



Trim Healthy Podcast with Serene and Pearl Episode 141 # - This Might Hurt A Little

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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 · JG = John Gusty · L = Lesley

Announcer Who turned our new office into a wave pool? The boss was stressed about starting this new business. She thought the waves would help relax us. Grab a tube. Maybe she'd worry less if we just had GEICO Commercial Auto. GEICO can insure our vehicles? That's good to know. Yes, they can help business owners with all kinds of insurance needs. That's really good to know. Looks like high tide's coming in. Hold on to something. Get to know GEICO and see how commercial auto insurance can be.

[00:00:30]

S This is the PODdy with Serene.

P And Pearl.

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

D Women and men, boys and girls, welcome back. It's Wednesday, it's podcast day, it's truth day, it's happy day, it's a beautiful fall afternoon.

S And it's Danny love day. I'm just staring at Dany thinking, what a great personality, what a great brother to have around.

D What?

P I know, right. You're one of the most positive people in the world.

S I just wanted to say, hey, Danny, it's fun to do life with you.

P And when you're not in your wife's robe.

D Oh, it's dark clouds.

[00:01:07]

S But that's even fun too.

P It was still fun.

D Even in misery.

S It's really fun. Danny in all those colours.

P But that's, what, 1% out of 100, of 99 days of total out there, uplifting, great Dan Dan.

D Yes. You've got to tap into that quantum energy, baby.

P Yes.

D I mean the proverbial baby, not you.

D And then our Lesley Pops and John, Lesley is leaving us to go back to her Ireland.

[00:01:31]

S I pulled up to the PODdy cabin and there she was with her red hair like totally on fire in the sun and a green Irish shirt.

D Green shirt. Camera time.

S And I just felt such deep love for Popsie.

P Hey, Popsie, come over here because you're going back to your homeland for a while.

S Well, it's not... She actually isn't Irish, she's British.

P No, she's British.

S She should be Irish.

P And we're not going to have you for a few weeks.

L Yes, it's just going to be a couple of weeks and I'm going to miss you all.

D Do you know what people say? They always love to hear your laugh in the background. Like you laugh and it comes through.

L I can't help it. I can't help but laugh in the background and I try not to. You know, Tim, our editor, Tim, he said one time... It was meant with love and he said, I think when we do the radio show it's kind of cute but I think it's a bit unprofessional when you're laughing.

P No, it's so good.

[00:02:19]

L I said, I can't. I can't help it.

P Timothy, you leave all her laughs in.

S Yes, Timothy, that's a... We're going to say this in love and truth to you. We want her laughter.

P So, Dan Dan's doing the selfie with Lesley to say bye bye.

S Two great personalities.

L I was having my picture... Anyway, so, yes, I love being here in the US of A but me and my...

P Your pops.

L Yes, me and my Pops, we have to renew our visa.

S You're going together.

L Yes.

S It's a Pop and Popsie trip.

[00:02:51]

L It's a Pops trip.

P I love it.

L But it does feel... I don't feel like it's ever the right time. There's always like a thousand things... You know, when you're getting ready for a trip it just all... As you get closer... But I feel like I have all my ducks in a row and as soon as I sit on that plane tomorrow, I'm probably going to have an epic nap because I'll be like...

P I know. We've had so many launches, Lesley, and then John was...

L No more launches.

P I know. We have to be in launch therapy. That's what we all said today because it's been launch after launch and a lot of them were pushed and fast. And then John got severely injured and Lesley was launching on her own.

L It was a Leslie launch. It was very different, wasn't it? It was okay.

P But John's back, thank goodness, but, yes, you...

S How come, when we talk launch, it's only Lesley? Pops goes out of the name.

P Because Lesley is work, that's her work name, Lesley, but Popsie is her friend name.

[00:03:39]

L And Popsie is my PODdy name.

P And P-Salms is your quirky interesting things you say name.

L I've got lots of names. Lots of hats, lots of names. But we're going to be a bit delayed because by the... You'll miss me for a few PODdies. I won't be laughing in the background.

P Yes, you'll be listening.

L But I'll be listening with you all from...

P She'll be listening over in the UK.

L The other side of the pond, yes. All right, love you.

P Sereney, you've got a good one today. Share your story of what's going on.

S Well, my husby, he has this thing called a... I actually forget the exact words, if there's any eye doctors out there or anyone who's had this issue in their life, don't... Like you might know the perfect word and I might be stuffing up but it's like a pterygium or something. It's something growing over the eye. It's like a scale growing over the eye and it's from dry weather, agitating things. Like they might call it surfer's eye. It's really, really common in countries like New Zealand with just a lot of...

P Our cousin's had it.

S Yes, a lot of outdoor activity and a lot of like cold kind of wind with grit in it. And so, anyway, my husband had this thing. It was like his... Like the lens over his eye was just starting to warp and he started seeing things double, everything was hazy and blurry and he went to the eye doctor and he said, you've got this pterygium and you're going to need to get it removed or it might just like give permanent eye damage. And so he just had surgery yesterday morning. It was meant to be like a go put you under and spend like over 10,000 or like a 3,000, just cold turkey it.

P Live through it.

S Live through it. So, he chose the 3,000, you know, good Braveheart man he is.

D Of course Sam did.

P Of course he did.

[00:05:21]

S So I can spend more money on like, you know, digging holes in our backyard.

D Sam is saying no matter what.

S Yes.

P He would never choose the easier option for anything as well.

D Never.

S No. And all his children who have needed surgery, it's always go under the \$10,000, you know, sniff the strawberry like, you know, Kool Aid beforehand and do it all the nice way. So, he's just hard on himself.

D Yes.

S But, anyway, he had the eye surgery and he is just in so much... Like he's doing it well. He's doing it well.

P But it's pain.

S But it's a lot of pain.

P John knows because John had surgery.

[00:05:52]

S But it was good pain, right, because this pain is actually sight for him. This pain is sight and he had to have a scalpel cut into his eye but that was actually sight for him. That was actually sight. And it made me think. It made me start thinking, hey, maybe we've got lenses that have got issues. They're not the right kind of lens, they're growing over our eye, they're like a scale and they are making us perceive everything around us in the wrong way, the way it shouldn't be perceived, and we need to get it removed and it's going to hurt and be uncomfortable and to see things differently, we're going to sound woo woo to ourselves. We're going to... It's going to be uncomfortable to even hear our own thoughts back, because we'll be thinking differently. But that's going to be true sight for us. And then that started making me thinking of you guys and the Trim Healthy Mama journey and maybe you've got lenses over your eyes. You see yourself, you see your whole world around you because of the way you see yourself in such a way that it's blindness, it's not sight, and you might need to get that removed through a new lens and that's not going to be necessarily fun.

P When the hurt...

[00:07:07]

S But it's going to be sight.

P Hurt's so good, right? When the hurt is a good thing. You know, I sometimes... On the groups I see people and they've just come to Trim Healthy Mama and maybe it's detox or maybe it just seems overwhelming because the life before is no longer there, it's a whole new world of eating and at first that's actually hard.

S Yes.

P Right, Serene, you and I can say it's easy, what are they going on about.

S Yes.

P But we've been doing it for years. We've been seeing differently for years. What about when you first see differently? It hurts. Everything you knew has to be uprooted and changed. So, even protein-centred breakfasts and taking five minutes to make it, all of it, ouch, it hurts, I'm so used to the other way. So, I feel like, yes, we need to give grace to those people but if you're going through that, it's a good hurt. It's a new lens, right? A new healthy lens.

S Yes, it's a little bit of a surgery. So, go with the discomfort and know that it is sight for you. You know, and it may be just even a lens... Maybe it's even subconscious, you don't even realise it but just have a little digging and think about the way you see the world around you, the way you see you. Maybe you're used to thinking of yourself as a failure, you know, as overweight, as this, as that, as the person who can never quite get it right, as the person who is full of shame and doesn't really have many good memories and...

[00:08:33]

S All of this is a lens but it's not bringing new sight to you. It's actually darkening your life and so it's blindness, it's not light. And so maybe you need to have this lens changed but in the process of that, thinking's going to be uncomfortable because you're not used to those thoughts. It's going to be practice and it's going to be falling down and it's going to be practice and it's going to be rehearsing things to say and it's going to be saying new things and it's going to feel like..

P That's true.

S You know, how it's like when you start concentrating on swallowing and it's like really difficult?

P Yes.

S So, you might have to concentrate on reshaping the way you think. It's a new lens. Start thinking I'm so wonderful. I am not overweight, I am becoming the perfect weight.

P Yes.

S Like it's a new lens. It's like looking at it the positive way instead of looking at the failure of it. No, look at the journey of it because that's what you're actually on. You know, my past doesn't define me. You know, I am totally moving forward. I'm just moving forward. I'm all about present future. And so, I mean, it's just a new way of thinking.

[00:09:35]

S But that's what I have to say because I've just been watching my husband, thinking about it. You know, wow, like he couldn't just go on. It was actually at... Kind of a little bit okay. Like it wasn't a terrible discomfort, terrible, terrible, it was like something where he kind of got used to the agitation and the gritty feel in his eye but thinking of that surgery without the \$10,000 and going under or whatever, it was... He felt like cancelling, you know, and keeping the old lens.

P Yes.

S Keeping the scale. And you might think, hey, I just feel like cancelling, giving up all these positive thoughts and scriptures and all this kind of stuff because it's woo woo to me, it's like concentrating on my swallowing, it's like all new. It's all painful. Don't give up, it's your sight. It's your moving forward. It's your clarity.

D Would you sell one of your eyes for a million dollars, Pearl?

P No, Dan.

D Would you sell one of your eyes for a million dollars?

[00:10:26]

S No way.

D Would you sell an eye for a billion dollars?

S No way.

D Not a billion dollars?

P No, I wouldn't. My husband probably would.

D I wouldn't do it for a billion. I would never sell one of my eyes but better to do that than to approach your life with the wrong perspective. You know? Because like...

S You're giving up your eyes. You're giving up both.

D You're giving up your sight and you're... You know, the eye's the lamp of the body, right?

S Yes.

D And if what's going in through it is darkness, it's like everything is dark and, you know, you're right, the approach of... I mean, because if you go down this path of like growth, like if you're the type of person who wants to go from success to success...

P And you are, if you're listening.

[00:11:16]

D If you're listening, you are. Welcome.

P You totally are.

D Yes, like it does... I can say like I probably started thinking about personal growth, really thinking about personal growth... Because in my past it was kind of like this external like destiny-centred growth, like if something happens to me it's from the outside and it's just meant to be and I do nothing and only for about the last three years have I said, you know, I'm responsible for the course of my life and I'm taking ownership over that and I'm going to... What do I want to build? And it's been the hardest of all time.

P But has it been the best?

D It's been the most rewarding.

S Has it been beautiful?

D Fulfilling. I feel like I just got to planet earth three years ago. I just got here.

S I feel that way too, Danny. I'm so glad to be 42. I so don't want to go back to 14. And I really hope that my children at 14 are at my 42.

[00:12:18]

P Case in point, Serene. You found... And this is huge for me, okay, I cried. I cried last night. You found a whole bunch of videos that our mum had taken because, as a lot of you know, my house burnt down a couple of years back. Every picture I ever owned, every video, and I had done all the videos of my little children growing up.

S You were scrapbook queen.

P I was scrapbook queen. All of it burnt. Nothing. I had nothing, except... We found some pictures online, so I had a few of those. Serene called me yesterday and said, Pearl, come over here, come over here. She found videos that my mum had taken and my little kids were on there. I just cried and cried. I saw them. It was like me holding Meadow, my first child, and, oh, my goodness, but this is so interesting, Serene. I saw the old me, the old lens that I used to wear that took years to change. But now my lens is completely different. It was... Charlie and I, we were standing there and we were trying to find our first...

S Mum was saying, so what's going on in your life.

P Yes, what's going on in your life. So, there we were, standing there. I said, oh, well, we're looking for a home and we're looking for land and that's what's consuming our thoughts. But it's really stressful, looking for a home, you know. We have to look all the time and that's sort of what's taking up our whole time and it's really stressful. And I looked at that girl, that twenty something year old girl and I thought, you poor thing, you poor little thing with the wrong lens, why did you say it was stressful?

[00:13:39]

S You were... Look at your life. You've got that beautiful baby and that good husband and you were focussing on the stress of the joy of finding a home? I wanted to be nice but I wanted to say, you idiot.

S But guess what is great.

P I looked at myself, like an idiot. I'm like thankfully I don't say those sorts of things now. Although this morning I said something and God just reminded me, don't be too proud, Pearl. I was saying... I was moaning about all the launches we've had to do at Trim Healthy Mama. But, anyway...

D Wait a minute, though, this is kind of like one of those moments.

P Man, I was just being proud and then I realised, oh, Pearl.

D This is one of those moments, like 20 years from now, like was I really grieving that I was launching awesome products and...

S Exactly, Danny.

D Like what?

P Exactly.

D It's the same with the land.

[00:14:24]

P Yes. You look at the children of Israel and they go around and around and make the same mistakes. I always think they were morons.

D Yes, they... Those people.

P They were morons.

D Oh, yes.

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

S I'm Serene.

P When it comes to kids' books it's hard to find new ones that are educational and entertaining and beautiful. It's hard. So, you get stuck reading the same books over and over and over and that's where Literati Book Club comes in. It changes things up. It makes them fresh. It keeps your kids excited about reading.

S Literati curates unique books from small publishers around the world and then they package them in these beautiful boxes which helps inspire your child to fall in love with the magic and the mystery and the fantasy and my two little girls, Havey and Breezy, were sent this box and Lesley Pops had sent ahead their age and whatever, so...

[00:15:19]

S You would have thought it was Christmas Day, right? It was this prettiest gorgeous like thematic box. It was just so like utopian-looking and they opened it up and there was like little treats and little gifty things. There was like a mystery pen that wrote in invisible ink and...

P And there was a personalised note with their names.

S Yes, so they could put their little sticker with their name on every book. I couldn't have chosen them better myself. They're actually... What they do have, they put this box together is they get these five teacher-approved books so that you know they're going to be educational or not just slip slop, and if you don't like the book, they have a pre send back addressed box so that you can just... It doesn't cost you anything, it's free, and you just put the books you don't want back and then mail it away. But I liked all of them. I kept all of them.

P Listen, we all know... It's a fact that children who read books have better vocabularies and longer attention spans. That's quite... Everyone with kids, they need Literati.

[00:16:16]

S And it gets them off the screens, people.

P I know.

S Like I'm very strict about screens but still, still my children are like, well, it's the afternoon or it's raining, can I...?

P Literati mails five teacher-approved books to your child every month and each book is based on a theme, like the spirit of adventure or the animal kingdom, and it also contains exclusive original art and that beautiful personalised note.

S They were beautiful, these books. And, yes, they have a beautiful poster that they sent my little girls and they... It was so pretty. They've put it on their wall.

P So, because you are our Trim Healthy Mamas, Literati is giving their best offer available anywhere. To get it, you have to go to Literatibooks.com and the promo

code is trimhealthy for \$20 off your first box, plus a free backlight pen for kids three and up.

S That was the mystery pen.

P So, listen to it again. For their best offer anywhere available, for you guys, you Trim Healthy Mamas, Literatibooks.com, promo code trimhealthy.

[00:17:19]

S This is the PODdy with Serene.

P And Pearl.

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

P I think I have learned. I've put on new lenses, though. Like Lesley was interested in one poddy we talked about... You know, whenever Lesley asks me how I am, I usually say great, fantastic, I'm doing well, because I am. What is there that's not going great but little challenges to get through, right?

D Yes.

P But people used to ask me if you're great and I wanted to be very honest and authentic, so I would always say, I'm okay or I'm making it through, these were my ones, or, you know, I'm better than some, not as good as others. That was one of my lines. I had a whole bunch but none of them would be good, great or excellent because I felt that was a lie.

D Yes.

P Because there was always some sort of thing I was going through, right?

D Yes.

[00:18:08]

P But you know what? I refuse that junk. I am great. I am excellent. I am blessed. So, if someone asks me, even on a challenging morning, how are you, I'm going to say, I'm so jolly good, it's incredible.

D Yes, lose your mind a bit. You know, in the south... Like false humility is so rewarded in the south, especially like where I came from, in the trade industry. Like you'd be like, how are you doing? Oh, man, I'm getting by.

P Yes, I'm getting by.

D I'm all right. I guess I'm doing fine. We'll see, though. You know, and it's like... You know, and I started like mimicking that and...

P Yes, it rubs off.

D It does rub off but it's so like... It's really powerful when you just get a little absurd. Like when you first start... Like, again, just a plug for personal growth, like just give yourself permission to get into growing as a person and like seeing things differently and... I love how Serene's always reading something. You know, like, yes, she's a leader in the health world and all that but... And yet week in and week out she's got her little book with her, her notepad, and she's been taking notes and she's been reading and learning all week long and it's like... And Pearl does the same thing and, you know, like that is a cool thing and it's a hard thing because you constantly are facing fears and you don't get to stay the same. You don't get to hang onto your little precious...

[00:19:35]

P But it's so good. I almost love and open to the pain now because I know the pain is good. Like Sam's going through that sight thing and... I was over there at Serene's house yesterday and he's like Serene, bring me a cloth, please, for my eye. You know, he was really going through... And I thought, oh, man, it's tough but his sight's going to be better. And now I'm almost like, oh, I know this is sort of going to hurt but this is sort of really exciting. That part of my life, I didn't know that was sort of dragging in the dust. You mean I'm going to get to rip it off?

S And let's...

P Bring it.

S And let's look back and have our lens looking back, redeemed as well. Because, you know, you were thinking you were the idiot and I thought I was a major idiot as I was looking back, and I was just so glad that almost like my roof was my children's floor and I was seeing things that I struggled with that they're not struggling with because it's like, you know...

P Yes. Pass it along.

D Yes.

[00:20:24]

S The generations are just... It's just... There's more learning there and there's more growth. But I started thinking of myself as an idiot and, no way, I'm going to look back on these memories and say, ha ha ha. Like as I was looking at the children, you know, toddling and then they're riding their bike on these memories and then all of a sudden there's like pictures of them, you know, with their new girlfriend or boy... You know, it's like the growth. I started looking back at them and instead of like cringing at them...

P Okay.

S I started, no, I'm going to have a new lens about my memories and say, ha, growth, that proves growth.

D Yes.

S Oh, that one proves growth, oh, how exciting. So, I started feeling a little bit like... At the beginning of those watching memories, like, oh, don't remind me, I don't want to go back there.

P Yes, that's what I felt like, yes.

S But then at the end of it I was like, really, oh, show me another way of growing. Oh, let's look at another example where it proves that I've grown.

D Yes. My son is 14 and when I was 14... Like, okay, he looks like a scrawny little child to me. Like he's tall, he's a big boy, you know, he doesn't hear that from me, he hears how huge he is and powerful and I can't believe you're so strong and, oh, that hurt, dad. You know?

[00:21:43]

But, yes, like he's skinny and he looks... He just looks like a child but when I was 14, I had a 357 pistol in my waistband, drugs in my pocket, a shaved bald head. I looked like a psychopath and I lived like a psychopath. But that's where my mindset was at the time.

S Yes.

D Like where I lived and who was around me.

S It was your lens.

D That was my lens but in my mind I needed to be that character. You know what I mean? And that character kept me from getting hurt. You know, he protected me and he was intense and intimidating and he scared other people, you know, because he's not going to get scared. And like I just... When you were talking about how we... Like our kids get it better than us because they get... You know, they get the free teachings. You know, they get like free mentors in their life.

S Yes.

[00:22:33]

D I don't know. I just thought about that and how like... How, you know, that person, that thug was not... Like that wasn't real, that was a character I made up.

P But that thug became this Dad, this father that you have and so that your son can be a kid. You weren't able to be a kid.

S Look back at that thug and be thankful, wow, look at...

D Totally.

S It's almost great to look back and think about that once a thug was there.

D He throws the ball with his little sister in the front yard.

P Yes, and you were selling drugs and...

D I was selling drugs with a pistol, looking to have to... You could get in a gunfight at any moment. And it's amazing.

P And isn't that incredible? And that's you being willing to change your lens.

D Totally.

P And many times and say, well, I'm not going to be that father, I'm going to be this father. I'm not going to be that husband, I'm going to be this husband. You know?

[00:23:19]

D Yes, because when I... When he was first growing up, like young buck, you know, always challenging my throne, you know, like my old nature would come up, you know, and I would want to like beat him down. I mean, not physically punch but like verbally let him know who's the man around here and stuff like that and there's a time to be like have a seat, young man. Don't get me wrong, he's a knot-headed teenager, right? But, you know, at the same time like, yes, even as a new dad, it seems like every month I am just learning to be a better man.

P Yes.

S So good.

P You know, and I know there's people listening in right now and you're going through real things, right? Maybe you lost someone you love or maybe you're going through real hard trials and you're like, well, Pearl and Serene, you're just telling us to be Pollyanna and pretending the hard things don't exist. Well, how are you? Well, I'm great. My dad died yesterday, I'm great. I mean...

D Yes.

[00:24:22]

P But I don't think we're saying that.

S No.

P I mean, if I asked you how you are and, you know, there's been a loss in your family, I'm not trying to say so fantastic.

D Yes, that's gross.

P But in a way, God is still good. You are still loved and cared for. You know, it's hard but that's where we've got to just not let the bitterness come in and let that define it. There's grief, like we've talked about here, but grief is a good emotion. It's pure. You know, blessed are they that mourn.

S It's actually healing. You know, in Middle Eastern culture, and that was kind of described in some scriptural stories, where they would hire the grieverers to do the really loud wailing because you have to get the grief out. You have to release that.

P But the... I don't know what the word is for it but when there is no hope, when you decide, well, this is it for me, my happiness is gone, my joy is gone, that's when the lens needs to be pulled off.

[00:25:25]

S Well, look at the lens in some of the apostles in the Bible, you know, imprisoned Paul, you know, and all that.

P Yes, going through all this junk.

S Like literally, I mean, he was in prison for so long, he lost his eyesight or, you know, he was... In the end he was beheaded. I mean, there was so much he went through but his writings are, in all things give thanks.

P Joy.

S And it was joy and it was like the unsearchable riches in Christ and the inheritance, that He was the eternal life that he's experiencing now and joy upon joy and Jesus inside and the fullness, who fills all in all. He was a whole man, he was a filled man, you know, but he was suffering greatly.

P It doesn't mean we don't suffer.

S Yes.

P I think that we have to choose things. Like now I have my choice of things when someone asks how I am. I have my choices that I pick from. They're all positive, right? Mine used to be all the ones that were sort of more authentic and more negative but now I don't, I refuse to say those. But I think there can be ones that we pull from when we are going through hard times because often we need prayer or often we need to share a struggle or something like that. I remember, Serene, when you were going through rough times and both your sons were struggling for their lives, you know, in the hospital but you had some things that you'd pull from because I would say, how are you today, Serene, and I'd say it in such a concerned voice and you would say, God is still good in my life.

S Yes.

P So, that was a truth. You weren't saying, oh, just fantastic but you'd say, you know, Pearl, despite it all He is holding me up somehow. You'd say some things like I don't even know how I'm doing it but He's just encouraging me today.

S Yes.

P I mean, those are truths, right, because what we speak is powerful and affects our lives. It affects the lives of our children, all these things.

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

S I'm Serene. Well, your life has just become easy if you have eye issues and you have to like get contacts and all of that. You can do it from the comfort of your own couch.

P Yes. If you were contact lenses and you find yourself dreading that annual appointment to renew your prescription, then you're going to love Simple Contacts. It's a great new company that makes this whole annoying process simple.

[00:27:39]

S Hey, it takes less than five minutes.

P You take the test, a very short test. A real doctor reviews it, writes your prescription.

S It's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with, so you don't have to shop around or worry about, oh, will they have my favourites? They will have it.

P The main thing that we all care about saves you money. The vision test is only 20 bucks. Compare that with an appointment.

S 200.

P Yes.

S I reckon it'll be about 200.

[00:28:06]

P Yes, probably, without insurance around 200 and these days insurance hardly covers anything. You've got to know this is not like a full replacement for periodic full eye health exams. You can go to your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally?

S Yes.

P The contact lens prices are unbeatable. Standard shipping is free and, best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your first order of contacts at simplecontacts.com/trimhealthy20 or enter the code Trimhealthy20, that's two oh, at checkout. Save yourself time, money and headache. Simplecontacts.com/trimhealthy20 or just enter the code trimhealthy20 at the checkout.

S This is the PODdy with Serene.

P And Pearl.

S Get it right. It's P- O- D- D- Y. You shouted out to me. Can I just shout out to another sister of ours?

P Yes.

S Because we were watching these family memories yesterday. It kind of just shot our whole day because once you get started, you can't stop and it's just eat all day and watch home movies or something.

P Yes, that's all we did.

[00:29:18]

S There was just no... Nothing else happened. But, you know, we started seeing some memories of our older sister, Vange, and she's always just had an incredible lens of positivity.

P Yes, she has.

S It's just like a gift. Other people have to work on it. You know, you grow into it, you know, maybe and she's just always had it. And she'd just given birth to one of her daughters and she was...

P Her first daughter, Rashida.

S Yes. And she was... Mum and Dad were videoing saying, how do you feel, Vange, you know, and I think it was a difficult birth too and she's like, well, tell you the truth, I just feel fantastic, and she was just spouting off a bunch of stuff. It's just part of her personality. I don't think she stopped to even think if anything hurt.

P No.

[00:29:55]

S It was just whatever but she's passed this on to her children and, you know... And her children have gone through hard times and so I just want to show the generational thing here. Like, Dan, you were talking about how it's so great how further along your children are to even where you were but... And I think that's happened with Vange's children. Arrow, her son, you know, he got his face almost blown off. He was leaning over a car and the... What is it, the...? What actually blew up in his face, the big...?

P You know, those things, the steam... Radiator.

S The radiator blew up. Praise the Lord he's so tall or he probably wouldn't have a face left. But it was just full-on contact with...

P Third degree burns.

S Yes, on his face. And immediately all those around him said he just immediately started bursting out in worship.

P Really?

S Just like... Yes, at the top of his lungs, Jesus, I love you, just like worship song and he ran to a puddle and stuck his face in it and said, bring me a snorkel. It must have been holy spirit ideas and he kept his face under the water and he asked his brothers to bring him a snorkel.

[00:30:56]

D Someone had a snorkel?

S You know, they go to Florida all the time. And he said, clean bucket, so after he got his face out of the puddle because he just immediately... He put his... And they said...

P So, he breathed through a snorkel but he kept his face in the water.

S And it was his idea. He kept his face in the water.

P Oh, that's so good.

S And they said they'd hear these bubbles of worship. That's amazing.

P That's how he was coping with it, yes.

S And then he was like... In the ambulance... He was... When the ambulance came, he ran first and like opened the door, like he was the special like, you know...

P He was putting himself in the ambulance.

S Yes.

[00:31:26]

D Like my ride is here.

S Yes. But he was like the... What is that one where they take your car. The valet. He was the valet at like... He was like escorting people and opening the door and hurrying them in, you know.

D Right this way.

S Yes, right this way. This is where you sit. But apparently he was just witnessing to everybody in the ambulance and he was in so much agony.

P Yes.

S But it just... It made me smile because I thought that came from a generational lens that our sister chose to have. It passed on the generation. So, your lens is like a bacteria.

P Oh, it passes on.

S Your lens passes on. It is so catchy and if you have a negative lens, it could be something you're spreading to your generations to come.

P Oh, huge, Serene. I am grateful... You know, I feel like God has used us, despite all our flaws and everything, Serene, you know, to encourage others, to help them with their health and things like that. I have to go back to our mother.

S Yes.

[00:32:23]

P Mum raised us with such encouragement. She always told us, from the very beginning, you girls are destined for big things. There are many times in our life, Serene, we didn't have any big things. We were happy, content in our home, little mothers, and she even said that. She said, that's your big thing. Look at what you're doing with your children. You're the greatest mother. You know, she would encourage us in every single thing and to her us, when we were at home, no one knew who we were, was such a big impactful thing to this world.

S Oh, huge, yes.

P And now that the world sort of knows about us too, she's just so encouraging but she always said, you girls are world-changers, you girls are life-changers, I know it. She spoke it into us.

S Yes, she did. Yes.

P It was the soil of encouragement that we grew up in and I believe it's reaping rewards now.

S Yes.

[00:33:07]

P And I've said this to my own children because I received it and I want to pass it along and, you know, if you never had that from your own parents, like Dan, you know, grew up in the hood, was a gun-toting drug-selling boy but what are you passing along now? You're passing along this great encouragement. If you never had it doesn't mean you can't give it.

S Can I say an interesting story? You know, I don't know who listening knows that our publishing company is called Welby Street and actually John and Lesley Pops here, they run... Well, John runs the Welby Street Publishing and Lesley Pops is under that section of it all. But Welby Street was where Pearl and I grew up.

P In Australia.

S That was the home of encouragement in Australia. Now, Mum used to put a big sign in the boys' bathroom and it said the world is waiting to see what is going to come out of 18 Welby Street. And so the boys... She said every time they'd come out they'd look like their shoulders were back, the muscles were flexed, you know, they're coming out with just their shorts because it was just hot, the Australian Gold Coast, and then she said it would be like rippled like... They went in a little bit round-shouldered and they came out looking like the hulks because of what they read. The world is waiting to see what was going to come out of 18 Welby Street.

[00:34:19]

P Yes.

S And so these are the things that we can... The lens that we can put into our children's lives that will just change the course of history because it changes generations.

[00:35:10]