



Trim Healthy Podcast with Serene and Pearl

Episode #151 - #Walls

(AIR DATE:12/18/19)

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

S = Serene · P = Pearl · D = Danny · J = John

[00:00:00]

Announcer There is a chance your local GEICO agent laughs the exact way you do. And I said, not in my sandwich. What? But there's a better chance your local GEICO agent could help you out with auto, homeowners, renters or condo insurance. Motorcycle, boat or RV insurance too. They'll work hard to provide sound advice and significant savings. You don't need to share a laugh pattern to do that. Local GEICO agents, call or visit yours today.

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 to another fab, fab, fab episode of the Trim Healthy Podcast with Serene, Pearl and yo me Danny. That's I for in Spanish. Yo.

S Yo, is it really Spanish?

[00:00:51]

P Your learning everything.

D Yes, and we're so glad you've joined us in the new Poddy Cabin. What do we call it, John?

S The Poddy Barn. It's on top of our barn.

D The Pottery Barn but it's with a D.

S But I don't feel right about the Pottery Barn because I had a bad experience in the actual Pottery Barn.

P What about the Poddy Loft then?

S I like the Poddy Lofty. I'm always a good...

S That sounds urban though

D It's a bit much-ee.

S Loft sounds urban and we're in the middle of the woods on top of a barn.

P This is such a loft right, for summer? Such a loft.

D The Pod Mark.

[00:01:18]

S She put an E on the end to be part of the cutesy dialogue.

P Yes but nobody knows that it's a loft on top of a barn.

D Can't we just call it the Barn?

S Hey, Pottery Barn is that store, right? There's one in Murfreesboro. I went there and it was a day that one of my children threw up.

P There's a lot of throw up stories with Serene.

D Always.

S No, but listen, I have a lot of children that my Pottery Barn day was very severe. And all the way home in the car with the sick baby and I just remember that day being at the Pottery Barn from then on. There's never been a good name, Pottery Barn.

P We probably not going to get them as a sponsor after that, are we? Okay, well we'll just have to give up on that.

S Well bless their souls.

P Bless their socks.

[00:01:58]

S I bought some good things that day, never put them up. That's what actually happened, never put them up. I could go straight into what I was going to talk about today.

P I was going to say because that would be a rabbit trail and we want to get into the meat today.

S That's what I'm talking about.

P Okay, because you bring the meat.

S I didn't know it was going to flow but it flew.

P Fly it.

D Flow it did.

S It flew because I said I brought stuff but I didn't put it up and that's kind of the story of like is I really love to decorate. I love to do stuff like that but for some reason our home has always been in a situation where it's never quite been finished. So you kind of wait for that stuff to put up but all that to say is I am just deciding to put stuff up on my walls. And I'm an extremist so a lot of people might pick a few lovely things and put them up but...

D But not you.

[00:02:48]

S I've gone and got like a gazillion frames. And then I was wasting bucu bucks so I went to the Dollar Store and got a whole bunch of Dollar-Store frames. That means you can spend like you get a hundred frames.

P Yes, you get a hundred frames for a hundred bucks.

S So I have been getting...

D That's good maths skills, girls.

S I have been getting Pearl to send me all the backlog of random pictures. You know the really cool ones that aren't... Like the stuff that's on her phone so it's Canon awesome. And I'm coating all my **walls**. It's just all going up. It's all great memories and I'll...

P You told me not a speck of wall shall be shown.

S And she said I want every seed of cumin up there, Serene. And that's what I meant in one of the other PODdy's where I said there's a lot of cumin on my walls. I didn't want you to think of splashed chilli with cumin bit in it on my walls. But I just have a lot of spice on my walls, a lot of color and flavor. And it's a beautiful thing after looking at all these memories, I said to Pearl, Pearl boy we've had a great life. Boy, we've had a great life remembering and looking at those moments it's just been a beautiful thing. And what I've noticed with my children is they're taking more appreciation of their environment cleaning up after them. And it's a warm environment now and so they're being more warm of personality. They're not fighting as much.

P Why, because they're looking at themselves on the wall and on the wall they're laughing and smiling and...

S Yes, it's like wow, this is a great place. This is a great family and I want to make another great memory maybe. I don't know but I've just noticed a lot of things have changed, not just my walls. So I started internalizing it and I started thinking wow, what pictures am I hanging on my walls? Because there's abode of my house, that's one thing. That's not really my abode but the place that I really live in everyday is me. That's what I abide in. I abide in me. I like...

P You're the house?

S No, my body, my tent.

P Yes, you are the tent.

S I'm the house of my personality, of my soul, whatever. It's just what do I have inside on my walls? Do I have hurts that I've framed and hung up on my wall?

[00:04:55]

S Do I have bitterness that I have decided to have a special shrine in the corner? Is there an argument in my marriage three years ago that I dust off regularly and keep there for display? And make sure that it's there so I can bring that up and have easy access to that memory? Then I started thinking I've had a blessed childhood but many people haven't. And then I started to think it's not a purposeful thing and some people have trouble letting things go. But there could be people that have had an especially very bad memory or an abusive memory that's on their wall. It's on their wall and it doesn't bring any good feelings. It brings the opposite. And I started thinking wow, I needed to start taking a few things down from my walls and putting the good things up. And isn't it true how maybe on our walls we know, we realise the intelligence of we're not going to put up the picture when the big brother gave the little brother the black eye and put that on the wall. No, we'll put the happy eating the birthday cake picture of the two brothers. That's what we're going to put on the wall. But inside in our own little, inside our body-homes, sometimes we forget about those things and we put up the black eye picture. So a lot of marriages, many here are breaking up. You talk to one or either of the spouses and you'll be like, listen, so tell me a little bit about what's going on. And you'll hear all these bad memories and they can't even remember the good memories.

[00:06:45]

S So it's like those bad moments were put up and framed but the good memories were never put up and framed. And so I started thinking about that. And then I started thinking well, hold on here. I've been wanting to put pictures up for years but a lot of my problem is I can't because I have to have certain things done first or I need my handy tool man, my good ole Sam. And then he's busy and some of it I need actual proper tools too, to measure and stuff. And I feel like it's out of my league because I have really tall ceilings and blah, blah, blah, blah.

S I thought to myself, some people it's not really even an issue of wanting. It's how. And that's where it comes to even a deeper thing too. And I know you Danny are going to run with this. And Pearl you run with this. I'm just going to end with this last thing. So I felt like it's something I took to the Lord. And I'm like God, you're going to have to help me remove some of this stuff. And there's people out there who have had childhoods that they'd really need help. Or maybe not childhoods but maybe it's been in their later life that they really need help so to remove those bad pictures and have help in hanging up the right things. Because I know people who have struggled in places in their mind and it's not that they want to live in that abode, in that mind-set. That mind-set is driving them crazy. That mind-set is a trap to them. That mind-set is a place that they wish they could get out of. And that's why a lot of people turn to alcohol, turn to drugs because they feel stuck in that home that's surrounded with enshrined pictures dusted off every day.

[00:08:22]

S And they don't want to be dusting them off every day. They want to be like oh, remember that time? But their mind keeps their faux proteins towards it. What I mean by that is every thought in our brain is really a protein and the more you think about it, the more it's established. But it's a cat chasing its tail and it's a circuit that's just been so well oiled that it keeps happening. So when I say, the first part of what I said was let's put the happy pictures up. Let's take down the bad. That's all well and good.

S There's some people as you know Danny who have had situations where it's more than a human thing. It needs supernatural hanging and removing. And so that's what I wanted to open up. Dan, I feel like you look poignant, like you're ready to talk.

D Oh, I could speak for an hour after your poetic setup...

S Oh, I don't know about that.

D Using frame imagery and it's so perfect. It so perfectly describes the walls of our heart. So good on you, mate. That's was so good.

S [Inaudible].

[00:09:24]

D I actually had years of gut paining anxiety removed in a small group session with five other men a couple of months ago. You ever feel anxiety like a spear in your centre of your body? That's where I process everything for some reason. I'm not like some people, oh, I'm so... They hold their head. And they're like oh, I've got a headache. I'm so frustrated. For me it's just these spikes of anxiety in the stomach. And had a guy in this meeting and he said instead of trying to mind over matter, let's shift gears.

- D But before you try to get out of that feeling, he was like let's notice that feeling. Let's sit in it for a minute and let's pay very close attention to where it's located. How does it come? Is it a wave or is it a constant? He's like, let's really... And he wanted to narrow in and identify and face it. And it was really a new concept to me. Because what you're talking about is like if I were to use your analogy I would say well, how do we remove these pictures off our wall? How do we, because so often I think when we go back to a negative space in our heart, it's our attempt at actually removing it. It's actually our attempt at facing it but I think the problem is is that, I know I've often felt like I'm more safe and I'm more secure if I don't remove this from my life. I can manage it if I can bring it up and hold it in my heart because I owe it to something. It's like I got to keep it there. But this guy had me face this dragon. Like you can't slay the dragon until you face the dragon. And he was like so sit in it. Let's notice it and he had me put my hand over the spot. And he was like coaching me in this healing almost. He's like just start to... And I remember he goes, try to have a mental picture. He goes, visually try to move it up into your chest. Try to get it out of your body. Try to take mastery over it. And it sounds spooky but think about this...
- S It actually sounds biblical to me.
- D Okay good.
- S Because many times in the Bible they would have to do a physical walk out of what God wanted them to do.
- D Yes, take an action.
- S There was healing for the guy who was dunked the Jordan seven times but he had to go dunk in it seven times. They had to walk around Jericho seven times. There was also this victory kind of action that goes along with it.
- D Yes, that's so good.
- P And baptism is the physical representation of what's going on spiritually. You dunk under the water and you come up. It's a sign. These physical things we can do, they actually represent and our body learns them and there's a whole quantum world that we don't even yet understand. The things that we understand are a fingertip compared to the mountain below that we can't see. So when you're saying I got this feeling and I basically pulled it up, there's a million quantum cells responding and the energy of those flowing and changing.
- D I can feel it now. So I get it up in my chest and this is weird. This is all a mental game I'm playing but is it? Because I got it up in my chest and then it was like, if you picture a softball that's stuck to the ground by bubble gum and you pull it but the gum pulls it back down. That was the image I had. It was this softball-sized anxiety lump in the centre of my body and I told him. He was like now get it up and get it out of your body. I was like, I can't. It's as if there's gum holding it down and it doesn't want to leave and I can't...

D My brain or whatever part of me, I was not allowing myself to see it removing out of my... He goes well then imagine a hand comes down and grabs it and goes, and freeze it. He goes, freeze it because that's how you can remove gum out of your hair. You can freeze gum. He goes, freeze it. I know this sounds crazy but I froze it. I chose to freeze this anxiety and then I was able to... And I actually did this motion where I took my hand and I started pushing up my chest, up my throat and then out of my mouth.

P Well, people could be listening and think, oh this is gobbledygook. And you said it's mental. People have just realised there's no such thing as just mental. Just, you were going to say that, John. You can come be sovereign on the microphone.

[00:14:32]

D Come be sovereign.

P Just mental is actually no such thing. Mental means things are changing. In the quantum world when you change things mentally. I mean they found out in the quantum world you can have something, they can separate two different things in petri dishes, put them 700 miles away. Do something to one of the cells, the other cell will change 700 miles away. We live in a world we barely understand and we shouldn't just say well, that's just mental.

S And we shouldn't feel spooked because I still don't even know how tape recorders work let alone the fact that all my music's on a cloud somewhere.

P Light, sound, electricity, all these things, energy, God made them. If people are going to say oh, that's new age. That's all spooky. God made them people. I'm sorry.

S God takes the things that are not seen.

D 300 years ago it would have been called magic.

P Yes, it would be called voodoo.

D That I could send you a message through the air, phone to phone, witchcraft.

[00:15:29]

P Yes air drop. It would have been witchery and you would have been burned at the stake.

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

S Serene.

P Buffy has created, people, the best comforter you have ever slept with. Well, maybe not you but me because I slept with Buffy and my husband.

S Well, we slept with Buffy.

P Oh, man. That sounds bad.

S No, that's wrong. Start over.

P You're sleeping with... Yes, Buffy is over you and your husband.

S Yes, that's what I meant, freaky days.

P This comforter right, and I sleep with the Buffy too, has over 17000 five star reviews. That is a lot.

S Hey, and that's not even all of them because I didn't review it.

[00:16:10]

P I know.

S I didn't go and put my five star. So Vange and there's a lot of me out there that love it too.

P Customers agree it is the softest, fluffiest comforter they've ever tried. Why do Serene and I like it? Because of the natural fibers.

S Yes but I want to talk to you about it. I tell you what, in the summer it's light enough and in the winter it's heavy enough. Why? How does it know?

P Because of the way it's created, Serene. It keeps you at the perfect temperature.

S They call it the Cloud Comforter. It's like a little cute name, the Cloud comforter.

P Because that's what it feels like when it's on you. It's softer than cotton and it naturally soothes your skin. It is a sustainable fabric.

S And what is it? Eucalyptus.

P And that's our upbringing guys. We were born in New Zealand, raised in Australia, the land of the eucalyptus tree. And eucalyptus use ten times less water than cotton to grow and its fibre is...

[00:17:00]

S It's hypoallergenic.

P How do you say, hyper...? Hypoallergenic which is a big thing for when you're sleeping.

S And the other thing, people, those of you got allergies. It's got a high thread count which shuts out dust, mould, mites. It's just basically a healthier sleeping environment.

P The cloud comforter's fill is made from a 100% recycled water bottles.

S And that's what I love too because I'm a tiny bit of a greenie.

P Yes, you're about, I don't know. You're probably a good 50% greenie.

S Yes. And so it feels softer than down which is amazing knowing what it's recycled from. But it does. It feels softer than down. Approximately 50 bottles per comforter.

P Kept out of the oceans and landfills which is cool. After only one year, Buffy has recycled and reused over six million water bottles. Go, Buffy.

S I love Buffy.

[00:17:56]

P And Buffy offers a free trial to you. You can try a comforter in your own bed for free. If you don't love it, return it please. We think you're going to love it. But if you don't love it, return it at no cost.

S For \$20 off, your Buffy comforter though, listen to this people. Visit Buffy.co and enter Trim Healthy. And my big sister Pearl's going to do it properly, Pearl.

P Buffy.co is B-U-F-F-Y dot co and then you enter trimhealthy and I think you know how to spell that.

S This is The PODdy with Serene.

P And Pearl.

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

P John, speak.

J So when Serene started the opening and this went from her analogy to nothing's just mental. Okay you guys haven't, strangely enough, you guys haven't been to my house but my wife Dawn and I are big put-things-on-wall people. And everyone who comes over to our house will always comment on, you guys have the coolest stuff on your walls. And it's all, we love canvases, you know, the wrapped canvas. And so we've got the entire history of our families on the wall. And over the years we have given gifts to family members of these canvases of pictures. And in a lot of cases we've noticed, in some cases they don't put them up.

P Oh, that's so sad.

J Like we'll go back to them... But we made a bigger observation. These same families, and some of these are family members and some of these are friends. The people that didn't put them up... It wasn't that they didn't put our gift up on the wall. They don't have anything on their walls, and there's a couple of family members that come to mind. And I think it's an interesting analogy. We've noticed that the people that don't have... Like you come into our house and you

see our lives. If you guys walked in you'd be like, yes, this is John's house. You see our lives.

S You walk into Welby Street, people. You know what Welby Street's all about because John's decorated it.

J Well, even Welby has a lot of stuff on the walls. But we noticed that the people who don't put things on their walls physically, like in their physical homes and put physical things on... I see it carried over in the type of people and families that they are.

[00:20:25]

J Again, I'm not going to call out any particular family members but they tend to be those that don't talk things through or maybe there's some family turmoil that isn't being... Like a lot of internalizing. Like with Dawn and I and our family, we're just out there and our walls reflect that. And we've talked about this so many times. Walking down a hallway or just sitting in a room and when we're surrounded by our life it's like I look up and I see my wife, I see my son or I see good friends. And it's so therapeutic. And I can't tell you how many times when I have been raging mad inside over something, walked down the hall and just seen a canvas of my son or my wife and just gone oh, you know what? Life is good. This is good stuff. And there are family members and friends that I could cite. I won't but I could, that can't do that. And they don't do it in their homes and they don't do it in life either. A lot of people go through life internalizing everything.

P And because it's value and honour, when you put a frame around something, you're saying, I value, I honour this. And so that's why if we're going to frame our family on the walls, we're saying this means so much to me and I'm going to live my life honouring this. And I think that's what you're saying Serena, is what are on the walls of our minds? Are we going to honour that argument we won't forgive our husband for three years ago?

[00:22:08]

S Exactly.

P Or are we going to honour that day that he caught the fish with our son and then we all went back and camped and it was so beautiful. What are we going to honour here?

S Exactly, and a lot of it is up to us. You know, when I said sometimes we need help. I just wanted to address that because there might be some people listening who have had such big things in their life where they've needed help. And I believe there's no other... You can get a lot of help from many, many people but I just want to put it out there too that the Holy Spirit is the most amazing help on that.

J And let me be clear, Serene that...

D Go ahead, John.

J The nothing on the walls was not... I didn't mean that, because you had just said how you didn't have anything...

S No, I know that. I totally know that because actually the only time you came around to our house upstairs we did have sheepskins all over the walls and other stuff. But I do want to say that a lot of it is up to us, Pearl and you said what are you going to choose to honour? And just recently I was in the Bible reading and it was talking about coming and taking the Promised Land. And to me because it's something that I have sought for. Many people seek for different promises whether it's healing and different things. But to me it's been peace. And that's my name, Serene. It's something that I've had to... I believe that I was called that because I believe it was something I was meant to fight for. And it's been where the enemy has attacked me the most. I've had panic attacks and fear and all that but my name means peace. It means tranquillity and so but um...

P Can you not say your um's so many times?

S Because I lost my train of thought, that's why.

P Okay, good girl.

S So the um was helping me get back. Good on you, [inaudible]. So I had to keep saying um again to get back. But so, um... And I've totally lost it now.

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

S I'm Serene.

[00:24:02]

P This is Pearl. As you may remember, a few weeks ago I discovered EverlyWell, the amazing at home wellness test that helps you better understand your health. I'm not about like screening for every disease out there. I am about getting some baselines for things that I just want to monitor in my health. So I received my at home lab test and let me tell you what happened. I tested for folate. I wanted to find out the folate levels in my body because that is big when you have any MTHFR mutations. Those of us with those...

S Yes, you Teenage Mutant...

P Those of us mutants, we don't have as much folate. So I've been eating my lentil soup and I wanted to know. The whole process was really easy. They send you the kit, easy to follow instructions. You do prick your finger. It doesn't hurt. You put about three or four drops of blood. It doesn't hurt. It's easy. You send it back. No charge. Then two days later I received my results.

S You mean no driving into the jolly office and sitting there with all the other coughers?

P Had to do none of it. I didn't have to put a big thing around my arm and draw blood. None of it. The whole process, like genius. I got my results sent to my laptop and I found out my lentil soup's been doing me good, Serene.

S Oh, I'm so happy.

[00:25:19]

P My folate levels were really grand and I was just assured. I loved it. But I just wanted to find a baseline. If I needed more folate well, then I would have made changes. I love that.

S EverlyWell offers more than 30 different at home lab tests from fertility to food sensitivities to thyroid and heart health.

P And the instructions are really super easy to follow. Every test is physician-reviewed and the shipping is free. Your results come from certified labs and they're sent directly to your mobile device so you can easily view them and share them with your healthcare provider if you want to.

S Your results are personalized and easy to understand so you know exactly they mean for you. Now that's huge. Sometimes you can get results back from different hospital places and it's basically hieroglyphics. It's basically very hard to understand. But these are sent back in layman's terms.

P I love it. They told me on it, they said, you're doing a great job. And I thought yes, yes I am. That's fantastic.

S They could have used a Latin word for that.

P No, I know but they didn't. It was in my language, Pearl language.

[00:26:19]

P So to start better understanding your health, like I did, check out EverlyWell today. For 15% off an EverlyWell home lab test visit [EvverlyWell.com/trimhealthy](https://www.EverlyWell.com/trimhealthy) and enter code trimhealthy. That's [everlywell.com/trimhealthy](https://www.everlywell.com/trimhealthy), code trimhealthy for 15% off an EverlyWell at home lab test. EverlyWell at home lab tests, your answers your way.

S This is The PODdy with Serene,

P And Pearl.

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

S So for me, I was seeking the Promised Land of peace and so to me poetically when I read in The Word about the children of Israel going to get the Promised land, I put myself in there like me going after peace in my life. Because that's the promise I know... I know they're all mine but that's something I'm really grabbing hold of and especially because of my name. And so I was reading how it said, and they drove out the enemies from the land. So it wasn't oh great, rock up on the land. Here it is, peace. To me it's something that I had to drive things out and that's part of an obedience and it's part of a duty that I have. So it's not like, oh God, I'm praying for peace. Come one. Why aren't you giving it to me? No, I believe that I have a duty to do and that's to drive out whatever it is.

[00:27:47]

S Whatever anxious, stupid thought came into my brain, whatever overanalysing habit that I had, whatever it is, that is the enemy in the camp that I need to drive out. So that I can then dwell in the land of peace. And so I don't want people to get the picture of what I was talking before like you all need help. You can't just take those bad pictures out. I think we're meant to act out in every amount of energy that we have too. But I believe when we have the strength of the Lord with us, it's so much...

P Yes.

S That's when we can cope with especially those deeper things.

D I believe a lot of mental things that people take medicine for like Xanax and where they're trying... They've been told that they have a chemical imbalance or misfiring in their brain. Perhaps there are extreme cases where that is exactly what's happening. There's some abuse of the brain and chemicals are going wrong and someone's helped by medicine. I'm no expert on that. I do however know from experience that many people I personally know who have been diagnosed with such things actually suffer from a lack of strong problem-solving skills. And so what I mean by that is there'll be a problem in their life or in relationships in their life or in their family and it brings pain or depression.

[00:29:14]

And what they're supposed to do now is problem solve in their brain either how to fix this outer circumstance in their life or where to park it in their heart if you can't fix it. So it's like there's a skill in this. Fix your problem or fix your mind-set. Like if you can't control what's happening around you and it's causing this consistent thing well then you have to adjust your mind-set over it.

P Exactly, and we're not... Countless PODdies we've said we're not against anti-depressants if needed and sometimes they're needed for a short amount of time. Sometimes there's major misfiring but listen. The statistics is that anti-depressant prescriptions are at an all-time high. Depression, anxiety is being diagnosed at an all-time high. It's gone up over 65% in the last 15 years.

D I was diagnosed with it by the way and prescribed Xanax.

P It's about a quarter of all prescriptions filled. Okay, think about that. If it keeps going up something's going on and the fact that... and there's this book and you can say what you want about prescription medicine. It doesn't help all. In fact it only helps a few.

S Did you hear about the statistics how long-term effect, that those that took the medication weren't necessarily the ones that stayed healed but the ones that actually got help as far as counselling or inner-thought dialogue, yes.

P You can train inner-thought dialogue to actually, I mean the studies are right there. You can go look it up right now, to have better success than anti-depressant medicine. And they've look at people years down the track. You either do inner-thought dialogue or anti-depressant or anti-anxiety medicine and there's actually better results using inner-thought dialogue. Which just means, what the Bible says, not letting your thoughts drag in the mud and into this stinking thinking.

S So you'll say hey, that thought was stupid. Out with you. I tell myself that all the time. Serene that was stupid. Throw that in the trash.

P I don't accept that thought. And I think so many people though, have been diagnosed like you have, Danny and so then it's theirs. It's their pressure. It's my anxiety, my depression, my meds. I got to get my meds filled. When I have to fully believe, like Serene says, a lot of that is looking at the things in the frames that are causing the anxiety in your mind.

D Man, some of the most powerful forms of art and healing in this world have come from people who were probably depressed but we didn't have medicine for it yet. Some of these ancient poets, they had to process in a very powerful, outer way. They wrote...

S Well, I think Danny processed a lot if you read the [inaudible]. Why have you downcast oh my soul? Why are you upset? Hey, I'm going to put my hope in God and he talked...

[00:32:16]

D He should have been prescribed Xanax. If he was in 2020, Kind David of Israel would have definitely been given that. If a doctor had read his diary and read oh, the heart wrenching, and then he goes from that to wanting to break people's teeth out of their mouth, but he'd be like dude, you've got like mental...

P But Danny, he really overcame in ways. He went through major things but he, he could have stayed down there but God helped him.

S No, that was the point. That was the point of bringing out...

D That was the point. He had to do the mental... What did he say? I'll encourage myself?

S In the Lord and that's an important part, and Danny, I want to say this because it's inner dialogue number one added to external walking things out. When Danny decided to touch this thing in his stomach and try and push it up out, it was like an external acting out of it. So powerful, I've heard of some people that have had issues in their life and ended up trying to deal. So they do a healthy inner dialogue with the Lord and with their own mind about what they're not going to be thinking anymore and blah, blah, blah. And with prayer and then they'll actually write down things on a piece of paper all of the junk and rip it up or burn it and make like a total burial of the stuff.

[00:33:30]

S They'll actually act out a burial of old memories. This memory is burned up. This memory, see this? I'm burying it or I'm burning it.

P Kahoru, my daughter-in-law, she's been going through anorexia but she's doing so amazing. She's been walking out of this because she was determined to get better. But one of her therapists, a lovely Christian lady said the scale is owning you. You have to physically do something to it as a turning point in your life. Just like baptism for a Christian.

D My wife just threw away our scale.

P Yes, you have to smash it. So she got, her husband, my son is a hunter so she got the gun and she physically shot the thing to death.

S I love it.

D Shot the scale?

P And that was a turning point in her life.

S Yes.

D That's nice. I love it.

[00:34:15]

P It was a turning point. I do want to say, we've got two minutes. We can bring this to a whole Trim Healthy Mama journey too. What are we framing on our **walls**? What are we saying? You know how you go to Hobby Lobby? Yes, go Serene. She's got to go to the bathroom. And you frame things and they're all good things like family or this house and home, come and feel comfortable...

D Live, Laugh, Love.

P We love you, love, love, love, coffee's the best blah, blah. All the things you love and believe, right. They're positive things because we want to look at them and be reminded of positive things so they're frame-worthy. They inspire us. They make us happy. They make us believe in house and home and family. The same thing with our Trim Healthy Mama journey. What are our frames on our walls? Is it like this is hard and I miss my pop tarts? Or is it I can do this and I can walk out this journey daily or I love my new healthy food. Or my purpose is to respect and honour my body? What are the framed things that we tell ourselves for our Trim Healthy Mama journey too?

S Yes, that's so true.

P You missed it. You were in the bathroom [overtalking].

S No but I was listening.

[00:35:31]

D I love that Serene.

S You took it to the Trim Healthy Mama journey and you were saying if you go to Hobby Lobby and it says Live, Laugh and Love but what are we saying? And this is how I imagine you saying, what are we saying in our own little Trim Healthy Mama journey house on the inside of us? Or fat turtle, never lose weight, is that our big sign?

P Right, thank you. I needed you to sort of help fix me. I didn't have some good signs.

S Well, that was what I was imagining you saying when I was in the toilet peeing.

D Alright audience, you get the point, right?

P She didn't have to say the toilet. She had to say toilet peeing just so you know it was peeing.

S Well, let me just tell you for one more thing, just to end with a joke. When we were in New Zealand it really was the Adventures of Prissy and Wee Wee. Because Pearl, the reason why she went down to Australia for real. My husband and I just really jumped on their holiday was to visit Meadow, their daughter who lives in Japan now.

[00:36:18]

S And of course their son-in-law and their grandbaby, their first grandbaby, Warren and it's closer to go to Australia. It's halfway from Japan. So they met there in Australia and of course Pearl is Prissy. You know Pearl Priscilla. You all know that on social media.

P Prissy, my grandmother name is Prissy.

S So of course, what is Warren going to say? Prissy? No, it's Pissy. We told her that that's what it was going to be.

D Because Warren's a baby.

P He's a one year old.

D He's not the dad.

S Remember how it was? I borrowed the term creamies from you and Lisa for nursing? But then I turned it to treamies...

D You thought you did but it was treamies.

S Okay, you love treamies too. It was treamies for you guys. Of course everyone has said tweemies.

D The whole time, yes.

[00:36:54]

S So she would call it "twee twee" because she couldn't say tweemie. She called it twee twee. But in Australia and New Zealand she went psycho nurser I think because it was a different country, a lot of people. So she started just yelling wee wee. She dropped the t.

P And wee wee is the New Zealand term for going pee pee in the potty. So it's wee wee.

P So it was the Adventures of Pissy and Wee Wee.

D Guys we're so glad you tuned into the Trim Healthy Podcast today.

P That's hilarious to me.

D And love Serene's offering of the pictures on the **walls**. It means so much.

P But you didn't like our ending with Pissy and Wee Wee?

D Well, the thing about Pissy and Wee Wee, I felt it in my spirit a Baptist woman's child lost their salvation when you said that.

[00:37:33]

P No, listen, up in my home on my wall in my body, one of my little internal dialogue little Live, laugh and Loves is the Adventures of Pissy and Wee Wee.

P I love it. It just makes my life all the better. I've got a shrine. I dust it off.

D Their second oldest just lost their salvation. Hey, bye folks. We love you. Merry Christmas and Happy New Year.

[00:38:32]