



Trim Healthy Podcast with Serene and Pearl Episode #158 – Serenes Rabbit Trail to Israel

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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

[00:00:01]

- S This is the PODdy with Serene and Pearl. Get it right – P- O- D- D- Y.
- D Boom goes the Trim Healthy Podcast as it enters your speakers!!! Okay.
- P No, keep going!
- S Take Two!
- P Do not edit that, Tim. He's falling all over the carpet. Keep going, Dan boy.
- D Let me try that again. Boom goes the Trim Healthy Podcast as it enters your speakers! It's Serene, Pearl and Danny. We're so glad that we have dropped into your earbuds again this beautiful day.
- P And you know what we realized? We were talking about how we just reached the three-year birthday mark for the podcast, right...
- D We've been doing this three years.

[00:00:39]

- P Yes, and Danny said it's the first time he's ever done anything for three years...
- D Anything for three years.
- P Except your marriage. And you nailed that one.

D Except my marriage, which I've been married 19 years...

P Awesome, Danny!

D Four kids...

P But career-wise, Danny...

D Yes, career-wise, I've never done anything for longer than two.

S Hey, talking about marriage, I just want to say something really beautiful and really quickly...

P Or...

S Because I'm going to talk about Israel today, because I just got back, but just going fast-forward a little bit, one of my places we went to in Israel was to Galilee, to this lady who was a long-lost friend of our sister, Vange. And Vange was like, check up on her; her husband died a couple of years back, and I just don't know how she's doing, blah-blah-blah-blah... And she's a secular Jew. Anyway, and so we found her, and we were just like, how're you doing? And she's like, I can't breathe, my Shuki – that was her husband – my Shuki, he's passed, and I can't live on; nothing is worth living for. And she doesn't have God. And then she's like, I thought we'd grow old together. And she's already like 75. But growing old, to her, was 90s, 100s.

D All the way, yes.

P Yes.

S But it just broke my heart, just of the beauty of marriage and what a close relationship we all can have.

P Yes.

S They worked together, they're restaurant owners, and they have these boats that they put on the Sea of Galilee, party boats. Anyway, so they were with each other all the time. She's like, we were married for 50-something years, and she said, but, really, it was 100, because some people, they see their spouse when they come home from work, but we were there every minute of the day, so we're twice our years.

[00:02:07]

P Awe!

S It was just beautiful. And I was bawling, because I'm just like, that's love, that's what it's designed to be. They'd been married all this time, and she wasn't sick of him: she couldn't live without him. You know, just...

D Did she say all this in Hebrew or in English?

S No, in broken English, in a very Sabra, which is the word that you say for native Israelis, in a very dramatic... They speak very flamboyantly.

P Yes, when you said to me...

D Oh, yes.

S She's pointing her...

P You were like, I cannot live without...!

S Yes, no, and then, yes, I won't say all that she said.

D The Spanish are that way.

P There were some curse-words in there.

[00:02:37]

S There were some curse-words, because her husband ended up dying, and she, of course, was not a believer in Jesus. But she said the first time she prayed was when he was dying, and...

D Wow!

P Tell the story. You said she prayed to Jesus, right?

S And then she said, Jesus, if you heal my husband right now, I'll believe in you. And she was great friends with Bibi Netanyahu, the president, and he said, oh, you're praying to Jesus? Oh, well, I'll believe too if Shuki doesn't die. And she said, Shuki died, so it's all BS. She said the word.

D That was her...?

S So I was like... I didn't know what to say. I'm like, well... Because she was like, he didn't bless me. I said, well, blessed is other people that believe without seeing, because that's Scripture.

D Oh, you hit her with it?

S Yes, she was quiet and walked off. But she was a sweet lady who fed us all the white rice, white noodle, white Jesus bread. She had a restaurant, and she just loaded us up high for free. And my children – she opened up her kiosk of ice-creams and was forcing the ice-creams down my children's throat to bless us. And I'm like, hey, this is health food, because this is blessings...

[00:03:37]

P It's from love, yes.

S This is from love, and love can't word. So I was just letting my children lick the Spiderman dye...

P Well, love could hurt if it was every night...

S Yes, exactly.

P But it was once in a lifetime.

S It was once in a lifetime. Okay, mate, so you kind of got thrust into my...

P Yes, I do not know what Serene's going to talk about today. I keep saying, Serene, what are you talking about? She said, I've...

D But her journal is open.

P She's got a journal...

D Let me say something about old Reenie...

P Yes, Dan-Dan.

[00:04:00]

S Oh, Reenie. Hey, you know it! Did you know my nickname from my Mum and brothers and sisters was Reenie?

D Reenie?

S Yes, or Reenie-Beenie.

D Oh!

P You are just such a heart person that you pulled it; you pulled Reenie out of your heart.

D Yes, I sense the invisible things of love.

P Yes.

S Yes, very few people call me Reenie.

D Yes. I was raised by a woman.

S That's true.

D I have an intuition most men don't have.

S Yes.

[00:04:21]

P Danny's one of those people who'll...

D I could cry right now.

S That's another .25 raise.

P Obviously, I was about to say the obvious: Danny's one of those people that can really talk with women.

S He can.

D Do other...?

P What! He's right here. Here he is.

S If you're having painful periods, you can still talk to Dan.

D My wife used to have a problem with that until I started getting paid on the Trim Healthy Podcast, and she's like, well, it's a gift after all.

P No, isn't this funny, Dan-Dan, so many rabbit trails today, but just...

D Let's go.

P Okay, people, let's just call this a whole rabbit trail poddy.

[00:04:46]

D Just live it.

S I don't know if we're going to bring meat [?].

P Hey, isn't this a celebration of three years of rabbit trails?

S Yes, it is.

P So cannot we rabbit-trail today?

D Yes.

P Dan-Dan, before it was even a twinkle in our eye that we'd ever have a podcast or you'd be here, making a little tad few bucks with us as a job...

S 25c.

P Any time we'd meet you, and it's like we'd go from visiting with the women, get away from those women; we'd go talk to Dan. And Dan would gravitate from the men...

D I'd do the same thing.

P Who were talking very man stuff, and we'd go gravitate to Dan, and we'd just like... He's just really interesting.

[00:05:21]

S We always did podcasts with him before we did podcasts.

P Yes. Before there was a podcast, there was a podcast.

D Yes, and I have a few male friends that I can have a long conversation with. I mean, I met a friend yesterday for lunch at noon. We talked until 7PM...

S It's a gift after all, Dan.

P Whoa!

D 7 PM. Seven hours felt like 30 minutes.

S Wow.

D But that's rare. Usually, guys are like, brgh, bah, brgh, brghh!

S That's my husband.

D And I'm just like, oh, my gosh, get me out of here. Just want to...

P But he wants to say something.

S But even the details like women bring.

[00:05:50]

P But didn't...?

U He was talking about the journal.

S Oh, Reenie.

D Oh, yes, I was going to talk about Reenie, oh, Reenie. I love that she journals. I used to journal back in the day, and...

S I wish I journaled. You were intuitive about the name Reenie, but I don't journal.

D No, don't say you don't journal, because I'm looking at a journal.

S I have seven... Yes, but it's got a very few pages filled. I had brought...

D No, you just don't want to identify as a journalist.

S No, I want to. I've bought 25 beautiful journals from Hobby Lobby, leather-fronted, all the beautiful...

D Okay. You like the idea.

S Very inspirational covers...

P Me too.

[00:06:22]

S And they're empty. And I have a New Year's resolution every year. I just write a few points sometimes to bring to the PODdy if I think I'll forget. I didn't journal in Israel, never wrote down a thing.

P Oh, so this was after you've come home?

S Yes, because I couldn't. I had toddlers with diarrhoea.

P So, folks, we don't know what's going to come out of Serene's mouth.

S It might be totally politically incorrect.

P And it may not even be about health. It's just, hey, this podcast is rabbit trails sometimes, it's about our life. And, hey, if you hate it, switch us off. Come on, turn us off.

D That's the boldness of a successful podcast.

S Okay, so I've been to many countries of the world, and God made every country and every nation, and it's all wonderful. And I love it, and I just want to see... I want to go to Peru, Pearl. That's next.

P We are, next May.

S Oh, yes!

[00:07:05]

D Good job, God!

S Yes, good job, God. But there's something about Israel. And I went when I was 13, my parents used to be... Our parents, I should say. You have the same parents, did you know?

P I do.

S Were tour guides. I went when I was 13. And it was deeply moving. But this time, being older, it's changed my life forever.

D Whoa!

S Like forever. Incredible, Israel is the centre of the geographic earth, it's the centre. If you look at a map that's put out, not a globe, but if you look at a printed map, it's the centre of the earth. It's also the centre... It's a spiritual climate...

D I'm looking it up.

S The center of the spiritual climate of the world.

P Yes.

[00:07:51]

S And you can kind of sense where the spiritual climate of the world is going by what's happening in Israel. It's a prophetic country; it's a prophetic nation. It was amazing going there. We stayed in Jerusalem, overlooking the Mount of Olives, and that's where Jesus ascended from, and that's where He will return. And overlooking the Temple Mount, where the temple was. Now it's a mosque. But absolutely amazing, incredible country. I mean, at different times in the morning, you're going to hear the call to the prayer, of the Muslim prayer. You're going to hear the shofars of the Jews. You're going to hear the bells of the Orthodox Catholics. It's just all very strongly stirring in a pot there. And we had an

incredible time. Just on a light-hearted note, we all got sick, the Hartman family, you heard maybe, if you were listening to the podcast about Moringa and how...

P Yes, that was last week.

S And Daniel Hartman and how he does the plan, rocks it as a man. They came with us. There was ten of us altogether, and we all dropped like flies, throwing up, diarrhea...

P When you got there?

S Yes, from the day we got there. Each one had their own day...

P Oh, so it wasn't all the same sick, it was like you all took your days?

[00:09:02]

S All took our days.

P Oh, that's bad.

S And my babies really took their days, it was just constant throwing up. But I went minimalist, remember?

P Yes.

S And so, remember, we went minimalist to New Zealand, and the one throw-up wrecked the trip for the whole trip?

P Yes.

S Well, this was constant throwing-up. And I brought the wool, right?

P Right.

S So it's not like you could just chuck it in the washing-machine on normal settings. It's got to be handwashed, hung up. But in Jerusalem...

P This has got to put people off minimalism.

S It was so cold. We went in winter. It's freezing up there, and it's like a wet, damp cold. My quick-dry underwear never dried, so how are the big woollies of the children...?

[00:09:34]

P Hold on, hold on, I've got a question for you. So you're putting on damp underwear in the morning...

S Yes.

P And then you mentioned diarrhea and throw-up...

S I mentioned... Yes, but don't go to the places that you're going to go. You're not going there.

P Yes, no, no...

D Why do you have to say, damp underwear?

P Hold on, hold on, I want to know all the particulars. People don't really want to know...

S People don't need to know particulars about Reenie, okay. Just stay off that particular...

P No, but there's damp underwear. And was it extra-damp from diarrhea's...?

D Why do we have to do it?

[00:10:01]

P I want to know.

S Oh.

D All I can see is Ace Ventura coming out of the rhino.

P This is older sister asking a question.

S I did have my turn at being sick, and I did have diarrhea. Now, we were walking the streets of Jerusalem for a full day...

D I'm done.

S Dan, you lose your raise if you bail out early.

P You don't walk out now, Dan-Dan.

D Well...

S Okay, I did get diarrhea. I was holding, holding, and holding and holding, and at the end of the day, I thought that something...

D I don't need to know the tension of the hold. I don't need a picture.

[00:10:25]

S There was a lot of tension in Jerusalem, a lot of spiritual tension, and a lot of intestinal tension. And I felt some intestinal tension that I thought was just a fluff which is what my...

D Oh! Never trust it.

S Toddler calls flatulence, fuffs.

D Hey, if you're over 38, you don't trust not one of them.

S Hey, I've got a great muscle...

D No, you don't.

S I do, sphincter muscle.

D Yours isn't special.

S The good old Sphinx of Cairo, Egypt.

P Very good.

D And I feel like the end of the story's going to tell us how it isn't special.

S I don't pee...I've had nine babies; I've never had a peeing problem, even though I jump on the trampoline. I thought I was safe, so I'm testing out the fuff.

D Not even a small leak every now and again?

S It was a wrong move.

D Ah!

P But where were you?

S In the streets of Jerusalem...

P No!

S Just passing...

D It was a holy moment.

S You know the Jewish men with the big top hats and the curly side-curls?

P So you had to walk 500 miles home?

S Three miles I still had to go. And each step was a little squishy.

[00:11:25]

P Oh!

S My four-year-old also have diarrhea that day, and he was asking for the potty, sweet boy, and every potty we went to, because it was Sabbath, was closed.

P Oh, no.

S I know. Locked.

P So the two of you with diarrhoea...

S There's no pooing on the Sabbath when you're in town in the Orthodox City. So I was dragging... And, remember, I didn't want him to get lost, so I had him on a

leash. Don't write letters. This was safety, this was love to my child. I had him on a little leash, and...

P Yes, human-kind leash, not a dog-leash.

S No, a human-kind leash.

P Specifically made for humans.

S This has a cute little backpack with a puppy face on it.

P Oh, yes, I've seen those; they're cute.

[00:11:57]

D Yes, that's so embarrassing.

S I was dragging him with this diarrhea...

P And you with diarrhea.

S And I was diarrhea'd.

P Oh, no.

S But I got home and washed up.

P We lost how many thousand viewers there.

S Yes.

P I don't know, it's okay.

S But, listen, this trip was incredible. None of that could quench just the, I don't know, something that was birthed inside of me...

P But I want to know this, okay, I want to get to the meat and the glory and the spiritualness, but could you look at Sam, walking with diarrhea, and...? Could you look at your husband, walking...?

S Yes, I had a very intimate moment with him, because...

[00:12:24]

P What! Hold on... No, don't go there.

S I just meant I had a soul talk with him, because he's always had that issue. If he has a bug, it's not throw-up; it's always a little bit of a...

P Tried to hold.

S I thought that was a fluff .

P Okay.

D Hey, Serene, did you do a special walk?

S No, I just said to him, you know your problem, Sam – I think that became mine.

P And did he look at you with kind eyes?

S Very kind, compassionate eyes.

P See, if I had the diarrhea in my pants, I couldn't look at my husband. I'd want to run far away.

S Hey...

[00:12:54]

D Was it a volume? Was it volumous?

S No, it wasn't. It stopped with the deed, people.

D Was it just a tiny squirt, just a little girl...?

S I'm not going there. You just need to know that the fluff wasn't a fluff.

D Was it just a little, cute girl squirt, little cutey, little...?

S Oh, man! Okay, I'm sorry, no more questions.

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

S Serene.

P At my home – this is Pearl – we are a Buffy-sleeping lot. I've got one for my daughter. She absolutely loves it. And then I have one for my bed. Because it sort of... That's why they call it Buffy, it's like a cloud. It sort of feels like a cloud, but not too hot, so you don't sweat all night. I don't know; it's just that perfect balance of just comforting, cloudy softness.

[00:13:46]

S The Buffy Comforter is the bomb.

P Buffy makes bedding that is super-comfy and super-sustainable. And, you know, the Buffy peeps, they have spent sleepless nights worrying about the impact that the bedding industry has on the environment, and they decided to do something about it. Their products are made using only renewable and recyclable materials, which makes them as soft on the planet as they are on your bed. Buffy's debut product, the Cloud Comforter, is covered in super-soft, I can attest to this, eucalyptus fabric. And it's filled with fluffy fibre made from 100% recycled bottles.

S Yes.

P Buffy created the best comforter you've ever slept with. It's hypoallergenic, plus its high threadcount shuts out dust, it shuts out mould and mites, and it makes

for such a healthier sleep environment. It feels even softer down, while keeping approximately 50 bottles out of landfills and oceans.

You can try a comforter in your own bed for free. And if you don't love it, return it at no cost. But we know you're going to love it. For \$20 off your Buffy comforter, visit Buffy.co – that's B U F F, dot co - and enter trimhealthy. That's \$20 off your Buffy comforter at Buffy.co., and don't forget to enter trimhealthy.

[00:15:14]

S This is the PODdy with Serene...

P And Pearl.

S Get it right: it's P- O- D- D -Y. Listen, we need to get to the glory of this. No, Israel was incredible. There's a lot of things that were in my mind that are now in my heart. You can't throw a stone over there and like it not land on a Bible story.

D Oh, right.

S Like totally incredible. I mean, we went to the Garden of Gethsemane, which was huge and moving for me, because my grandchild's named Gethsemane, just through all that they walked through. New peeps in the room, my son battled cancer, and they didn't think they'd ever have a child. And they finally were blessed with this child, which was totally prayer birthed into flesh, and they named the baby Gethsemane. Amazing! But then we went there, and we video'd all that for them. And then we went to the Skull Hill, Golgotha. And it's all there, people; it's all there. It's just like you read about it in the Bible, and it's like, okay, this is wonderful. I know it's not fairytales, I know it's real, but being there, it's like it's real.

[00:16:13]

S And then we went to the Garden Tomb, and, I mean, there's places where they think it could be, and the Garden Tomb people are like, we're not saying this totally is it... There's an orthodox church, all fancy-schmancy, gold-plated and everything, and you can just feel that it's not it.

S And then there's this beautiful garden; you can tell it was a rich man's, because his tomb had more than one place for the dead. And there was a winepress, which showed it was a garden, and there are still pomegranates growing, and a place where the wine would be. And it was right by the Skull Hill, Golgotha. And you can see this big trough where the big, large stone would be rolled away. We were in tears. It's real, it's true. It was amazing. And then we went to the mountains of Samaria, which is amazing, which Samaria and Judea are the West Bank. And the West Bank...

P And everyone said... When you left, there was a lot of world tension, okay. A lot of people thought World War Three is starting to happen, with the missiles, you know, America and Iran were having tension. The morning you left, there was a high alert saying, do not travel, if you do not have to, to Israel, and definitely do not go to the West Bank.

S Yes, and you think...

P Thousands of people were praying for you, Serene. Bye, Lesley! Lesley has to leave, because she's...

[00:17:33]

S Bye, Lesley. Yes, and I actually thought too... I was a little bit afraid before going, because I'm like, ah, you know, Israel's usually probably a tense place, but, listen, this is going to be even more of a heightened danger. But when we were there, I felt so safe. I felt more safe there than in America.

P Really?

S You know, you can go to Walmart and get blown up in America. You can go to the movies and get blown up. You can go to school and get blown up.

P Yes.

S I felt so safe. There are IDF soldiers...Everyone, when they turn 18, that are Israeli citizens, have to join the army. And what's amazing is they have fully-loaded like bazooka-looking huge, long, black guns. There are just soldiers everywhere. There's just a safety... I don't know; I felt safe. But the West Bank is where you're told not to go, but the West Bank is the heart... I used to think it was on the outskirts of Israel, like some kind of borderline place you shouldn't go. It's the heartland of Israel. And so we went and stayed with this incredible family, the Wallers from HaYovel Ministry, and it actually means Jubilee in Hebrew and a restoration kind of of the heartland of Israel. But it's amazing.

[00:18:43]

S So they work there in what the world would consider a very dangerous place: right on the Mount of Blessing, above Shechem. So this is the amazing thing about being in Israel, there's so much history. We went to Shiloh, which is right there below, in the area of Samaria, below the Mount of Blessing. It's where the Tabernacle was. Before the temple was built in Jerusalem, the children of Israel and the tribes, they had a tabernacle, and they'd bring their offerings, and they'd bring them in pottery. But they'd break the pottery, because the pottery was seen as holy too, and they wouldn't take it back to where the tribes were living. But everywhere you walk, near Shiloh, there's pottery all over the ground. So you read this in the story, and you're right there, 2020, and you're stumbling over pottery. And the Waller boys, some of them are married now, amazing family, there's 11 children, and a lot of them are part of the excavation digs now. And they've excavated... I mean, you go down these layers and layers of history, and you see the Bible just appear before your eyes. It's just revealed like you're

opening the pages, and it's just jumping forth in real life. I just have to talk about it, because it was just so... Gone from my mind, and I knew it in my heart, and I know. And I open the Bible, and I just know that it's speaking to me. Now, I'm not a Jew, right, but I know I'm grafted in, because the seed of Abraham is us by faith, right. We can be grafted in because it was faith that was the covenant that Abraham had; he had the faith. It was by faith, not by works, not by the law, right. And so we are grafted in by that. So I know when I read the Bible that all this applies to me too. But we cannot not see that there is a real land and a real people, a real kin. There's a DNA, Jewish people, that are His chosen.

P Yes, absolutely. There was one tribe, though – there's 12 tribes – and a lot of them...

S Right, and they're scattered to the nations.

P Yes, they're scattered.

S They have to come back, and that's the incredible thing.

P Exactly, and that's a part of that, you know.

S Totally, I totally agree with that. But even those that aren't, we are grafted in.

P Oh, absolutely!

S So we can all be children of Israel.

P Yes.

[00:21:06]

S But He came to Israel; He was born in Israel. His feet left from the Mount of Olives, and they will return. And so it felt incredible being there, feeling the history, but being there knowing the future. And it says in the Bible, where His feet touches the Mount of Olives, and He's going to walk through the... Is it the Western Gate? And the mountain's going to be split into, and the water's going to gush out and bring the Dead Sea to life. Unbelievable stuff.

P Did you swim in the Dead Sea?

S Yes, swam in the Dead Sea, which is incredible, because the Dead Sea is in the area of Gomorrah, Sodom and Gomorrah, and that's where Lot chose the area, because he said, this is the area that's going to be more beautiful for me to feed my flocks, because it's lush and it's fertile. But what is it? The place of the Dead Sea and place of the desert. The Dead Sea wasn't dead. Isn't that amazing? But, you see, it was all cursed; Sodom and Gomorrah was cursed. So you go over there and you are a part of it. You see this dry, barren place, as beautiful as it is. But it's just amazing being part of what I've read my whole life and saying, ooh, it's not some foreign thing out there, kind of like all oogly-boogly; it's real, it's tangible. And it was just incredible to be touching and feeling and walking these places that were all in my mind and now are just... It's so real and so tangible. And I just had to share it.

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

[00:22:40]

S I'm Serene. We all know that we should be cutting down our plastic waste. Ah, it makes me kind of really cracker-crumbs that every time you just buy something in plastic, as soon as you open it up, especially with frozen vegetables or whatever, you're just chucking it away immediately. But even with the cleaners, these big, honking plastic things, and when you're done, you're chucking it away. It feels so...

P I can attest that Serene hates this. She washes out her zippy bags to reuse them, because she hates plastic waste so much.

S Yes, and I'm not a greenie, but I just feel like...

P You are a greenie.

S It's our responsibility for our grandchildren. And there's a huge, whirling plastic island the size of Texas in the ocean because of the plastics. And Grove Collaborative cares about this problem. They've created a concentrated detergent with a reusable glass detergent dispenser and a stain remover spray. It's \$30 worth of value. And it allows you to relieve the problem of throwing away a bunch of heavy plastic, because you've got the concentrate, you're filling it up with your own lovely water from your sink. It's smart, and it's the way we should be doing things, because it helps us all reduce dependence on single-use plastics.

[00:23:54]

P In life, you can't at this point get rid of all plastics, most of us can't, but we can get rid of a lot of single-use, like use once and then throw away. And this is where Grove.co is really getting smart. For instance, their laundry starter set, you get the concentrated detergent and the stain remover spray and the glass detergent dispenser. You get this all for free, and that's \$30.

S They smell amazing! You can choose from unique scents like citrus and woods, lavender and rosemary, or you can get the free and clear for those who like unscented. There's many that have the sensitivities to that. So they have what you need. And for a limited time, our listeners, our peeps, get all this free with their first purchase.

P Always fast and free shipping on your first order. Going sustainable, Trim Healthy Mamas, have never been easier. Join us and the over 2 million households who have shopped at Grove.co for their healthy, sustainable home essentials.

S And make your laundry...

P Oh, did I just say essentials?

[00:24:58]

S Hey, a new word every day.

P I do believe you meant... Essentials.

S Make your laundry more sustainable this year. That's my goal, Pearl. Because it's so annoying to take your recycling to the recycling base, and sometimes you forget, even if you have good intentions. So my home is decorated with good intentions. But now, for a limited time, when our listeners go to Grove.co/trimhealthy, you'll get a free three-piece set from Grove so you can start reducing your plastic waste. Plus, you get free shipping and a free 60-day VIP trial. So go to Grove.co/trimhealthy to get this exclusive sustainable swaps offer.

P Grove.co/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

D What was your biggest takeaway?

[00:25:50]

S My biggest takeaway is that I believe as a believer that I'm connected to Israel, that I know that in the Bible it says, first in the natural, and then in the spiritual. And whenever I read the Bible as a Christian, I would take it very spiritually, which is so for me and so there. But I think I disconnected it from the literal too. And I think it was so incredible to just go there and think, hey, His feet are going to touch back here.

P Yes.

S Touch back here, right here in Jerusalem. And these mountains have to be restored before He's coming back. This prophecy has to be fulfilled. Foreigners are going to come to the West Bank, to Judea and Samaria, and the mountains are going to be filled with wine and... It was just incredible! Incredible experience. So that was my takeaway, that Christians have, I think, a lot bigger part to play than we realise in Israel, because there's something special. He's

connected... He made the whole earth, people, but there's a connection to Israel, and it's the heart of the earth.

D You never felt unsafe over there?

S Never. I didn't feel unsafe, and we went to all crazy...

P Well, didn't you say one day, though, you got lost, and you were like...?

[00:27:09]

S I mean, there were some iffy moments, totally.

P Yes?

S Yes, we got lost, and we didn't really have a tour-guide. And we went to borders that were really freaky, with barbed wire everywhere and little concrete gutted-out places with bullet-holes all through them. And there were some pretty crazy places, but, I don't know, I just felt safe even though it was scary. I mean, when we were with the amazing Waller family that just... Hey, a shoutout to them. They just put the red carpet for us, and they're so busy, doing incredible work over there, and they just really treated us like royalty. But, anyway, they took us everywhere. And he said, hey, the first year my wife was here, right here at this roundabout here in Shechem, we were pulled over to the side of the road because this 13-year-old boy was found with a bomb strapped to him, and he was trying to get through the border to go to Tel Aviv and blow himself up and everybody up. I mean, it's very real, the dangers are very real, but I felt safe. I mean, there's a lot of beautiful families over there. And just the Jewish people and the Arabic people, they're beautiful, they have beautiful families. And on a whole, I think just everybody's trying to get along.

[00:28:20]

P Yes.

S I think the media...

P The people that live there are trying to get along, yes.

S Yes. I think there are definitely the terrorists out there that are just filled with hate, but that's not every Arab. I think the Arabs are trying to really... They enjoy Israel being a state, because it's brought a lot of prosperity to them, because they make a lot more money through the Israeli people, and the Israeli people really take care of the land...

P And tourism too, right?

S Tourism too, and so I really feel like, yes, we really felt beautifully welcomed by the Jewish and the Arabic people. And I just want to say, hey, maybe you want to take a trip.

P Yes, because all of this is saying you think everyone should go to Israel, right?

S No, I just feel like as... We have a lot of people that aren't believers who are listening. Hey, go to Israel, because I'm telling you, the falafel, it's out of this world.

P Yes, we need to talk about the food.

[00:29:14]

S The tahini, the markets, the pomegranates, the fresh dates, the spices, people! Just the culture... I mean, there was people from all nations there, from Germany, from Holland, from China... Chinese people there. It's a great place to visit as far as history and culture and food - oh, yes! So go. But as a believer, Danny, take Lisa and even your children. As believers, I feel like we have this connection because, listen, I'm starting to read the Bible from Genesis again. Since being there, I'm like, wow, I have to just start from the beginning again. I have to just start with...

P Yes, I want to go next May.

S This is the place where it all began!

D Next May, specifically?

S This is the place where God...

P Yes, because Serene went in December. There's no way I want to go in the cold.

S Listen, this is the place...

P I don't want to go in the cold, and I don't want to get diarrhea too, they're things I want to cross out.

[00:29:56]

D I don't want to be in the cold, ever.

S But, listen, this is the place where God covenanted with Israel. This is the place in the natural where it all began. It's the place in the natural where it's all going to culminate.

P Can I get a bit natural now...?

S Yes.

P Since you got spiritual for a while, which is great, and I'm about that, can we get natural about the food, then? What did you eat?

S Hey, I want to tell you something else. I'm sending Cherish, one of my daughters, over for three months to work on the hills and to start harvesting the grapes. Yes, homemade. I'm so excited.

P So what were the things that you ate?

S Hummus. I feel like I am one bowl of hummus. Because I love hummus so much, but hummus over here – hummus is how you're meant to say it over there – hummus over here is a little bit Americanised, it's just so much more rich. I think they put more tahini over there. I think over here we're cheapskate and just want to make a buck and put in less of the expensive stuff.

[00:30:44]

P And you're using more beans over here rather than tahini [overtalking].

S Yes, I'm telling you, it's richer.

P Yes, theirs are more S-like [?], right?

S Ooh, yes, it's so rich! And they pour olive oil over it and spices and then just straight tahini in the centre of it. It's all swirled. It's like hummus, then tahini and then olive oil.

P But, obviously, what did you dip into the hummus, then?

S Well, you know, there was the Jesus bread, the white pita, and whatever. But I bought like a sourdough bread from the local health food store. It's really healthy over there. I can get all the health food. And, also, the vegetables...

P And you were saying, the fresh cucumber...?

S The fresh cucumbers – I was just dipping in and dipping in. But I just was so in love with it, I just got a spoon and just ate it like soup. I am hummus. It's coming out of my eyes and my ears right now.

P Lovely.

[00:31:24]

S Okay, tahini and olive oil is like nothing. It's like when you went to Italy, Pearl, I'm sure.

P Oh, yes.

S It's like the places where it's freshly-pressed...

P It's a different thing.

S And it's so a part of their culture and DNA, they just know how to do it right. That was amazing. Oh, and the cashews!

P Oh, you brought me some.

S Yes.

P They had the skin on. That's the best cashew I've ever had in my life!

S They keep the red, like the skin on, and...

P Do you have any on you?

S No, Pearl, I didn't bring any in my little zippy purse. And they're slightly salted and roasted, but not too salted, but they're just amazing. And they're hard and crunchy. Did you notice that?

[00:31:59]

P Yes. That's what I love.

S Let me tell you about the other food too, yes. What I noticed too, and I said it on the podcast prior to this, is vegetables... People eat salad for breakfast, majorly.

P Do they?

S On all the breakfast buffets too...

P I can't get...

S Salad for breakfast.

P I can do sautéed veggies for breakfast, but I don't like cold salad for breakfast.

S Oh, and eggplant. People, grilled eggplant with tahini all over it, for breakfast.

P A very healthy lifestyle.

S Shakshuka is such an incredible breakfast over there.

P Describe shakshuka, because if you're one of member site people... Actually, maybe it's... Isn't that on maybe Google? No, go to our member site. Serene and I have a video on Serene making Shakshuka, which is, basically, eggs in tomatoes.

[00:32:38]

S Yes, but it's at the top of the breakfast, like if you're... What do they call it? What's the normal word?

P Menu.

S Thank you.

P Menu, yes.

S It's at the top of the menu for breakfast – Shakshuka.

P So did you have that every day, pretty much?

S Oh, yes, I did.

D And it's a...?

S It's like a spicy tomato sauce, but with little bits of tomato and harissa, like pepper. They call the pepper harissa. You don't have to get harissa, but feta cheese... And they break the eggs into it while it's sautéing and bubbling, and so the eggs, they...

P Poach-fried.

S Poached, they poach-fry in the sauce. And then they put feta all over it. And if you want a crossover, they give you crusty bread which you dip into the melty yolk and amazingness.

D Oh, almost like an eggy marinara kind of...

S Olives on the side, with tahinah dressing on the side, and then always a salad, always a salad for breakfast.

P Really? Even for breakfast?

S Totally. And salad... Like their falafel stand, that would be their McDonald's.

D Yes.

S They had the falafels there, but it's...

D Did they have McDonald's there?

S Yes, they do, but, hey, there's no meat and cheese together.

D Oh, right.

S So all the pictures of the burgers, there's no cheese hanging out, no luscious cheese melting off the side of the meat.

[00:33:48]

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 I was in my 30s, actually, when my hormones started to go whacko. And at the time, we had hardly any money, and I needed all these hormone tests. And each one was like hundreds of dollars, and we just couldn't do it. And I remember just wishing that there was some of at-home blood test I could do that would give me the answers I needed. I longed for what EverlyWell has actually come up with, which are tests that are going to help you understand what your body is doing, what it's going through, so you can get the help you need.

S This is an exciting thing to know about. Don't you feel almost like you've got your hands tied behind your back. When it's your health, you need the answers sooner than later, and you have to jump through hoops to find out a simple thing.

P EverlyWell offers more than 30 at-home lab tests, from food sensitivity to thyroid to fertility and heart health tests. Each EverlyWell collection kit comes with super-easy-to-follow instructions, and they are super-easy, guys. I've done this. If I can do it, you can do it. Just collect your sample from home, on your own time, and once you send your sample back, it is processed in a certified lab. Your results are reviewed by a board-certified physician, and then they are sent directly to you digitally within a few days. You can even share them with your own healthcare provider.

S They have this digital platform that helps break down exactly what the results mean for you. They help explain all that.

P Plus, you can set up a free discussion with a healthcare professional directly through the EverlyWell platform if you want to. So to start learning more about your health, check out EverlyWell at-home lab tests today. For 15% off an EverlyWell at-home lab test, visit [EverlyWell.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 your 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.

P Okay, so that's what you said: if you go to a restaurant in Israel, it's either cheese-based or meat-based, correct?

[00:36:23]

S Right.

P Because it's kosher.

S So it's either/or your fetas, or your labnehs, or your dairy, or it's the meat...

P But Sam got sent out of restaurants, because he brought cheese into a meat place, right?

S Well, we went to this little health food store, and we bought lovely kefir and a bunch of granola, just to have a little crossover snack, we were just ready for something hearty. And so we thought we'd eat it out in this little... It looked like a park bench. But there must've been a restaurant that kind of considered that part of their property still, and he was like, oh, so sorry, so sorry, so sorry, so sorry, we'll lose our licence if you don't leave, because you're having dairy and we serve meat.

P Oh, wow! So in the McDonald's, they'll just choose meat rather than cheese? So for the McDonald's...

S And I was in a restaurant, and it was a salad place, and they had different cheeses, and I was having feta on my salad. And then Sam came in with a shawarma, which is another classic Israeli fast food, full of salad and chicken done in a way that's kind of what we'd call... They carve it off one of those things...

[00:37:17]

P Yes, like kebab.

S No, what do you call that stuff? Gyros?

P Gyros, yes.

S It's kind of like a chicken gyro, but more curried flavour. And he was just holding it and thought he'd sit by me, and he got really quickly ushered out.

P Really?

S Yes, and...

D They asked him to leave?

S We went to this one restaurant, to the place in Galilee where that lady I was talking about, how lovely, she missed her husband, and how she treated us to this incredible meal. She owned this restaurant. It was Sabbath, and we were so hungry, and she brought us into her restaurant. All lights were off, and she couldn't turn the lights on. She hid us in the corner, and she said, stay here, stay here. If the Rabbis going to come and check that my gas burners aren't warmer, my stove-plates aren't warm...

D The Rabbis come and check?

[00:37:55]

S Because if they're even warm, and he thinks we've slightly started to cook yet, I'll lose my licence.

P Yes, the rabbis are in charge over there.

D They're like the political...

P Yes.

S If she wants to keep it kosher. But 90% of her business, her weddings, the bar mitzvahs, the bat mitzvahs – that's the Jewish 13-year-old birthday where... Which I love. Listen, where the children become, basically, young men and young women. There's no teenage situation. They don't believe in being a teenager. It's like zero-to-13, and you're a child; and then from 13 older, you're a man or you're a woman, you're a young man or a young woman. And so maybe that's why these incredible IDF soldiers, who are all young people, are just so responsible, walking around with their big ammunition and just really straight up and down people.

D They identify as men.

S Yes, men and...

D In their mind, they're a man.

[00:38:43]

S Yes.

D They're not waiting to...

S To be a man.

D For some special day when they're...

S It's not this limbo movement where I have so many years to just be an idiot.

P Yes, so true! Isn't teenagehood licence to be an idiot these days?

D Yes. Well, adults are even like, oh, you know, the old teenage brain...

P Yes, I know, we've said that. I've gone, oh, my goodness, help me. I've got three teenagers in the home. I have loved having teenagers.

S But, listen, if you love markets, you've got to go to Israel. I think it's called the shuk in Israel – oh, spices mounded up like pyramids. And I love incense too, and beautiful frankincense and myrrh incense you can buy...

P And it's a very passionate place, and you are a passionate person.

[00:39:21]

S Oh, yes! And there was people fighting...! I spoke to the people that were showing us around, some friends that live over there, and I'm like, ooh, are they mad at each other? She's like, no, no, they'll be off at coffee in ten minutes, enjoying each other; they'll be best friends. They're a very passionate people, they're very outspoken, and they're very emotional, but it's just the way they relate to each other.

D My Spanish people are similar to that.

P Yes, Spanish. And when we went to Italy, it was like that too.

D Yes.

S And I want to say one more thing...

P Because we've got to go.

S Going on the plane over there, flying from New York, I think because there's a lot of Jewish people in New York, going over to Tel Aviv, there were the very religious Jewish older men with the big beards and the prayer shawls and the big, long side curly things; and they would do this davening [?], where they would tie these things around their arms... I think it probably comes from that scripture, to bind them to your whatever...

P Yes, bind my words to myself or something.

S Yes, they put this thing to the forehead.

[00:40:21]

S They're kind of all acting out just putting the Word into them. But, anyway, and that's not my culture, that's not my belief, even though I just really respect them as a people group, totally, and they serve the same God that I serve, even though I'm really thankful to know Jesus. But I was really inspired by them, because I thought, hey, I was really enjoying the plane breakfast, because it was Israeli. It was like a shakshuka breakfast on the plane; I was so enjoying it. But before they even ate breakfast, there was these older guys and these women, and they'd put these shawls over them, and they were like back and forth... You know how you rock a baby, and you kind of go back and forth?

P Yes.

S They were holding the Word and rocking back and forth and saying it over and over. But it was not... I'm sure there are some that just do it out of robotic works thing, and they're just doing it because they feel like they have to. But I saw delight in their heart. And you know how it says in the Psalms, David says, I delight in your Word? And it's like more than honeycomb. It was just... And I just saw that, and it really inspired. Okay, so I know Jesus, and I was just inspired to,

not be all like that, but to just be more delighting... I know I delight in God's Word, but I just kind of felt like I was just inspired by their beautiful love for the Word. I've been at that place in my life, and I've just been really inspired by Pearl too, and her husband, who just love the Word too. And you always say... I love to be flamboyant in my praise, Pearl...

P Yes.

S And so I've gone to churches that have been very much that way. And Pearl's like, but make sure, Serene – this is before Dad did his church in the basement – make sure, Serene, they're all about the Word. Because Pearl and her husband Charlie are very much about the Word. And that's what I wanted to bring back too and tell you that I'm just inspired even more to just be about the Word. Because we have a revelation of the second part of the Bible, right?

P Yes.

S And just how much, out of what they have and what they hold, how much they delight in it, and I saw it. It's so inspiring to me.

P Wow!

S Yes.

P That's amazing. I'm inspired too. I'm going to go. Yes, Dan-Dan, are we going to close it up, hey?

[00:42:36]

D It's just time to say goodbye. I mean, it was story-time...

P It was.

D With Serene and her trip for Israel, and I thought it was beautiful, and I always pictured as a dusty, old desert, and now I don't.

P Yes. Probably change your life too, Dan. You'll come back preaching.

D Come back a'preaching, yes.

P Hey, you might be of the Tribe of Dan, Dan.

S Yes! I bet you are of the Tribe of Dan.

D Of the Tribe of Dan-Dan.

P Yes! See you guys.

D Goodbye, friends.

[00:43:14]