



Trim Healthy Podcast with Serene and Pearl Episode #167 – The Trim Healthy Parable

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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 · J = John · L = Lesley
T = Tim

[00:00:00]

- T Hey PODdy listeners, behind the scenes producer Tim here, with a very special message from Serene and Pearl. I'm going to read it, here it goes. We hope today's PODdy hits right where you need it. We recorded this one before the whole pandemic thing, so you will hear Danny at the beginning, but know currently, he is still in social distancing, and boy, do we miss that guy.
- T Today's PODdy meat is super-timely, with what we are still all going through. When times get rough, that's when we dig in, that's when our roots go even deeper. That's when we don't throw in the towel. Hope you are encouraged by today's message.
- T P.S. A personal message from Pearl. Thanks so much for your prayers for my daughter, Meadow. They arrived safely at home late Sunday night. It was a miracle that they made it at all. Planes are stopping there altogether now. They had tickets for two other plane flights that were cancelled, but they made it on this one, likely the last one. Amazingly enough they let Meadow fly the long international flight home, at a little over 37 weeks' pregnant. Usually they cut off the international flights at 36 weeks. The airports and planes were almost deserted, they said, so they got great treatment. Now we're all enjoying being with her, her husband Kendall and our two-year old grandson, Warren, while we all wait for the arrival of Meadow's baby at any time.
- S This is the PODdy with Serene...

P And Pearl.

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

D Good people of the world, it is the Trim Healthy Podcast with Serene right there, Pearl over there, Danny right here. And we're so glad that you tuned in today. Les is with us, hey, and John is with us, and we've got a great show for you, and we're so glad to bring it. What?

P We're just, yes.

D I'm being distracted. Are you dancing behind me?

P Yes.

S I haven't got my.

[00:01:49]

P We're being the Motown Girls.

D We just did the show about dancing. If you listen to the other show of ours called The UnShow, it was all about dancing. You'll love it.

S Hey, and Danny is jet-setting out of here right now, because he's like a big wig in terms of show business and in terms of branding companies, and he's flying out...

D Fair, that's fair.

S Who knows where, to go be a big-time Dan. Bye, Dan.

P Bye, Dan.

D Bye, kids.

S Bye, big-time Dan. He just came in to intro this Poddy. We'll pay \$2,000 for that, then he'll be on his way to get the real money.

D Yes, discount this week.

S See you. So mates, I got my notebook out.

P Yes, it's a notebook.

[00:02:30]

S It's notebook time with Serenie again.

P Yes, notebook time with Serene.

S Well, I actually had something to bring today, that I got it downloaded in the shower a couple of days ago, but then I've been so busy working on this new EZine. And also, our niece...

P Rashida.

S Rashida is coming up with the next generation Trim Healthy Mama recipe book. It's to freak for.

P Yes, no, I mean, freak out. I'm going through it. Well, she's, you know...

S She's like me, she's creative. No, what I meant by that, it's all right, no what I meant by that is, Pearl's just as creative as she is polished with her creativity. Now, I am creative, and I give Pearl my creativity...

P And the...

S To master, and Rashida's similar with, to me, the creativity is handed to Pearl now. Pearl is polishing it for publication.

[00:03:19]

P Yes.

S So it's a lot of time Pearl's taking.

P Serene and I are going to write a Trim Healthy Mama book. We call it our last, but that is not the next book coming out. We're not up to that, because we're currently writing, the I'm That Girl book.

S Yes.

P Well, Rashida, it's called Trim Healthy Future, and she is so brilliant.

S Oh, what a great name.

P Like, she, Serene and I put together, on steroids...

S She's amazing. She's on steroids.

P Her creative abilities with...

S Since she was six.

P Trim Healthy recipes, and she's like our daughter. I mean, she's so amazing, I'm so excited as I'm going through this book. Like, it's blowing my mind, you're going to love it. Anyway, so I've been neck-deep into that, neck-deep into the EZine, so I forgot even what my download was.

[00:04:00]

S No I said, Pearl...

P You take it, sweetie.

S Let little sis bless your socks off and prepare a note session shall I?

P Yes, Serene's Notebook Session.

S Because sometimes we just sit down and half the time we don't prepare. We just like, it's the parable of the measure of yeast.

P Yes.

S You just bring a little yeast in your brain, and you pop it in the center, and it permeates and makes a PODdy.

P Yes, right.

S But talking about parables, that is the title of today's PODdy. Pearl doesn't even know what the heck I'm going to talk about.

P I don't know. I hope it does have some practical application.

S As practical as it can be.

[00:04:27]

P As well as spiritual.

S Big old practical.

P Good girl.

S Trim Healthy, the parable of the... Yes?

P Good job.

S Instead of the... No.

P Hold on, what's the title?

S I've got to read my writing, it's all upside down. "The Trim Healthy Parable".

P Ooh, "The Trim Healthy Parable".

S That's a name, John.

P John, right there, that's your click bait, put that into the email.

S Okay, first of all I've got to quickly go to where I ripped this off of, okay, the parable of the sower in Matthew.

[00:04:55]

P You ripped off the Bible? Good job.

- S Yes, let me just go through it quickly. Some seeds fell on the footpath but the birds ate them up. Others fell on shallow soil with underlying rock, but see, the seeds sprouted quickly because the soil was shallow, and the plants wilted under the hot sun because they didn't get deep roots because the rocks were there, okay? And then in this parable of the sower, other seeds fell among thorns that grew up and choked the tender plants. But there were some seeds that fell upon fertile soil, and they produced a crop that was 30, 60 or even 100 times more than had been planted, okay?
- P I'm getting goose bumps because I think I know where you're going with this.
- S Yes, yes, yes, Pearl. Now I love how Jesus says, too, right there, at the end of that parable of the sower, anyone with ears to hear, let them hear, and listen and let them understand. Some translations simply say, anyone with ears to hear, let him hear. And the disciples asked him why he spoke in parables. And in my paraphrase, I'm just paraphrasing it in my own voice, he basically says, because it's hidden, so that only those who truly are seeking, and truly want to know will understand. And now it's my rant here. This is not what Jesus said, but my rant is, it's a hide-and-seek game, is why he did it, to ferret out all the apathetic warm bodies that were just sitting around him, just to be there, right? But they didn't really, really want to understand. God loves to play treasure hunt with us, because we're his children, just like we earthly parents love to play treasure hunt with our children, right, at Easter time or birthdays or whatever? We love the joy of our children finding our treasure that we've hidden, because it's thrilling. Because there's something about discovery where you treasure what you discover.
- P That's right, if it's just given to you...
- S Yes.
- P Oh, you're probably going.
- S Pearl, no, no, you go, you go. I love how Pearl is just, she's not reading my notes, but she's saying my notes.
- P Well, the Bible says, seek and ye shall find, right? But if you're not seeking, then you're just given something. I'll let you speak, because this is so good. I will tell a story myself, though, because I think I know where you're going. When I was 16, back in Australia, you could get your licence at 15, but I still hadn't got it, and my parents were a little bit worried about me, because I had no inclination to get my licence. So they bought me eight weeks of drivers', you know, you could learn. And it cost them a lot of money, it was my Christmas present even.
- S Yes, I remember that year.
- P Well, it was given to me. I didn't seek it out, I didn't save money for it. You know what? I never used it.
- S Not one of those lessons.

P Didn't appreciate it.

S Not one, and I remember Mum and Dad being real miffed.

P I know, they were miffed, and they should have been miffed. But I didn't discover it, Serene. I didn't seek it, so it meant nothing to me.

S That's right, that's what was my next line is going to be about. Our children's excitement when they find the treasure and the ownership of it, is way more heightened by the satisfaction of the hunt, you know? So I'm on my own little rant here, but listen, like let's continue this thought, a walnut or an almond, Pearl, isn't it way more delicious when you had to crack that things open?

P Oh yes, baby.

[00:08:06]

S I find them really stale and quite boring when they're already cracked.

P A walnut from the shell, if Danny was here, can you imagine what he'd be saying right now?

S I know.

P Going on about that crack.

S So Jesus goes on to say, in this parable of the sower, and this is my paraphrase here, for to the one who has, oh this is good, more will be given. But to the one who has not, even what he has will be taken away, for seeing, they do not see, and hearing, they do not hear.

P You know what Serenie, growing up as a pastor's kid, I'd heard that verse a lot, and do you know what? Until now, the full gravity of it never hit me. I used to think that was mean. Mean God. How mean. You mean, the one that doesn't have anything gets nothing, and then what he has gets taken away? And that one that has all that, he gets more? But guess what, it's truth because of the discovery and the seeking, Serene.

S Yes.

P Keep going, because you're blowing my mind.

[00:09:04]

S Isaiah prophesied, you will indeed hear but never understand. And you will indeed see but never perceive, for the people's heart have grown dull. And Jesus adds, but blessed are your eyes, for they see, and your ears, for they hear. So this parable hits home with how we understand the word of God, which is the seed. And it is sowed into the soil of our hearts. You know, we all understand this, but I'm bringing this to the Trim Healthy Parable.

P I tell you.

S But God's truths have onion layers of revelation, and so the truth that we glean from this parable, we can apply it to our health journey, we totally can.

P Absolutely first in the natural and in the physical. Is that what it says?

S What's that?

P First in the...

S First in the natural, then in the spiritual.

P Yes.

S What kind of soil are we sowing? First of all, actually, I have to go... No, I'll say this first, what kind of soil are we sowing? Any of this knowledge, and of the truths, the tips that have been given to us, maybe not even just by Trim Healthy Mama, maybe from other areas or things that you've learned. What are we sowing them into? And so my first point...

P Ooh, first point, points even.

S The main point, point number one in our Trim Healthy Parable is the soil. Okay, so like, the soil in the Bible, the parable, it was our hearts and everything. But I believe the soil on our Trim Healthy Parable is our healthy identity, a healthy identity.

P Yes.

S We have to sow into something that can produce life. A broken, negative, can't do identity it will not produce.

P Yes.

S So the soil, I want you to keep that in mind.

P And you know what, not only will it not get more, what you have, with the wrong identity will be stripped away, because the soil... It makes sense now. Oh, my goodness, because the soil of your heart and mind can't grow anything in there.

[00:10:54]

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

S I'm Serene. Here we are, talking about Billie again. Why, Pearl?

P Billie's awesome, and let's talk about the handle of Billie.

S Well, we believe in Billie. Listen, we actually do. I love Billie. Billie is in my shower.

P Before Billie, we talked about shaving our legs with such disdain, didn't we Serene?

S Oh, it was...

P It was like, now I have to shave my legs. Boy, I hate, I use to go around saying I hate shaving my legs. Now I actually enjoy shaving my legs.

S No, it's totally amazing, because Billie... Listen, it doesn't slip in the shower, because it is ergonomically designed by top New York industrial designers to provide a secure handle when you're shaving, when your hand is wet. And that's a big deal, because I have slipped and cut. Like, you know, slipped, like the handle has just gone crazy out of my hand.

[00:11:49]

P Yes, I wish people could see your hand movements, but alas, they can't, but trust me, she's doing them.

S Yes.

P What does Billie do? Billie delivers premium razors directly to you for half the price of what you find in the store. And now, when I say premium, we're not talking those little pink junk little things. We're talking about really well-designed...

S The well-designed glass...

S Cabinet, with the key, you need to get the key.

P Oh, yes...

S Yes, but listen, if you go to mybillie.com, you can get their starter kit, and the starter kit includes two razor cartridges, one of their amazing handles and more amazing than that, which is my favourite part of the Billie, is their magic magnetic holder for the shower, because those lick-and-stick little things that you buy at Walmart, they don't stick. They fall off. But this thing? I'm telling you what, I have never, ever, ever had to re-put it onto my shower wall.

P It's magnetic.

S It's incredible.

P For only \$9.00, you can get four refill blades every one, two or three months, based on how often you shave and what areas of your body you shave.

S And I want to tell you something else. This is why I believe in Billie, because as women I believe we have, I don't know, I just feel like we have so much more skin area to shave, we do.

P Serene, that's a fact.

S But our skin is more sensitive, because maybe we're shaving more sensitive areas. I don't know. But I tell you what, I need, I can't use those normal men razors with just like a couple of razors.

P No.

S These have five blades. Five. So they glide smoothly and safely and gently.

P Yes, five, and those five American-made blades are encased in an aloe shave soap, so they give you the smoothest shave, that is super, super-gentle.

[00:13:33]

S So get free shipping always, with Billie, they're just that awesome.

P But before you rudely interrupted me, sister...

S Oh, girl.

P I forgot to tell people that those wonderful five American-made blades, five, get that people, they have more space between them than ordinary razors. They're spaced so well that you don't get the clog problem.

S I think we've got it.

P It's very important.

S We've got your message, it's very important, but we've got it.

P Billie is an Allure Best of Beauty winner, and on Nylons Beauty Hit List, because Billie is the brand that finally got women's razors right. So get free shipping. You can skip, adjust or cancel your subscription anytime. Go to mybillie.com/trimhealthy and be as happy as Serene is whenever you shave your legs. For 10% off your razor, and get the best razor you'll ever own, for half the price of the razors in the store.

[00:14:28]

S And for a lot less of the annoyance.

P Yes. And plus, shipping is always free. This is a limited-time special offer for you at Trim Healthy Mama's, so go now to save 10% off your razor at mybillie.com/trimhealthy.

S Let's spell it again for you. It's m-y-b-i-l-l-i-e.com.

P Slash trim healthy.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y. As we go through this Trim Healthy Parable, the soil is your identity. The soil is your healthy identity, that's the only thing that's going to produce.

P Are you going to give, like...?

S We're going through this and you can just totally interrupt and you can also, like...

P They'll understand identity by the time you're finished with this.

[00:15:19]

S Oh, totally.

P Keep going.

S Okay. So, are we letting seeds of health get snatched away by the birds, because that was the first part in the parable of the sower, the birds snatch it up? So are we letting seeds of health get snatched away by the birds? The Bible explains that when we don't understand the Word, that is when the birds snatch it up, right? It's because there's nothing there. So we have to try to understand for ourselves on our health journey. Not just, give me a menu, give me a to-do list, and a don't-do list, give it to me, give it to me, just hand it all to me. I don't want all the in-depth info, don't give me the large book. Just give me the pamphlet.

P Don't give me the why's.

S Yes.

P I don't have time for the why's, just tell me what to do.

S Right, I want to start fast, I'm impatient. So long-term's spend the energy to fully grasp the foundational concepts of health. Let's not just jump on a fad train, you know, and that's what we will do. We'll jump on every fad train that comes along, and when we don't understand foundational precepts of health, okay? So we got to truly, thoroughly get educated on sound health. We got to know the why's of this plan that we're doing, whatever plan you're going to be doing. You're doing Trim Healthy Mama now because you're listening to the PODdy. Know the why's. Know the how's. Know why you've tweaked it to be your own way, why you tweak it, you know? Pearl, you can interrupt at any time, but we've got to also know the pitfalls, the parameters, the boundary lines, know the full freedom of it. Don't jump on the crazy rules of a sensational diet, you know, that you read on the internet, because those are when the birds are plucking out the seed. You know, you can jump on all the stuff that you hear because you don't have any, there's no grounding.

P Well, the soil's not fertilized with knowledge.

S Yes, exactly. So the Bible said, of course, that the birds pluck it out. And why do the birds pluck it out, because they did not fully understand. So our first point on how to have the right soil, is to have the right soil that has been embedded, fertilised with knowledge. So that's that. The main point is that the soil is your healthy identity, and the first point of what type of soil to have is a soil fertilised with knowledge. Okay, so second point.

[00:17:48]

P Second point under the first point?

S What's that?

P Is this the second point under the first point?

S This is the main thing that we need it to be.

P There's a main thing, and that was how they... Is this B or A?

S The main thing of what our soil was, what the field was.

P Yes, because you know people are writing down while they're in their shower or they're doing dishes.

S Yes, yes, exactly. Yes, I may not be ready to, like, do a pulpit talk, like, you know, PowerPoint and all that stuff. But I'm telling you what, I wanted you to know.

P No, but you're not ready for a TED Talk yet?

S Yes. I want you to get, the main point, people, is that the soil is your identity.

P Got it.

[00:18:19]

S Healthy identity.

P Keep going.

S Because you're not going to produce when you think that you're, like...

P Point is crispy.

S Right, okay, but underneath that we're going to start with points of what our soil needs to be like.

P Could I say, could those underneath points be As, Bs and Cs, instead of one, twos, threes?

S Thank you. Okay, so Letter A...

P No, you already did A, lovey.

S Yes, I know, I'm going through it.

P That was knowledge.

S Yes, the knowledge. Now, B. Okay, the seeds of health, are they falling on shallow soil with rocks underneath? The Bible explains that this rocky ground is the soil that, when one receives the Word immediately with joy, but because he has no root in himself, he endures just for a bit, but falls away when tribulations arise. So do we get excited?

S Do we rock the plan when it's the honeymoon, while our income isn't tight, while the pounds shed easily, while the hubs is supportive? But when our hubs loses his job for a season, or when his interest in healthy eating alongside of you folds, or when we hit a plateau? When the mother-in-law moves in? When the holidays hit? Do we be the soil that kills the life of our health seeds? What if we could identify with being strongly rooted soil, the type that is hardy and holds on through drought or storm? The soil that doesn't mind a good rough ploughing and letting the stripes and furrowed rows be marked upon us, because we know this is only going to allow our roots to dig and anchor in deeper? So, you know, the mother-in-law moving in makes our roots grow deeper, not get plucked out, because we identify that, you know, a cut-in-half budget just digs a root of tenacity.

P Love that.

S And a root of simplicity of health, where we create a new root of healthy foundational basics, before, when everything was all hunky-dory, we didn't have that strong root. But now we have the root.

[00:20:20]

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 Hey, Pearl here. As you may remember a few weeks ago, I discovered EverlyWell, the amazing at home wellness test, that helps you better understand your health. Well, I received my EverlyWell At Home Lab Test, and tested for myself. I actually wanted to test my folic acid, because I had done some other testing at this other place, which cost a lot more, before I knew about EverlyWell, and I found out that I do have some mutations for the MTHFR little thingy that goes on inside so many of us. Many of you have heard about that. It just means that you don't methylate properly, and methylation is so important for the detoxification of your body. So anyway, I wanted to find out my folic acid levels in my body, really my folate levels, because I have to have higher folate levels if I'm going to be healthy with these MTHFR mutations. And so it was so easy. I just did a little pinprick on my thumb. They sent this little tiny spot of blood away...

S You didn't have to drive to the doc's.

[00:21:31]

P No, I didn't have to drive to the doctor's. It was a really simple process. They make it so easy. I got my results back online. I'm actually doing really well, because of my diet. I eat so many lentils and greens. And so I was just assured, you know, that I'm on the right track.

S Listen, Pearl, that was Pearl's concern, but many of you have many different areas that you want to test for, and EverlyWell offers more than 30 different at-home lab tests, from fertility to food sensitivity to thyroid and heart health. So each EverlyWell test comes with super-easy to follow instructions. Girl, did you find them easy?

P I mean, super, Serene. It couldn't have been more simple. I'm a person, I don't love the whole going to the doctor's thing.

S Right.

P Because you've got to sit there, and then you've got to wait and, aah.

S But, let me just...

P I'm not saying, doctors have their place, but I don't want it to be a constant place in my life.

[00:22:21]

S Right, but let me encourage those who are listening. You do have a physician involved.

P Well, they review your tests.

S They do, 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. Oh, so modern. And you can easily view and share them with your healthcare provider. So this is so easy to be personalised, easy for you to understand and to know exactly what they mean for you. So they translate all that doctor speak and make it very clear.

P I like EverlyWell, because it lets you understand your health. I'm not the sort of person that will take every test in the world if I know I'm doing well in that area. I just want to have standards to know where I am at, and maybe what I can improve upon and things like that. EverlyWell helps me do that. So to start better understanding your health, like we did, check out EverlyWell today.

S 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) with the code trimhealthy for 15% off your test.

P EverlyWell At Home Lab Test, your answers your way.

S This is the PODdy with Serene...

[00:23:32]

P And Pearl.

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

P So these things, they come against us, the challenges, and we actually grow more roots?

S Yes.

P Serene, what a way to look at it, you're a genius. Listen, to bring in another little parable that fits in this one, you can look at it like the parable of the house on the sand or the house on the rock. It's a similar thing, isn't it?

S Yes, totally.

P You just told that parable too. I mean, with the house on the sand, with no roots.

S Yes, exactly.

P The house on the rocks, the foundation is there.

S Anchored, yes. And this root nourishes our "healthy", the healthy plant life, you know, because we're seeing this all as an analogy like none other. When we have roots that have, we've decided to identify with being a strongly rooted soil, and when those winds blow and when all the tribulations come, ah. Ha, ha, ha, ha. I'm just going deeper, with all this plowing that's doing all this agitation.

[00:24:31]

P Yes.

S All this, like, stripes upon my field, upon my identity, as a healthy person or not. Oh, no, no, no, no. I'm just going deeper. These roots are hanging on, baby.

P I'm channelling down, closing my eyes, lifting my hands and nodding my head, yes.

S It's the bedrock, the root that can carry us through all seasons. It's health, strong now and streamlined.

P Yes.

S Yes, okay, now that was B.

P That was B.

S And now this is C. What if we had the type of soil that is filled with thorns? Now, in the parable of the sower, Jesus explained these thorns...

P I love your A, B's and C's, but no one knows what the A B and C titles are called, but keep going.

[00:25:10]

S Yes.

P Just because you're cute.

S A, B, C, remember the creativity that doesn't come with polish?

P Yes.

S And then you do the polish?

P Yes.

S And you do the creative too, but...

P But I didn't get the polish, so keep going.

S Yes, so that's fine. Well, you know, I was writing this while the babies were screaming.

P Lovely.

S I think I was holding the grandbaby and the Ergo too and all the tellers around, say hey, just take what you get, people.

P Yes.

[00:25:29]

S Okay, so what if we have the type of soil that is filled with thorns? Jesus explained these thorns as the cares of the world and the deceitfulness of riches. He said, these thorns grow up and literally choke the Word and make it unfruitful. Okay, now we're going to swing back to our Trim Healthy Parable. Are we letting the thorns of worry, literally the cares of this world, the negatives, our fears, our health-destroying thought life, to render the seeds of our health to be fruitless? Because listen, Pearl, literally we can eat the salads, anchor our meals to protein, but destroy any healthy growth in life and progress by negative, dark and destructive conversations that we're having in our own heads.

P Yes.

S You know?

P It's fruitless.

S That's the thorns, the cares of this world.

P Yes.

S Jesus said in the parable of the sower, the cares of this world's going to pluck it out. So we're saying, uh-uh-uh-uh, not in our field.

[00:25:29]

P Yes, so your care...

S We're not identifying with fear.

P Your worries can literally pluck out all the benefits of that salad you just ate.

S Yes, we don't identify with fears, with worry...

P No.

S With negativity.

P Can I ask you something? I've been, like, my mouth's been dropped open for a minute since you said something about the something of riches. What was it?

S Deceitfulness of riches, and we're going there.

P Okay, because I had an idea.

S And then you can do your idea, just in case I've already put it. The Bible says, as a man thinks, so is he. Death and life are in the power of the tongue. We could go on with like, 50 or 60 of all the scriptures that relate to that.

P Yes.

[00:26:57]

S What about the deceit of riches, and Pearl wants to just jump in on this, but she's going to, and we touched on that a bit when we talked about tribulations. You know, what happens about, you know, the husband's job gets taken away or whatever, or our job. But just to give a nod again to this thorn, the deceit of riches, I want to say, and Pearl, you're right here with me on this, Trim Healthy Mama was founded by two very, very poor families, whose husbands either had to give blood...

P For groceries.

S Work three jobs or work night shift out of state or out of country in nuke power plants, you know, just to pay the rent. We didn't have second cars.

P No.

S We didn't have spare cents for fancy superfoods, but we established health. That's when we established health, and we established the foundations of this plan.

P Exactly, so you know, when you said deceitfulness of riches there, they are deceitful. Guess why? Because what if you start this plan and you're rocking, you're in a blessing time, a season of abundance, right? And that's great. And so you have all the money that you could ever want for special ingredients, so you've got your Baking Blend and you're Gentle Sweetening it up, and you got the collagen and you got it all. But then what happens if that is taken away, and that was your comfort? That was where you were based. Like, your whole Trim Healthy Mama journey was based on special ingredients, and that's removed, that was deceitful, because that's not actually on what Trim Healthy Mama is based upon.

S No, exactly, exactly.

P It is definitely fun, and it's definitely a blessing, and it's definitely helpful, but that's not where it's based.

S No, it's not, because many of the best-selling foods, the best, sorry, not best-selling. I couldn't even read my own writing. Many of the best and healthy foods are dirt cheap.

P Yes.

S Pearl, we've done PODdies on this before, but, you know, I also want to say many expensive foods are deceptive. They're totally deceptive, they're just packaged junk with a good brand name on them. But cabbages, beans, lentils, apples, eggs, canned salmon, celery, tuna, maybe some organic romaine hearts you know, an exception on that, with an upgrade on that. But they're cheap, right? They're cheaper than packaged c-r-a-p.

[00:29:16]

P They are.

S And they can establish thriving health. So, I think, you know, it's almost an intellectual dishonesty that we have in our mind. It's a deception that oh, I can't do it right now because my budget is too tight. I can't do it. Really, it's...

P The deceitfulness of riches can go two ways. You can have the riches and rely on them, or you can long for them but they're not all they're cracked up to be. There's another way of looking at the deceitfulness of riches. You could say, but I need those special ingredients. I've never had them, that's why I've never been successful on the plan. But that's deceitful.

S Yes, it's deceitful. So let's talk about this type of soil, right?

P Intellectual dishonesty.

S We're not going to have the thorns of worries, right? In this soil, we're not going to identify with fear and worry and all those thorns. We're not going to identify with the deceitfulness of riches. Let's clean our soil of these thorns, of all this worry. The worry is only choking our health. Let's pluck out the thorns of deception of riches. I'm just going on and on, what we already said, so let me just skip that whole thing.

[00:30:13]

P Yes, you're crisping up the point a little too much.

S Total crisping.

P It's burnt.

S But here's the drumroll, okay?

P Okay, drumroll.

S Now, what if we have the soil, number... What are we up to, D?

P You're up to...

S A, B, C, D. The fourth.

P It's the number you're following, or the D?

S It's the fourth. I was doing numbers. Pearl didn't like that.

P D, D is excellent.

S So it's D, yes. I don't like the polish of the D, Pearl. It should have been number four.

P No, come one, because then it won't make sense.

[00:30:37]

S Okay, now what if we have the fertile soil, the good soil? And Jesus explains in the real parable of the sower, that this is the one that he is, the Word, and understands it, and produces, and I love this...

P Produces.

S A multiplication of life, a harvest that was way more than what was planted. It's so exciting to prepare and challenge our soil on our healthy, our soil, our healthy identity soil, our field of endless possibility, our field of increase. I'm so excited. I just want to challenge all of us to have the faith for receiving an increase of more than what was planted.

P So true, because you can, like, start Trim Healthy Mama to lose 30 lbs, but it's so much more than that. You can go, like Serene, you and I started this journey, right, to get healthy and because we were stuck in ruts.

S We didn't even know it was a weight-loss plan.

P No, we didn't but we did this, but then since then, the things that God has downloaded into our hearts, the things that we're sharing here about our identity. All of those extras, they're the multiplication. Oh, and I love that scripture, the path of the righteous shines brighter and brighter every day. It's magnifying, it's getting bigger. We are receiving more and more knowledge.

[00:31:53]

S You want me to give you some goose bumps here?

P Yes.

S You ready? Why is it more? Because of all those things Pearl said and because we made use of the seeds we had. Not just us, but anyone who has had increase, because we didn't despise the small beginning, Pearl, and we're talking about all you out there as a we. It's just all of us as we.

P Yes, we, we, we.

S it's just all of us as we. I wasn't even thinking, Pearl, now, when I said we. I was just thinking all of us with this fertile good soil. What we were entrusted with we used. Maybe you had the tight budget; maybe you were entrusted with losing total weight at the beginning. But you celebrated it. You just keep working in that field, right? We didn't despise the small beginning and we were given more. We owned it. We owned it at the beginning. And I'm talking about all of us. We mentally ruminated, chewed on the cud of what we had, what little bit of knowledge that we had. We didn't have it all at the beginning.

P We didn't.

[00:32:51]

S In fact, this plan has unfolded and unfolded over years and years and years and years.

P It has.

S We only had the little, tiny basics.

P Serene, even now we're still growing in freedom in this plan. Look at our fruit poddy we had recently.

S Yes, I know, exactly.

P Increase.

S Increase.

P More freedom, more beauty, more knowledge.

S Yes, now, we're aware of the spiritual law, this whole spiritual law, you know, of increase with this, you know, what we have if we don't bury it, right? If we use it. But it so works in the natural, because we are spirit and body.

P Yes, we are.

[00:33:22]

S And they're both entwined. And of course, we're reminded again now, Pearl, of the verse in 2nd Peter where it says, he will give us all things that pertain to life and Godliness. So this parable of the sower is all about, you know, spiritual but hey, he cares about giving us the things of life, of sowing us seeds of life into us for our physical health, so that we may prosper. So I'm all about this parable of trim and healthy.

P I am totes.

S Yes, and I love, in Matthew Chapter 7, Verse 7 to 8, Ask and it shall be given. Seek and ye shall find. Knock, and it shall be open unto you. And this is probably King James, for everyone that asketh receiveth, and he that seeketh, findeth. And to him that knock, and so Pearl, do it in the normal translation. He that knocks there, instead of knocketh.

P Yes, knocketh, but I like me some knocketh.

S It shall be opened. So what I'm trying to say is, let's go back to the beginning a bit, don't be the soil that doesn't care enough to understand, that doesn't knock, that doesn't say, I want a treasure hunt here.

P I want the water, bring me the water. And fertilize me, that's the sort of soil.

[00:34:23]

S Yes, pluck out the thorns. I don't care when it's hard. Let the plow be upon my trim healthy field. Let me go through some tough times with it. Let the mother-in-law move in, let the budget be cut. Not that we want it to happen, but when it happens, so be it. I'm going to be that kind of soil that produces a multiplication of more than what I'm planting here.

P Mmm, what about when you even go through health issues?

S Yes.

P Even a new Trim Healthy Mama journey. You know, sometimes things come.

S I love it.

P We just put the roots down and say, no, I'm going to be multiplied.

S I love it.

P No, I'm going to go through this and I'm going to come out the other end and I'm going to be multiplied.

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

S I'm Serene.

[00:35:08]

S I remember when I was a girl, curling up in a corner, and I remember it being my Granddad and Nanna's little nook. They had a sheepskin in that little corner, and I remember Pearl, you were there with me. I hope your memory is as strong. And getting special books that you could only read, that stayed at Grandma's house. And it was just a magical moment, being lost in the book. Well, I want to create that for my children. I've actually made little window seats for this, but I didn't have the good books until...

P Literati.

S Literati came into my life. I received my first box of Literati quite a while back, and my little girls felt like Christmas had come really early.

P I know, because, Serene, it's a subscription book club that makes it easy to find unique and interesting and beautiful books for your kids, by sending great stories straight to you.

S Can I just tell you about the unique and interesting books? They want to know your children's interests, so I said, yes, my children are into music and into blah, blah. They sent this incredibly beautiful book. It was so well illustrated, and on different little parts of the book you could press a button, and it actually played the composers of the world from this, all history.

[00:36:21]

P Yes, they're very educational books, but done in a beautiful way where your children actually want to sit there and read them.

S I mean, it is so much, sometimes we think, easier to put your kid in front of a screen than help find a book they like, even though kids who read books have better vocabularies and longer attention spans.

P It's hard to keep up with the, okay, I'm going to do this book time, if you don't have the books that hold your children's interest, that's where Literati comes in, you see. Each Literati box contains five beautiful books, based on a theme, and contains exclusive, original art and, this is what you love, Serene, a personalised note to your child.

S Oh, you know, there was a note saying, my daughter Breeze was the one that got the first box, and it was like, to Breeze, and her name was on each of the books. And it was just so personalised. She felt like she was a princess. It was just absolutely beautiful. And this is the key when it said that the five beautiful books are based on a theme. That's bingo to me, because I don't want necessarily, just for me, I don't want books coming, you know, for my daughters, and one's like, about, pickup trucks and dinosaurs and the other's like a witches' broom book or something like that, you know. It's a waste for me. I want to know that it's down their alley of interest.

[00:37:39]

P Literati actively curates stories that spark curiosity and soften the heart, which saves you hours of searching online for these books, or scrolling through lists of mediocre books online.

S And the thing with searching online is, you really don't know. I thought I was buying beautiful books. Come to find out they were, like, palm-sized.

P Yes, no, these are big and beautiful, and Literati will beat the Amazon list price. Only keep your favorites, send the rest back for free. If they send you one you don't like, and they're very good about, yes...

S And that's where it's risk-free, because if you hate it, send them back.

P Yes. Join the largest kids book club in America, with one million-plus books delivered, and tens of thousands of happy Literati families. For a limited time, go to literati.com/trimhealthy for 25% off your first two orders. This is your best offer available anywhere, and to get it you have to go to, here it is again, literati.com/trimhealthy for 25% off your first two orders.

S And that's Literati, like literature, so it's l-i-t-e-r-a-t-i.com/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

S Let's have ears and really hear. And to those believers out there that are listening, hear what the Father says about us, what He sings over us, hear the truth about the finished work of the cross, the truth that He sent his Word, and it heals us.

P Healed them.

S And we hear these truths. Not the so-called truth of the doctors' report or the screaming symptoms. They're not the truths that we hear. We're going to have

the ears that really hear the truth. There are things that may be true, but they have to bow to the truth.

P Ah, come on Serene.

S Right? Can we see it? Now, that was ears to hear, what about the eyes to really see. Can we see, truly see? See the trim woman in the eye of faith, in the eye of optimism and the eye of unkillable hope. That's not even a word, unkillable, but just indestructible hope.

[00:39:42]

S Not the woman who in the past, maybe the past was only one second ago, felt stuck and in prison in the body. But no, can we see that trim and healthy woman? Can she have the courage to see what is completely possible? Absolutely, the future. When this vision of faith, this eye of hope, of life, is planted in the good soil.

P Can you all, listening right now, like, share this? Like, I'm so inspired right now, Serenie. Something's got hold of you in the last few weeks.

S Even with unpolishedness, Pearl.

P I'm telling you, A, B, C, one, two, three, I don't care. But this is good stuff, man. This ministered to my heart today. You guys, share this PODdy or do something with it. I don't know. I don't want this to just be for our listeners. It's got to get out there. This is good stuff. This is light and this is life, and He wants to take us to greater and greater places, I think. Are we done?

S We're done.

P Before we go.

S Hey pal.

[00:40:38]

P Lesley? She's just run over here because what, why, Lesley Popsy?

L Well, you and Serene were having, like, powerful, powerful PODdy, and Psalmo over in the back was, you know, trying to keep up with ABC. But I did hear Serene say cucumber at one point, and that just made me think that...

S Psalmo's likes cucumber.

L Ooh, yum.

S I can chill with that.

L So I wanted to share with Pearl and Serene what I've been doing, because to me, if you have a sandwich, a sandwich comes with crisp chips in America, like burgers and fries and all these things that, like, mentally have to go together. But

I've started to make cucumber chips when I do a sandwich, like I do a thick, half-inch slice that you've got the crunch. And then it replaces my potato chips.

P That's so brilliant, and do you salt them? Love a bit of salt on cucumber.

L Yes, mineral salt and maybe some chilli flakes too.

P Oh, I'm telling you. But look Lesley, speaking of this, because this is right down the alley of growing and magnifying and learning more and then God gives us more, could you see yourself doing that three years ago?

[00:41:45]

L No, I mean, I've always loved cucumber, but it didn't make sense. I needed the crunch.

P Right, but you had to have your crisps. And now you're so excited about cucumber. He takes us, I mean, we're all on this journey and we find new and new places. Who knew that you'd be the woman, that girl, eating cucumbers as crisps.

L I'm that girl!!!

P Cucumber chips!!! Whoo-hoo!!!

[00:42:43]