose teenager daughter would get up in the morning and just be in a foul mood and wouldn't want to talk to anyone. And so, she's like, what do I do? Mum said, well we can't tolerate this. You don't tolerate bad moods in the morning. You get her to say hello, you get her to say a smile to

everybody, and that's the way it will go. Because if you allow it now, it becomes a habit and when she gets married, she's going to be in a sullen mood.

[00:04:00]

P It's going to be part of her life; it's going to be entrenched. So, Mom was saying all this. And she got, Mom got a lot of people agreeing with her. But out the woodwork came all these people, and like, we have to be our authentic selves. One lady said, I want to raise children, girls that will be in tune with their authentic emotions, and a man that will marry them and love them when they're down and when they're up. And if they're going through something, he doesn't, he won't expect them to be happy and...She got so many people agreeing with her, and I thought, where do I stand on this? And then, I thought, you know what? It's bad for your body to be in a bad mood, it becomes a habit. Science now shows it affects every part of your body. Going back to the Bible, it says, be of good cheer.

S Yes.

P Right?

S Yes.

[00:04:54]

P And I tell you this, many mornings I could wake up and just not be very chipper. I'm not a sanguine person by nature, Serene. I'm not like, oh everybody it's morning. But my Mom, and I was like when I was a little girl, but my Mom wouldn't allow me to be sullen. I didn't have to not be anyone and anything that was not my personality, but I had to say good morning, and things like that. I'm so glad.

S I am so glad too. And I'm just thinking Pearl, where do I stand on this? Straight away I'm like, totally, you've got to be in a good mood. Especially when you're raising children because you're raising the framework of their lives. I mean they, what their attitudes are as young people often become so sewed into their fiber of being, it becomes sewed into almost their DNA. They create...

P Sewn would be the word.

S Sewn yes. It's like they almost create their personalities.

P Yes.

S Someone may think, well this is my personality, I'm just a little on...

P This is what I'm born like.

S Yes, I'm just one of those downers. I just suffer with a little bit of depression. Well maybe it was because you were allowed, and it became so much a part of you. I'm just saying maybe. But the other thing, my main point why I'm siding with mom on this, is that I'm just looking at my Mom. She's an overcomer. She has not had an easy life. Nothing has necessarily gone perfect for her, but she is an overcomer, and the fruit of her not allowing herself to get down, is right there before my face. Our whole childhood would have been different if our Mom allowed herself to be tossed to and fro by her emotions.

P Yes.

S But she never allowed herself to be tossed. She was always constant and that was the framework of our growing up.

P I think it's a different thing, if there's some trauma in it. We don't expect someone who has had a loss, of, a death in the family to get up the next morning and be all Pollyanna, oh isn't life great. This is not what we're talking about here. So, please don't take us in the wrong way.

S No.

P I mean Serene, you went through children with Stage 4 cancer, and children in comas, and all that sort of thing.

S My Mom wept with me, yes.

[00:07:10]

P There is a time to mourn, absolutely. I'm just talking about the habit of a bad mood. Lesley you're sort of thinking, do you have anything to comment? You're like, what are you thinking?

L I've got lots to comment, I've got a bit of P-Salms story for you.

S Oh, she's been listening.

P Going to bring some P-Salms, bring it.

S For new peeps in the room, Lesley is our awesome bestie. And we just, we're not totally like...

L Co-producer bestie.

S We're not totally yoked on the same scriptural viewpoints, as far as...

P Yes.

S But how would you put it Pearl? Because P-Salms is the perfect...

P Well Lesley didn't even really know what Christianity was all about. She's learning from The PODdy.

L Yes, I'm learning. Overall, you know, we all mean well and we're all...

S So we call it P-Salms, because she thought Psalms read P-Salms, and so...

[00:07:58]

P And so now it's a joke.

L Oh sorry, new people in the room, P-Salms.

P Yes, new people in the room.

L So, the three of us are pretty up people. In general.

P Do you think I'm an up?

L Oh, you're totally, well...

P I say maybe up.

S No, you're up.

L Don't speak to it, you're up, you're definitely an up.

P Well, I tell myself to be up.

L Until you mean business, or there's a concern. But you, but then you bring it, and actually, me and Serene and John all know that when you have a severe i-dot to the left. That's like, oh she doesn't agree with us.

[00:08:33]

S Yes, she doesn't agree.

L And let's talk about it. But here's what I'm witnessing. Okay, so back to the P-Salms.

P Yes, P-Salms.

L So you guys have this amazing community here, and I don't mean that in a bad way, I know that the word community is a very...

P Yes, not in a Waco Texas way, yes.

L Yes. What does that mean? Yes, I think so.

P Waco Texas was the cult, that they all died together.

S Yes, they all blew up each other.

P No, but we got nice family and friends on the Hilltop.

L Yes, you have, you are surrounded. I think, my theory is, because why are we up? Why, I don't walk the same life as you guys, we're in completely different

families. But why do we share big, bubbly personalities and then, that lady's daughter...

P Yes?

L Wakes up on a daily, in a bad mood? I couldn't do it, I would be so miserable. I might do it for a day or two days and be like, I'm sulking today because someone did this to me. Or I'm doing too much around the house, or I'm, and someone needs to notice. It's almost an attention thing. That's in the past, that's how I have behaved when I needed attention.

P That's true.

L And it would last for 12, I can't do it. I can't silent treatment. It's impossible for me, so I would just be like, at some point I would break out. I would either cry, or I would talk it with whoever and be like, because this. Because I always know what's bothering me. Females have a bad rep of going, I'm fine, nothing's wrong. I truly believe that I always know...

S Oh yes.

L What the root of an upset is. And you are, sometimes you do allow it to fester, and it's not healthy. And I just think there's a healthier way to... Back to my point, your community here, in the not Waco Texas way, you guys are able to, even if it's Serene and Pearl picking up the phone to each other to just...

P Yes, that's true. Yes.

[00:10:38]

L You, and it's, in my world that's therapy. That's like a counselling, you're praying and you're talking it out with your family. Whereas I would seek counsel from a friend or a, or my Mom, or not professional, but those ways to do it. My P-Salm story is though, I was once working with a gentleman that, he was so happy all the time. Just awesome, his energy, everything, and he was Greek Orth, I'm not sure.

P Greek Orthodox, yes.

L And we were in a conversation, and I said, well as long as everyone's, you've got your health, that's the most important. I can't remember what the context was. And he says, it's not as important as community. And I just, I thought, well that doesn't make any sense. That just makes no sense, you need your health first. I can see, I know that this is strange for me to be out there, but what I realized was, you do, you need, if you isolate yourself and your problems. Or whatever it is that's bothering you, and you just allow it to, and you don't heal in a healthy way, whatever that is. Then you can go down a real strange path.

S Well, I've been playing bingo with what you've said, because, there's been so many studies about communities, little towns, that they find the longest living people, in centennials, over a hundred. And actually, they didn't eat perfectly, but

they found out that they had such incredible community. Incredible relationship, extended family relationship, friend's relationship. And one thing about letting your child stay in a mood is it slashes community.

[00:12:28]

P Right, exactly.

S Because the original community, which is right there in your own home, becomes the opposite of a haven, it becomes a hell hole. If one person is in a mood, it stresses the vibe out of the whole house.

P Oh it does. And I think, and we're talking to Mothers here, it starts with us. Because we certainly can't say to our teenager daughter or son, hey don't come out here with that sullen attitude. If we are doing that, and I have found myself, I've been there, because I feel like. I'm surprised you said I'm an up person.

S You are Pearl.

P That was, well thank you, I think I've become more that way. But that was training myself to become that way. I was so inspired by David in the Psalms. The P-Salms, Lesley. That's my phone, I'll turn it off. I've said this, David in the Psalms, he said this, why so downcast oh my soul? Talking to himself, put your hope in God and bless the Lord oh my soul.

L Yes.

[00:13:25]

P And so many songs that we sing, it's like, happy day.

S Well I've given you the oil of joy for morning...

P Yes.

S And I've, the garment of praise instead of a spirit of heaviness.

P Exactly and so I would, when I would get heavy, I feel like I would naturally be more melancholy, especially in the mornings. I would say, no, why are you downcast Pearl? Put your hope in God. I literally trained my brain to think happier thoughts. And trained myself to smile at my kids because I was like, I don't feel like it.

S Bingo, again, who, we send our children to school or we home school, or whatever we decide to do. The point being, we educate them, we care about their academic training. More seriously though is their training in attitudes.

P Yes, so big.

S Because it's so huge, and Mom was right, you're training somebody's future wife. And of course, they hopefully get a husband who can love them through whatever mood that they bring.

P Yes, of course.

[00:14:25]

S But that's not, there's something, there's a beginning issue at first. The husband's love that can, that's a secondary issue. The beginning issue is to create daughters that don't give their husbands a lot of trouble, and also vice versa.

P Vice versa, son's too.

S There's incredibly moody men out there, and they need to be trained by their parents. And the thing is, and the sad thing is, by teenage stage it's almost too late. You have to start when they're three, two.

P But, hey, our Mom raised us, so that I had to say good morning and stuff. But still as an adult, I fought it. I fought the, thing to be melancholy.

L I want to ask you that Pearl, because you were raised with...

P Yes?

L With the great Nancy Campbell.

P Yes, I was.

L So, you being someone that identified, in the past, as someone that could go into that sullen mood, why do you think...?

[00:15:17]

P I wasn't so sullen, it was just sort of a, I am an opposite personality from my Mom. My Mom is very forthright, as I've said.

S Vivacious.

P Vivacious, and you've, and I was more, I think, quiet.

S Demure.

P Demure, and my Mom called me the dreamer, I was always just thinking, and those thoughts could be good or bad.

L With those left I's dotted.

S Yes, oh the left I's dotted all over the place.

P So, I learned to not, my Mom would never let me get in a real funk. But then, we'd make up our own minds once we were of age. So, I feel like I have gotten in sort of depressive funks in my life. And I had, speaking of P-salms I went to the Word, the Word of God got me out of them.

S That's totally, that's totally true.

P Because I look at David, in the Bible he was a dreamer. He was a person who was constantly reflecting on life, and sometimes he would go down, and so I identified with him, but he wouldn't stay down.

[00:16:12]

S No.

P He encouraged himself in the Lord, and that's what we're supposed to do. We can't let our feelings be the truth. They're not the truth.

S They're not the truth at all, they are not the truth. Because we're truly spirit people, this is just a physical tent. And when we're led by the senses of the physical body, I don't think we're led by the right situation. Because it's kind of all right, but if we're led by the spirit and that's fed by the word of God. And I think that's why our Mama's such an overcomer, because she, she drowns herself in scripture. I'm just being honest, as daughters...

P Yes.

S We're telling you the real Nancy Campbell. She lives in the scripture.

P Yes, she does.

S She lives in the scripture, and it's made her an over comer, and she doesn't have a false pretence either though, of what life's meant to be like, because sometimes I will see her go through a lot of things in that day that are quite intense. Issues in the family, issues that she's dealing with outside of the family, things going on with her ministry, and just a lot of stuff, and then somebody will ask her, Nancy how was your day today? Oh, it was wonderful. But she wasn't saying it was perfect.

P No, it wasn't perfect.

S But what that wonderful just meant was that she had an anchor in God.

P I'm telling you.

S Her wonderful meant that she just had somebody to put her faith into. It doesn't mean, you can still say you're wonderful even when things aren't going perfect.

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

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[00:18:32]

S This is The PODdy with Serene, and Pearl. Get it right, it's P- O- D- D- Y.

P I want to bring back up that study, I've said it here before. And it was in, did they do it in the 70's? They studied tens of thousands of people who wrote into doctors reports how they, what they considered their basic health to be like. How healthy they all thought they were.

P And some people actually had major health problems, and yet they'd still, those one's would say, pretty good, good, fair, poorly or whatever. The one's that wrote good or pretty good, they lived on average way longer than all the others. You see, their body believed what they said. This is what they thought about themselves.

P So, it has a greater impact than just snapping out of a good mood because our future husbands or wives are going to be better off with us. This impacts our health, this impacts our brain space, so many things. If you just look up just a smile, what it does physically for you. It has physiological impacts, even if you force yourself to smile.

S While you're looking that up Pearl, if you want to, I'm just going to mention the fact that yes, I believe in faking it until you're making it.

[00:19:47]

P Yes, I do.

S I totally do, because your body obeys, your moods obey when you change your face. People might think I'm a weird Mom, because I say, to my child, I say smile.

P You do.

S After we've done training, they've had a little consequence. They've had to go and do an extra job or extra duty or something because they've done something naughty. They want to go and do a pout, it's natural.

P Yes, it's a pout.

S It's the natural just...

P Stomp and pout.

S Instinct of moodiness and I'm like, no, you will smile. And they're not done with me until they give me a real smile.

P I know.

S Because then I know they're going to go off and play and have a great day. But if they don't smile their body's going to follow that pout all day long.

P Yes, that's right. And then it's a learned pout, back to that idea that I was talking about. So, these people said, no I'm great. I'm, I think I'm in pretty good health, even though sometimes they weren't. They lasted, they did well in life.

[00:20:41]

P I used to say to people, even though I grew up with Mom, obviously I adopted some of my own ideas. People would say, how are you Pearl? For my 20's and 30's, I would say, I'm okay. I don't know why, I thought it was okay. I didn't want to be a liar, that's what it was. I wanted to be true to my authentic self because life was sometimes hard. I've got three in diapers, I am tired. I got three hours of sleep last night, I'm okay. And it wasn't until, Serene, we've just been learning so much about our walk and our walk in faith and just this journey of health. Until I realised, no way. When someone asks me how I'm doing, I'm like, I'm great.

L I was going to say, for two years now, almost three years, whenever I call Pearl, I know what's sometimes I know what's going on behind the scenes, all the stresses, all the fails or whatever. And I'll go, Hi Pearl. And she'll go, Hi Lesley. And I'll go, how are you? And she goes, I'm great. Every single time.

P But that wasn't always me Lesley.

L Well I never knew that one.

[00:21:45]

P No, that wasn't me. I'd be like, I'm okay. I'd be like that. And I'd have this not smile and not frown, because I'm like, I'm trooping through and it's been tough.

L Serenie, do you remember...?

S Oh yes, totally.

L So, is this like night and day here?

S Oh it's totally night and day. Well actually it's not, it's a beautiful journey.

L I'm so happy for you Pearl.

P Yes, I'm a different person.

S It's a beautiful journey.

P Than I used to be.

P And that's what I mean, God never lets us alone. I'm so thrilled with what he's shown me, because things are sometimes tough, but I still have so much to be grateful for. I'm still walking, I'm still talking, I still have my family, I am great. Sometimes I'm even wonderfully fantastic.

[00:22:23]

S If anybody asks you of the joy that you have, if anybody asks you to be able to speak it out without ashamedness. So, if people say, how are you doing? Ah I'm okay. Where's the redemption glory in that? We are all great.

P Yes, and here's the thing I do think we can ask for, sit and cry with someone. I do think there's a time for that.

S Well, that's scriptural.

L I love to cry.

P And we've all had talks, even us three sometimes, and it's not like...

L I cry all the stinking time.

S But crying's not sullen.

P No it's an outpouring.

S Crying is compassion.

L No, I think honestly the crying is almost, and I can feel John looking away, or looking at me, producer John here. I mean, I must cry once a week with John. Sometimes about work stress, sometimes about family.

[00:23:12]

L Sometimes about personal, or money, whatever it be, it's my release. It's how I deal with it. And I identify, I don't see it as, I don't like a bunch of people to see it. I don't want to walk into the Trim Healthy Mama's headquarters and be like...

P And start crying.

L But, if you have trust with someone that, that won't judge you for, maybe that's the wrong word, but you know, you have a...

P Safe place.

L You have a safe place. You know that they're not going to change your opinion. And if I can cry for a good six or seven minutes, but if I try to fight it, I'll find, my whole day will intensify. And that's my relief.

S Well, I think it's fantastic and I really want people to hear us, please hear us, please? That we're not talking about fake Pollyanna smiles, and fake Pollyanna attitudes. That are constantly wanting to put our head in the sand like an ostrich.

S And saying, life is lollipops, and look at my clown fake smile.No, we're not talking about that, we're talking about an anchor of joy, that goes deeper than all the problems, that will assail in the day. And we're also saying, I'm saying, it's scriptural. In the Bible, they actually hired mourners to wail.

S And that's, if you study ancient Hebrew Pearl, they'd actually, they'd hire wailers when somebody died. Because there had to be enough release for the right healing. They actually hired wailers to make the crying excessively loud so that mourning would be taken care of...

[00:24:46]

L I have some guilt to confess to, I think.

P Okay Les.

L I used to do that, I used to be that Polly because, maybe who knows if that's why I'm so, such a positive Polly. But we had some trauma, some drama.

P You had a very hard upbringing, yes.

L And to me, and even now when I have visits with that situation, everyone wants to drag it up and talk it out. And to me, I have put a boundary between the situation, and I just want to be like, can we just keep up appearances? Do we have to show, do we have to, wherever we go bring...?Does the drama have to follow? Could we just not protect, this is my confession by the way, because it probably wasn't the best way to do that. But I was like, can we just go wherever we're going and just smile and pretend? Please, can we just...

P But sometimes there's even power in that, because there's a time to get through situations and discuss things. And maybe realise interventions and things like that, especially when it's deep family, and boundaries, there's all that. But there's another time to say this doesn't have to overshadow our whole lives. And we can't smile, and we can't be happy, and all of that, and even practicing that. As Serene said, sometimes you're faking it until you're making it, and then you're making it.

S Yes, so there's the balance between being that fake clown Pollyanna who can't weep with anybody, who can't release emotions that are totally healthy, but I

think we're talking about an anchor where, sometimes grief, grief is not sullenness.

P No.

S Sullenness stinks, grief doesn't stink.

P No.

S There's tenderness in mourning, there's beauty in mourning. But sullenness, I think that's a bit of a perverted emotion. Not in a sexual way, perverted in the way that it's not clean, there's a lot of stinky rot in sullenness.

P I know, we try to eat clean, but what about clean emotions? What are the clean emotions, because grief is one of them. Grief is clean.

S Because Jesus wept, when Lazarus went into the grave, and he even knew that he was going to be risen, but...

[00:27:00]

P And of course happiness is clean, and of course positivity is clean. And joy, and sometimes fear of getting run over, but not constant fear.

S Sullen is nasty and it's bitter.

P It's not clean.

S And it rots other people. It's like a bacteria that spreads. Grief, you can walk into the room and somebody is grieving, that's not yucky. You almost feel like you want to, and they'll let you put an arm around them or whatever. But sullenness is like, I just want to be by myself because I have such nasty thoughts. I just want to sniff them by myself.

P Sniff,sniff.

L So we all have that, I know that all of us in this room, listening. Everyone has that friend, associate, colleague that, hey Samantha, how's it going today? And it's just is like well... and it just brings the room down, and it's unnecessary. And it's not that you've been diagnosed with cancer and it's not the, they'll choose the mundane things in life.

[00:28:06]

L That are mundane, and you guys have done PODdy's on, embrace the mundane. Don't speak that it's a boring routine, embrace it. If you can all imagine that, the way that that conversation makes you feel, and just... don't do it.

P Don't be that person, that's what you're saying Lesley. Don't be that Samantha. No, you can change, you can absolutely not be her.

S Exactly, and it's a choice for this, and we're not talking personalities here, because Lesley reckons Pearl is an up. But Pearl didn't realize that, because Pearl's up is just as up as up as my Mom's up, it's just a different way of expressing it. So, you can be up, no matter what personality you have.

P Oh I like that, Serene.

L I like that.

P Let's talk about clean and not clean emotions then. Let's get some lists, come up with them.

L Well honesty, but now, honesty, not just in the black and white sense, but being honest with your emotions and going through all those things. Allowing yourself but then not wallowing.

P Yes true, and then...

S Honesty is so good.

[00:29:17]

L Be honest. Why, what's happening? What's going on?

S The honesty is so good, but there's the honesty that's not good. Like, I just don't feel like I love him right now. I just feel like he's annoying me, and the way he's standing, his pots hanging out, and the shirt's not the right colour and he didn't take the garbage out.

L If I'm honest Serene, I didn't like the tone in your voice.

S Exactly.

P Sometimes honesty's not good for us. Like, sometimes I said, last PODdy was it? Should we listen to every little tell-tale sign in your body? No, sometimes you do, because that means change is coming and that means you've got to work on something. But if you listen to every twinge, you're going to be Google, and that is, that's when I tell my body, shut up and heal. That's what I said last time, shut up and heal.

S Maybe it's like we tell our children, don't, be honest, and then we say stop being a tell-tale-tit. Everything they say is truth, but coming, and the brother did put a little frog on their shoulder, or did spit on their big toe, they did. But it's annoying at that point.

[00:30:19]

L Hashtag the Hilltop ~ #hilltop

P Yes.

S So, we be honest, but we don't do the crazy honesty where we have to say shut up. And we're not going to listen to our bodies at every twinge.

P Yes, my daughter, whoever, ah my skin looks so awful today. You don't be honest and agree with her, never.

S Yes.

P I mean that's, uncalled for honesty.

S Yes, exactly.

P You be positive. But here's the thing, let's talk about some clean and unclean emotions, I think it's a great way to look at them Serene, I think...

S Love, another one. I feel like...

P Let's do some clean ones then, let's just throw them out.

S Okay, well love is a clean one, but love can be twisted so easily, and it can be love just to get love back.

P Yes.

[00:30:55]

S Instead of wake-up to serve.

P Well that's what God's love, agape love. That's pure. And then there's joy, and then there's happiness. Hey, the fruits of the spirit, right there in the Bible.

S Peace, long suffering, patience, yes.

P All of those are clean emotions. Unclean, and they're unclean for our body.

S But they're birthed from the spirit though, they're birthed with the fruits of the spirit.

P A lot of things our flesh just wants to do, is unclean; bitterness.

S They're fruits of the flesh.

P They are.

L Jealousy.

P Jealousy, there you go Lesley, it's just so wrong.

[00:31:25]

L Awful, yes, honestly, I think jealousy can single-handedly be responsible for my entire 20's. Any kind of down, it was like, why am I, who? I am so glad to be done with that.

P I'm telling you, I'll even, I'll just admit. Jealousy in, when we put our book out, and it went so huge. And then, it's a thing of the flesh that rises up within you, because other people had put books out, and then they'd been bigger, better sellers. And part of me was like, well why didn't that happen to us? We only sold 500 thousand and they sold 775 thousand, and it's repulsive. I can't even... I'm admitting it.

S But that's okay though, because...

P You've got to pluck it out.

L Get it out.

S As long as you don't nest it, it's going to come, because there's the enemy whispering them into us, and it also comes naturally from the flesh. So, it's going to come, we just don't nest it. And there's no sin in that thought Pearl, unless you nest it. And say, oh that's right. And now I'm going to write hate letters to them too.

L And I'm not going to say good morning to my family.

P I know, because, hey they sold 775 thousand, I'm going to wake up in a sullen mood tomorrow.

[00:32:37]

S It's something to train your children in though. My daughters, they love American Girl Dolls, they got their first for Christmas, it was the biggest thing in their lives. And then my, I think I have said on The PODdy. My one little girl went out to Goodwill and came home with an American Girl Doll for four bucks. The other little girl who met her at the door, instead of saying, oh I'm so happy for you, look at that doll. She put her hands on her hip and stomped away and slammed the door.

P Not fair I remember you saying that on my Italy trip.

S Yes, not fair she said. But she needed to be trained and she got a big training, we won't stand for jealousy, like we won't stand for sullenness.

P Jealousy is one, so bitterness is another. I think, here's where it gets tricky.

S So do we want these to be our authentic selves? We're coming back to the beginning; well we've got to let our daughter be her authentic self. So, she can be in touch. We don't want to be in touch with bitterness, in touch with jealousy and in touch with sullenness.

P No we don't, exactly right. And I think choosing to be down is not clean. It's just not clean for the body.

[00:33:35]

S We can be in touch with grief, yes, we can. We can be in touch with all those clean emotions, but we don't, so when we see them in our children, that's our responsibility as parents.

P Here's one, here's what I want to call it, it just came to me. Gloominess, it's that thing that I, I don't want to call it suffered from, I allowed it. And it's not like depression, where you have to...

S It's faux realism.

P You have to go get on, maybe it's really serious and you need some doctors help during that time. Gloominess is just a state of mind that you allow.

S It's the spirit too, it's the spirit of heaviness, as the Bible calls it.

P It is, it's the spirit of heaviness, and it's not clean, let me tell you. I'm so glad to pluck it out.

S Why's it not clean, because it goes against every scripture in the Bible. It says, I give you joy.

P Unspeakable joy and full of glory.

S Unspeakable, yes.

P And so that's for us to decide when to take it.

[00:34:28]

S So if we're gloomy, we're not contemplating on the true truth and people can, that's why I said it's faux realism. Because people say, well I'm just realistic. No, you're not, guess why? You're listening to the realities of the flesh, but there is the realities of the spirit world, which is of Christ. That are so incredibly amazing, so beyond amazing. And that's the true reality. This whole thing that we see is nothing compared to the truth really out there in the spirit world.

P And it's similar to our Trim Healthy Mama journey, but that's, we could say, well that's just me. I'm not up, I'm not a sanguine person.

S Well that's just me, I've got migraines, you don't want to walk out of them?

P No, but it's also like saying, that's just me. I have Pop Tarts for breakfast. Okay, go eat some protein and veggies. No that's just me, I have Pop Tarts. So, you're making a decision to change your breakfast and to get healthy. It is a decision to change your mind space too. It is equally a decision to have something healthy for breakfast and to have some healthy thoughts, they're both decisions.

L Yes, it's a chain reaction as well. I know, and I love this about, like I, Lesley, love this about myself.

[00:35:39]

S I love that about you too.

L And I know that you two, I feel the same about you two. But it's a chain reaction, if you bring joy into a room...

P Yes, definitely.

L It will literally spread like wildfire. And I learned it from, I've been on the receiving end so many times. I'm so fortunate with some of the co-workers I've been with, and different artists. But now I feel, it was like I learned that from, and my Mom and my Dad are both, they both bring joy to a room. And you see that.

S Yes, your Dad.

P We don't know your Mum, but your dad does. I love him.

L I mean, mom has some sullen moments, but she's also had a really tough time. But she, if anyone, if I've learned, get back on the horse harder than anyone else. My Mom is a get back on the horse. Dust yourself off, let's laugh, let's do something fun. This was awful, but let's do something fun now. But she allowed it, she allowed, let's be down and then let's not, we're done now. Let's go to the movies, let's go swimming. Because, and as well you know how to heal, I feel like I know what will make me feel better. Like, if I've got a migraine or am sick or flu, you have to lay in bed, you have to watch, you have to go down. But if you're just walking around mad, moody, gloomy and you need a minute maybe, but you know how to, it's a walk in the sunshine. It doesn't always have to cost money you don't always have to go retail therapy.

P Right.

L There's simple things you can do. Like if you're going to be practical, if you're giving the Mama's a take-away today. Just don't do it, just choose not to do it, but there are practical ways too...

P Well that's true. No, I agree, walking, even scientific studies, it lifts the moods, it lowers depression.

S Sunshine is huge.

P Sun is huge. There's so many things, but I do think it does come down to, sometimes in the end, no to that thought, yes to that thought too.

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

[00:38:00]

Announcer This episode is brought to you by Microsoft Surface. Everybody has a great story to tell, and our job as producers is to help pull that story out. My name is Taylor, and I'm a producer for TV and podcasts. The whole production is on my Surface laptop. It's very powerful and just speeds up your whole day.

Sometimes you're working in a field, on a mountain, so having a long battery life is extremely important. This is the type of laptop that I've always needed. It's something that I never really imagined as a kid that I would do, but I love my job.

S This the The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y.

S Let's talk about authenticity, and let's talk about truth. You can't really, it's all pretend. Unless there's truth underneath it. But you see, it's not pretend to me, because the scripture is truth, and I'll tell my brain to shut up. You align with the truth Serene. So, I'm not pretending, I'm aligning.

P Oh, I agree.

S So, I'm not faking it until I'm making it really, I'm actually just realigning, and my body may be faking, but my spirit has aligned with scripture and I'm just waiting for my body to catch up.

P Oh I agree, so now, Serene you nailed it, because that's true. I want to talk about, what, when you fake it, you make it in your body, what actually happens to you? So a smile and a laugh, believe it or not, it raises your immune function. You can be down in the dumps and sullen, you're not going to have as good an immune system.

[00:39:34]

P I mean there's studies and Mayo Clinic reports that laughter, and positive thoughts, and smiles release signalling molecules to your brain that fight stress and illness. While negative thoughts decrease your body's immunity. One 2015 study found that laughter therapy increases immune responses in women who have just had babies too.

S I'm just thinking, this is amazing, and I'm just thinking, that your bowels are the seat of your emotions, is what the Bible calls it. So, if your bowels are healthy, you've probably got good emotions, and if you've got a lot of stuff going on little anxious tummy aches and a lot of whatever. Some of it may be because there's a physical issue, but a lot of it might be because you've got some emotions rumbling around there that aren't nice.

P There was, that's true, there's pain relief too. Pain relief might be the last thing you'd associate with smiling, but there are indeed studies and links. Another Mayo Clinic study reports that smiles and laughter causes your body to release its own natural painkillers.

[00:40:32]

P There's a 2012 study that backs it up. Here's a biggie deal Serene, longer life. She's out looking for Solace. Longer life, it turns out the fountain of youth is right under your nose, it's your smile. A 2010 study, Serene, longer than life, smiling, okay? Longer life.

S Oh, yes totally!

P A 2010 study found that smiling and positive emotions, completely associated with increased life span.

S Remember that story, I've probably already said it a million times on this PODdy, I always bring it up.

P Oh, are you going to do the cancer video story?

S Yes, he had three weeks to live, so he's like I'm going to laugh myself in these three weeks, and just have the best three weeks ever, and he cured himself of cancer.

L I've never heard that.

P She's said it like five times...

S He got every single comedy movie.

L Oh really?

[00:41:14]

S Yes.

P No, laughter is so strong, in pain relief and curing yourself of diseases. And just like the Bible says, a merry heart is a medicine, but a broken spirit destroys the body. I mean, right there, and science catches up to that. Okay, it lowers blood pressure, the list goes on and on of what it does. So, I think that when we're allowing ourselves or our children to manifest in these unclean, not clean emotions, we're causing their health to decline.

L I have a question.

P Yes Lesley, where do the boys, where do your brothers sit on...? Because Obviously I know Vange, Serene, Pearl, and I could, like, up, up, up.

S Just as positive as us, if not more.

P Positive.

L Oh really?

P Yes, majorly.

[00:42:01]

S And actually as a group, they've probably walked through harder things than us girls have, and they are totally grounded in positivity.

P So if we're positive, they're probably more so.

L Really, I love that.

P Majorly.

L I can't wait to meet, I hope to meet them and have all of you in the same room one day, so I can witness...

S Our eldest brother, he was going through some, alot of stuff with the band.

P Yes, he manages the Newsboys- a band.

S Trying to get this one tour off the ground and they were going to put up a whole tent every night, like I'm talking massive circus tent. And they were going to bring the amphitheatre to the people, instead of people having to drive to a venue.

P You've got to set the scene, if you know the band the Newsboys. The Newsboys actually started in our church, in Australia. So, our brother's been with them right from the beginning.

S We used to call them the Shed Boys, because they lived in our shed, in our garage.

P We managed them, and so there's been a lot of hard times. They used to, when they first came to America, to try and survive they'd go do a show, wouldn't get paid, so then they'd wait until McDonald's closes and go into the dumpsters at the back of McDonald's to eat their food.

S Oh yes, I remember our Mum calling up our brother saying, Wesley I've heard about all the trials. All of the because she wanted to have compassion on her son. And he's like, what? There's no trials, there's just challenges.

P Yes, he's a very positive person.

S Lesley's gone to look for my baby, so she's...

P Yes, but I think we're good, we're at 41, we've said everything.

S I can look for my own baby then.

P See you guys back here next week.

S Bye.

Announcer Bringing these chanters into the office was a pretty great idea Mr Rivers. Yes everyone seems less stressed when they can manage to stay awake. GEICO can help insure our vehicles? That's good to know. Yep they can help business owners with all kinds of insurance needs. That's really good to know, I'll check them out right, right after nap time. Get to know GEICO and see how easy commercialato insurance can be.

[00:47:22]