



Trim Healthy Podcast with Serene and Pearl

Episode #162 – The Poddy of the Puts

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

S = Serene · P = Pearl · D = Danny · L = Lesley

[00:00:00]

P This is the PODdy, with Serene and Pearl.

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

D Planet Earth, it's the Trim Healthy Podcast with Serene, Pearl and me, Danny. We're so pumped you are hanging with us today.

P Danny?

D What?

P I heard that you owe an apology to the whole nation.

S Whoa, whoa, whoa, whoa, whoa.

P Grovel, Danny, grovel.

S Where have I been?

P Grovel, Danny, grovel, Danny, grovel, Danny.

[00:00:26]

S Is this on a social media thing, that I just am not privy to, or what?

D What's the actual song?

P Danny Danny.

D But it's not Danny.

P Grovel, grovel.

D That's right.

P But it's a good dancing song, right?

S Grovel Danny is not a good dance.

P It plays on... I know, but it plays at our children's dance parties sometimes. I'm sorry, you've danced to that one.

D Grovel Danny, grovel Danny, grovel Danny.

P To the pure all things appear, and I never knew that one.

D Here's the reality. I gave an introduction to a podcast, and I mentioned, like, Australia, New Zealand and Texas.

[00:00:55]

P Like they're the only ones that count. Like Russia, you said [overtalking].

S You mentioned good old Mexico.

D I should, in fact I will if they represent, like Canada did, on our social medias, but Canada showed up and said, hey, pal, you know we're listening too, right? ! Exclamation point, question mark, and I had to eat it a lot throughout the week, and I want to say, welcome Canada, you are heard, you are strong.

P They are very strong.

S Oh, Canada, oh, Canada.

P No, that's not how it goes, is it?

S Yes, it is.

P It is?

S I home schooled, better than you did.

P Is that how it goes?

S Yes it is, the maple leaf flying in the air, oh Canada.

[00:01:42]

P Yes, not. She was doing oh Canada, oh Canada.

D No, but it's America, America.

P Dah, dah, dah, dah, dah. That's not how it goes.

S Okay.

P No, what do you know, you British Lesley Pops.

S Right, Lesley, it's the chorus of it all. Or I could be totally wrong.

P Oh, Canada.

S Oh, that's not what she was singing.

P But then I think...

D Not at all.

P Further down the song...

L Yes, the crescendo part.

S No.

[00:02:07]

P The middle eight or whatever.

S Yes, I remember feeling patriotic to Canada at Olympic Games, maple flying in the sky, the maple leaf.

P Lesley, can you look it up please?

P Oh, Canada, look it up, how it goes, because I think she's crossed it with another song. Anyway, we...

D Hey, oh Canada...

S I'm feeling it.

D How come we don't make up national songs anymore?

S I love me some Canada. Listen, Pearl and I grew up to the good old Anne of Green Gables. Now that was an island off of Canada, up there somewhere, right?

P Yes.

S Gilbert Blythe was my first crush.

[00:02:36]

P We used to think that only good guys came from Canada.

S Yes.

P Good old Gilbert.

S When I saw, I mean, this is totally off-topic, because we're down a rabbit trail, but when I was exposed at my precious 11-year-old self, 12-year-old, about that, to Gilbert Blythe and Anne of Green Gables...

P Yes, I am reading on that, totally exposed.

S I'm sorry to all my Australian men, but you were in the gutter then. I had to marry someone like Gilbert Blythe.

P Or North America.

S North America. And I did, but my husband's not like Gilbert Blythe at all.

P Didn't he do his own thing, and he's grand?

D Hey, either way, wherever you're from earthlings, we're so pumped. We're so pumped. You've let us into your earholes

Music Oh, Canada, our home and native land...

[00:03:24]

S That is so.

Music True patriot love in all of us command.

D That is the Canada.

P I'm feeling it, listen, I'm feeling my Canada coming. This is not the chorus, that's why.

D I understand, but I mean, you could google the rest, right?

S It's coming.

Music Canada...

S Canada...

S Dah, la, la, la, la, dah, dah, dah, dah, dah.

D You sang the trumpet line.

P No, not happening. It's not happening, try as you might, Serene.

[00:03:57]

S Hey, the chorus hasn't come yet. You wait till the end.

P No, that's it.

D You added your own trumpet.

S It's oh, Canada, oh, Canada.

D I doubt it, I doubt it.

P Should we start this PODdy over again?

D No, listen.

S No, there was some good stuff for Canada.

D Hey, could I transition into an order of business?

S Yes.

D We actually had somebody submit they want to help name this podcast space.

P Oh, our PODdy Barn, yes.

S Oh, oh.

D Which still technically hasn't been done. I mean, you're calling it the PODdy Barn.

[00:04:23]

P I know.

D But that's almost by default. Do you want me to read a suggestion we got in?

P Yes.

D A suggestion. I said suggestin'.

P Can we set the scene for new peeps in the room?

D Yes.

P We've been in three different places on our property. First of all, we were in a cabin. Then we moved to a different, smaller cabin, because my son and...

S Hey, speak it like was. It was a trailer home.

P Ah, yes, we moved into a...

S Yes, ah, ah, ah.

P A little trailer that was converted to look like a cabin. Now we're up above a barn.

S Trailer always trailer.

[00:04:54]

D I'm not sure it ever looked like a cabin.

P Hey, in my mind, I'm the one who decor'd that out.

D Yes.

P I'll have it look like a cabin if I want it to.

D Yes, well the inside may have been a little more cozy.

P There were still rats, girl.

D The outside didn't look like a cabin, though.

P There were rats, okay?

D I was like, there's Charlie and Pearl's trailer.

P Yes

S Yes.

D I never said, there's their cabin.

S I call it the cabin.

P Excuse me, hired help, do your job.

[00:05:15]

S In you're in the trailer.

P Get to the point. Serene's bringing good meat today, apparently.

S I've got meat. I've got meat [overtalking].

D All right, we're going to get there. So here's what she suggests for the... She said, so you know the term, two peas in a pod. In you all's case it's three peas, I-o-l. But the two sisters... Anyway, it's a good podcast and it's the Poddy.

P Cheers, so forget Dan and do two peas in a pod. Love it.

D The pod is what the peas are inside of, dot, dot, dot, so I thought you all could call the barn, drumroll, The Peapod.

S I love it.

P Oh.

S We do do a lot of peeing. We pee a lot in the PODdy.

D No, we're peas in a pod.

S Yes, I'm just doing the.

[00:05:55]

P But I don't know if I want to be right next to you in the pod, Dan.

D Two peas, yes, that's true. We would...

P We're sort of across the living room.

D A pod suggests proximity.

P I know, and if you could see us right now, we should take a pic, Lesley, can you take a pic?

S We have our own couch.

P We all have our own couch, and nary does the other ever sit... We never sit next to each other.

S It's own couch, own mind. Dan won't let anybody touch his mike. He won't let their breath near it.

D That's real, though. That should be protected.

P And John has his own special seat here with all his computer stuff, and Lesley Pops, there is love felt in the room, but...

S There's so much love that we is all separate.

[00:06:32]

D Well, Sister From Another Mister, it's a great submission, and...

S Well, we'll consider it, and I thank you so much.

D Yes, yes. All right, so, onto the carne [?].

S Onto the meat, onto the meat, mate. It's meat that you've heard before. I mean, you probably know it more than...

P That's a good way to introduce, Serene.

S What?

P They're just turning off, now.

S No, don't turn off. You have not heard this before. It's in a different angle. No, what I'm trying to say is, I'm probably speaking to the crowd by now because you guys are awesome. You rock at life, at your health journey. So it's just like, you know, you might be able to preach it back to us, to share it back to us. But I'm just here to cheerlead you like you probably could cheerlead us. So, right?

P Yes, and true, and I want to give a little caveat, is there such a word, and I don't know if I'm using it in the right, you know, way...

[00:07:27]

D Caveat.

P But I don't know what Serene's going to talk about.

S No, she loves to do that, so it's like she's feeling totally clear.

P Yes, so because something's, Serene. I don't know yet. We haven't discussed it. Dan doesn't know. All I know that this is called the Poddy of the Puts.

S The Poddy of the Puts.

P Okay, go, Serene.

S I was thinking last night, you know, what do I have to bring tomorrow, because Pearl and I and Dan, we all think about what we have to bring and we bring it? And then we're like, ten minutes before, we're like, what do you want to say, what do you want to say? And we just kind of say, okay, yours this time, next time we'll do that. Or the other times we just allgo by the seat of our pants at once.

P Yes.

S But Pearl said, no, go ahead. So Poddy of the Puts. I was reading last night in Ephesians 4, and now, don't get put off on the Poddy of the Puts if you're not a believer and if you're not into opening the Bible, because there's a lot in here for you. There is a lot in here for you. And so you can take that good old ancient wisdom and just take it as far as you can go. But we'll be weaving in and out Bible and life.

[00:08:28]

P I love it.

S Ephesians 4. It talks a lot about putting off and putting on. Now, in Verse 22, it actually talks about putting off the old man, and it says that you put off concerning the former conversation of the old man. And that's super interesting because...

P Old man.

S I believe that this is the seed, it's the root, it's where everything starts. It's the bad bacteria, it's the little tiny microscopic thing that grows everything. It's our conversation. So the first put we're going to do is the putting off, okay?

P And when you say conversation, Serene, I'm sure it's conversation with other people, but really it's the conversation we're having with ourselves.

S No, I'm thinking more about myself here.

P Yes.

[00:09:16]

S In our mind.

P Because I think we have a lot of conversations with people in life, but I think we have more with ourself.

S And we listen to ourself better than we listen to anybody else.

P It's actually a fact, and we've written it down in a book that we're writing right now. But I actually can't say the number off a quote.

S I can.

P Can you? How many words do we actually speak to ourself a day?

S Well, we talk at about 130 words a minute, women do, because we're faster talkers to men.

P To ourselves, yes.

S Yes, but in our minds, we speak at about 1,300 words a minute.

P And then more than that, we actually have images and pictures that stand for like a 1,000 words apiece.

S Yes.

[00:09:50]

P And they're flying through our synapses like at the speed of light.

D And what about the feeling and the emotion?

S Yes, exactly.

P Yes.

D Wow.

S So put off the junky conversation, in other words, is what Verse 22 in Ephesians 4 is all about. And so, I mean, bringing it to health, straightaway let's just get practical straightaway.

P Mmm.

S Putting off all of this negative, I can't, or I've always failed or, I'm a totalloser.

P Or I eat my emotions. I'm a stress eater, my metabolism is broken.

S My family hates healthy food; they don't support me.

P No. I don't have the budget for this. I just can't stay on track. Oh, I always get run over by the wagon. So that, right, we've got to put off.

[00:10:36]

S Yes, put off.

P But they wouldn't have to say put off if it wasn't in there.

S No.

P So God knows that our conversation's going to be junky without...

S Exactly, exactly.

P Without things.

S And I'll bring this verse in, I love this other verse in Peter, where it talks about how he brings, he gives us everything to do with life and godliness. Life and godliness. So that's why I'm going to be weaving in-between spiritual and practical, spiritual and very physical, because I feel like He wants to give us clarity for everything to do with life, as well as for godliness. So, you know, we're going to be weaving amongst it. It's [overtalking] we're just bringing it to health issues straight away.

P It's so interesting that you're saying this, and I know you've got a lot and I keep interrupting you.

S I love it, Pearl.

[00:11:18]

P But I'm reading this book called Cured. Have I mentioned it on the Poddy before?

S Don't talk about the vagus yet, because I'm bringing you in to that.

P Okay, I'm not going to talk about the vagus.

S Okay, good.

P But I will set the scene for the vagus.

S You mean our trip to Vag?

P Yes. I call her Vagi.

S Okay.

P She's my BFF.

S Yes, yes.

P But we'll talk about Vagi soon. No, not in any bad way, Dan. It's a good Vagi.

D No, Vagiis short for vagus?

[00:11:39]

P Yes. Vagus nerve, but it's nothing to do with Las Vegas.

D Oh, I thought you meant Las Vegas.

P Follow us here, Dan, Dan, we're talking about health.

S People have lost their vagus, but..

P Yes, they lost... Oh, but you're saying life and godliness. It's funny how the Bible talks about that, because the more I read and the more I research, and I'm into deep research right now, about our spiritual lives...

S And by the way, that is so awesome, because we're meant to love the Lord with all our mind...

P Yes, mind...

S Body and soul, and how do we love the Lord with our mind? Hey, research.

P Yes, we do.

S Research into Him.

D Love that.

[00:12:12]

S But all they're saying, in the 1700s, before that time, when it came to health, even Hippocrates and all those people that, you know, were the fathers of medicine, they knew that the spirit and the body were absolutely connected. Then, in the 1700s, I forget the name of the person, decided let's, like, you know, separation of church and state?

P Right.

S They decided, let's separate the body from the spirit, because people were getting, like, punishment for, if they got sick, the church would go punish them and say, because you've done that, that's because you did that, and now you're going to have to have punishment because you're sick, you know, because it's all connected. So it got taken too far.

P Yes, and it got all oogly-boogly.

D Wow.

S Right, so then, it got completely separated, and for all these hundreds and hundreds of years, doctors have applied the principle that the body really has nothing to do with your soul.

P It's a machine, outside of the...

[00:13:04]

S A body is a machine, has nothing to do with your thoughts. The body is the body, your mind is your mind, and your spirit, if you have one, well, it's just there, maybe, if you believe in God.

D That's fascinating.

P Well, this book, Cured, is a cutting-edge book, it just came out. It's all about spontaneous remissions of people that have healed, and they shouldn't have. And this doctor follows all these paths of people that healed. But he said the evidence is too strong now. We can no longer practise medicine like we used to, where the body was the body, the mind was the mind, the spirit was out there. They're so connected...

S Yes.

P That the thoughts you think and your spirit man, he's not a Christian, but he talked about God and he said these things you have to have faith, if you do not, your DNA will do negative things. Your thoughts literally affect your DNA, and no doctor can deny it. Now, it's a full revolution we have to change.

S Science, science always backs up.

P And he said, medicine has to change, starting now.

D Is this book by Jeff...?

[00:14:01]

P And I'm paraphrasing. He didn't say it like that, but that's what's coming across.

D But this is by Jeffrey Rediger?

P Yes.

D I found it. I'm going to get that, because...

P You get that, Dan.

D This is a direct area of fascination.

S Dan, you're going to blow your mind.

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

S Serene.

P I am glad there is such a thing as Butcher Box in this world, in my world, and this is Pearl speaking, because Butcher Box believes everyone deserves high-quality, humanely-sourced grass-fed meat. Well, that's what I need, and I don't want to go out, wasting my time looking for it. Now, truth be told, we are raising cows now on our farm, but even still, I don't have that meat yet. It's not coming to me yet. Our cows are still growing and I don't even want to think about killing poor Daisy right now.

[00:14:52]

P So in the meantime, Butcher Box is the thing for my family. It shows up at your door, and you know it has been raised on only good things. It's not got a whole bunch of soy in its diet. It's not got who knows what in its diet. This is what I love about it. You never have to go without something to cook for dinner, because there's always meat in the freezer, and I love how it's packaged for convenience too. One less trip to the grocery store, and a better, far more affordable selection too. Listen, Butcher Box is a no-brainer. It's the best meat, shipped right to my door, which means one less trip to the jolly grocery store. Options like 100% grass-fed and grass-finished beef. Now that's different to, you know, sometimes these days you can buy grass-fed beef in your grocery store. It's not grass-finished, people, believe me. Free-range organic chicken, heritage pork, wild-caught Alaskan salmon, oh my goodness, that's gorgeous stuff, take it from me. And sugar, nitrate-free bacon, it's the way meat should be. Butcher Box is the most affordable and convenient way to get healthy, humanely-raised meat. With ButcherBox, you get the highest quality meat for about, listen to this, \$6 per meal. Yes. And they even have free shipping nationwide, except for Alaska and Hawaii.

[00:16:15]

P So right now, ButcherBox is offering new members ground beef for life [?]. What? Yes. Ground beef for life, this is incredible. That's 2 lbs of ground beef in every box for the life of your subscription, plus \$20 off your first box. For this incredible deal, for you Poddy listeners, just got to butcherbox.com/trimhealthy or enter promo code trimhealthy at checkout. That is butcherbox.com/trimhealthy or enter promo code trimhealthy at checkout.

S This is the PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y. So, back to me, hey?

P Yes.

S So in Verse 23 of Ephesians 4, it says, be renewed in the spirit of your mind.

P Mmh-mmh.

S Hey, there's spirit and then there's mind, which is part of your physical body. It's all there in the spirit of your mind, it's all combined.

P Mmm, yes, yes, yes, but I wouldn't know stuff, mate.

S Yes, so it's not try to be better with your old mindset. No, it says renewed. A lot of times we try to fix what's broke, we try and do better with our old junk. No, no, no, no. Renewed. So, I love it, and now it's straight to Verse 24. Put on the new man, which after God has created in righteousness and true holiness. But I love it, it's put it off, put off all this junk. Now, put it on, put on the renewed man. So basically, what are we doing here? We're changing our clothes.

P Hmm.

S Let's get straight to practical. Let's change our clothes when it comes to health. Let's change, let's put off all this junk that doesn't flatter us, and I'm not talking junk food, I'm just talking the identity we wear in our health. Let's just put it off, put off the old, all the habits that we used to be, that used to imprison us, all the mindsets that used to imprison us, and now put on the new. And when you take off your dirty clothes that don't fit you anymore, that stink, that are stained, you don't hum and hah about it. You know, a lot of times when we think, oh, I've got to change now, I've got to get into health, and I've got to...

P Uh-hmm.

S You know, I'm realizing now that I just can't do this anymore, we don't go...Like, we sometimes think, oh, should I? Is this the good season? No, it's not. My mother-in-law's coming to town.

P Yes, and it's...

[00:18:35]

S You know, when it's time to change your dirty clothes, you're stinking, well, change your dirty clothes.

P Oh, Serene, you know.

S You don't hum and hah. Why do we hum and hah?

P Okay.

P Please.

S And just .

P Sorry, I'm going to tell a personal story on myself.

S Yes.

P I told you this the other day, but it seems to fit right here.

S Yes, fit it.

[00:18:51]

P Sometimes we think, oh man, you know, this is going to be a long journey of change. You know, honestly, sometimes we do baby step.

S Yes.

P And it's little precept upon precept, because we learn that.

S Yes.

P We take a while, we practise it and we find our feet, and then we go onto the next thing.

S Uh-hmm.

P Now, that's all normal, right? But sometimes we think, oh man, can we ever just get over the, you know, can I ever just get past this? This has just been my nature. So the other day, my husband said something to me that I've always sort of reacted negatively. The way he acted to me has been something in my marriage. It's not that, it's just something that's bothered me that we've had to, sort of, work through. Well, I thought we had to work through it. And I always used to react with, I would pull back, I would just stop showing love, I guess, to try and show him how he hurt me. So I would be this sort of cold person. I needed him to know how he hurt me. You know, that really hurt. He needs to know. And I was, sort of, battling this for years. I didn't want to be that person anymore because, you know, we're created to love.

S Uh-hmm.

P And I can overlook these things. It doesn't matter. It doesn't change him. God, you know, needs to deal with him, God needs to deal with me separately.

S Uh-hmm.

P So this time, when this happened. I just didn't go back to that old way. And the next morning I was just having a shower and I thought, you know what? I didn't. I feel so good, I feel so, I don't have that pit in my stomach anymore. Cortisol hasn't, you know, had its way with my body. I did it. But then the thought came to me, but yes, you know, how many times you chose the other path? You're probably going to go there again, Pearl. You're probably going to go back to who you always were and what you always did. And then I thought, no, that's not the true me.

S No.

P The true me is actually, who did this just this one time? I'm forgetting about every other single stinking time I failed, and that right there, what I did last night, no, that is the true me. I'm putting her on. I'm wearing her.

[00:20:54]

S But do you know why it was the true you? Because that's who you were created to be.

P Yes.

S The other stinking way wasn't what you were created for, right?

P No.

S So when you actually do what you were created for, it feels so much more natural, even...

P It was said, an identity switch.

S Yes.

P Like, do you mean I can be that person? Am I giving myself licence to be that person, not the struggling girl?

S You know, and I was just...

P Yes, I am.

S I was just...

[00:21:21]

P Okay, I'm embracing it, I'm putting her on.

S And I was just thinking and reading, lately, when it said, repent in the Bible, and I was reading a translation that was the, what do you call it, expanded, what do you call that again?

P I don't know that one.

S No, yes, anyway it's the one that has, it expands on the words. Not the Word of God, but it just goes into the meaning more.

P Yes, okay.

S And the word repentance, it said there, meanttotally changing your thinking. That's what repentance is. It's not, like, sorry, I got caught. It's no, I'm changing my thinking.

P Yes.

S Now, repentance is our whole response to the Good News, right? The whole response to the gospel. It's the foundation of our relationship with God.

P But it's a new way of thinking.

[00:22:01]

S Now, if God thinks the foundation can be a new way of thinking, then it must be possible.

P Yes.

S Because a lot of times you think, I'll never be able to have a new way of thinking. No, God thinks it's possible, because it's the foundation of it all.

P I love it.

S Anyway, so, keep interrupting, and Dan, you interrupt, please. So just rip off these old clothes. And I was thinking too, I was thinking, I was imagining it in my head, when you put on a new set of clothes, like, you know, just a regular set of normal clothes, just think of me of this as just, when you're putting on clothes, you don't just put one arm in a sleeve, and then call it done, and walk around like a freaking psycho nitwit, right?

P Good analogy.

S You put on the whole garment.

P Yes.

S It's not on until it's on, baby. You know, it's not like, and a lot of times in our health journey, maybe it's not working for us because we've just got an arm in one sleeve.

[00:22:53]

P Yes.

S We haven't really taken it fully off.

P But I am having.

S Right, and now we go to Verse 25. I'm just going to keep going, and you guys just interrupt as you please. I want it rudely interrupted please, Dan. It continues in Verse 25.

D Serene.

S Yes, Dan? Go for it. Oh Canada...

P No, it's another song. Someone needs to figure out what she's singing out now.

S Okay so in Verse 25, it continues, not with just putting off, but now it starts to talk about putting away.

P Oh.

S Okay? It says, putting away things, putting away, not near, not around, but a true burning, people.

P Oh, burn the bra. What is it? What are we burning?

[00:23:37]

S Okay, in this verse it says, put away lying, you know.

P Yes.

S So let every man speak truth with his neighbour. But now, Verse 26, don't let the sun go down on your wrath. And I was thinking about this.

P That's a good old King James, wrath, anger.

S Yes, good old King James. So I was thinking about, literally. If you're angry, you know, put it away, right? Burn it before bed. And then I was thinking, okay, well I'm going to apply this now to the physical too, even though anger is, like, worse, than a donut, you know, for our health.

P Yes.

S And let's just go and just put it away.

P It is, it is.

D Can we please print the t-shirt? Anger is worse than a donut.

S It's so true.

D It would be a great shirt.

[00:24:17]

S I'd be the best shirt. You should make them Dan, yes.

D I could get incentivised financially to do so.

P Yes, I hear you.

S So how does that apply to our physical health journey, right? So if you've mucked up, you've drove through Michadees right, then you don't keep that failure up with eating a Pop Tart in bed as you go to sleep, you know? You don't roll it over to the next morning.

P Oh, the roll over.

S You put the failure off, you put off the shame.

D The roll over.

P Yes.

S You put on your new man for the morning.

D Serene, another shirt. The roll over is real. Go, keep going.

P Dan, you're just branding everything.

[00:24:50]

S Keep going, you're the shirt man. Maybe we could get him a new little job, you know, 25 cents an hour.

D Can I make some more money, please?

S No, I'm going to be bringing you in here, Pearl. I'm going to be bringing you in.

P Okay, but I love what you're saying, roll over, don't roll over the minutes.

S Okay, so Verse 27 says, so I'm just going through Ephesians here, okay?

P Please do.

S I'm at Ephesians chapter, was it five that I began in? No, four. And I just love it, it's just everything, there's just so much in here for putting off and putting on, the puts. Now we went to put away. So put off, yes, the put on, and now the put away.

P Good [overtalking].

S I feel like a good old Baptist preacher with my points.

P Good job, Serene. I can't believe today you're really rocking it, like you're bringing it back to the health journey and everything. Now I feel relaxed, like I don't have to help you that much.

[00:25:31]

D That's where I'm at.

S Okay, good, now but Pearl, I'm bringing you in here now. I mean, bringing you in. You're going to hear about her dream. You're going to hear about her dream, Dan, all right? Listen to this.

D But I know when somebody's on point.

S Verse 27, it said, don't give place to the devil, okay? And we're going to bring it to hell, but Pearl, I want you to share your dream about don't open a crack, please.

P Oh, my weird dream. I don't know if it was cheese or what it was, but I told Serene. You know, my sister Vange, she always gets these dreams, and Vange is a very spiritual person. Like she, my sister Vange, love her, you've heard her on the Poddy before. She believes she's God's pet, like God actually treats her special.

D She's a favorite.

P Yes, she's favorite, you know.

S And she is, but we all should think that.

[00:26:08]

P And because she believes that, life sort of acts like that.

D Absolutely.

P I mean, she's like, things happen to her. And she's a believer, and I don't believe she's a special place in God's heart, because she's one of a kind, man, But she tells me these dreams, and she says, and Pearl, I woke up and God told me it was that. And I'm like, okay, Vange, you're probably going to listen to this, but in the back of my head. I'm like, yeah, right. I'm like, yes, that's what you thought Vange. That's what you thought, but I don't think it was God. But that's just me being negative, and it probably is. I mean, God can speak to people. Hey, he said in the Bible he can talk through...

S He longs to speak to us.

P It was right after that we had such a fun day together, Vange and I, just telling you about dreams, and I thought, well, that's never happened to me. Good for you, Vange, but I went and I had this dream. I woke up and it was like, I don't know if it was spending the whole day with Vange or not but the interpretation just came to me. I just knew what it meant. It was quite a scary dream. I was in this apartment, and I knew that I had to keep the door locked, because some things were out there that we didn't want to come in. But for some reason, it was one of those slide latches, I thought, well, I'll just take a look outside, and just see, you know, who's out there and what's going on. So I slid open the latch and I pushed the door just a crack, and it was super-scary in my dream, this man just pushed himself in and slid the lock behind me, you know, and then I woke up, because I was like, I could see he had, like, long stringy hair and he was pretty weird.

D That's bad news.

P Bad news guy, bad news dude, but then it just came to me. You don't even open the door a little bit, Pearl, in your mind, for like, these things, for negativity, for depression, for fear. You open it a crack, they just come pouring it. Keep it locked against them. Keep it shut tight, Pearl.

S Yes.

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

S I'm Serene.

P Everlane's Timeless Essentials are just what you're looking for. No frills, just quality. Actually that's what I noticed, Pearl, when I looked at their whole catalogue online.

[00:28:22]

S It isn't, like, all, like, super, super-fancy, but it's just beautiful quality, classy quality. They make premium essential, premium clothes, using premium materials.

P And you don't overpay. Everlane wants you to know what you're paying for, and why, so they tell you their real cost and are radically transparent about every step in their process, from the materials they use to the ethical factories they work with. No matter your style or preference, Everlane's clothes look better, they cost less and they last longer. Because Everlane sells directly to you, their prices are 30 to 50% lower than traditional retailers, and I can vouch for that because I've done both. Essentials, like their cotton crew t-shirt, are exactly what they should be. They're versatile, they're simple.

S But their cotton feels softer. There's something about it.

P Mmm, I know. Hey, 100% Grade A cashmere you can get from Everlane. Cashmere, by the way, is one of the warmest fibres out there. It's so soft, but it keeps you even warmer than sheep's wool.

S For winter, wow.

[00:29:26]

P Quality cottons, sustainable silks, they have wool, they have premium Japanese denim, made at the world's cleanest denim factory, Italian-made leather shoes. I mean, this is just like the best from all over the world, and outerwear made from recycled water bottles.

S There's one for us greenies.

P Yes, perfectly fit Oxford shirts.

S Oxford shirts.

P And right now you can check out our personalised collection at everlane.com/trimhealthy. Plus you're going to get free shipping off your first order. That's everlane.com/trimhealthy, everlane.com/ you know it, it's trimhealthy.

P This is the Poddy with Serene and Pearl.

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

S And it's now Verse 28 in Ephesians 4. It says, let him that stole steal no more, okay? Now, it actually is talking about something different, but in my Bible, at the time I was reading it, I didn't really take notice of the grammar, and it said, don't give place to the devil, let him that stole, steal no more. And I'm like, that's right. The devil's stolen from me. He isn't going to steal no more. I'm giving no place, right? But then I actually realised what it was talking about, okay? But I liked my revelation.

P I like it.

S I reckon God can take away grammar for a few seconds to give you a revelation.

P Who knows, it might have been that.

S Yes, maybe they...

P Dan is eating... Hold on, can I just stop here a sec? There were bars in here that hadn't been refrigerated, Trim Healthy Bars.

S They're probably a year old, from the beginning.

P They're probably, yes, from the beginning.

D Are they a year old?

S They're very close to it, Dan.

D This is the first time I saw them, so I assumed that they were just in.

[00:31:02]

P No, they're not our soft, new lovely bars that everyone's freeing about. But he's still eating. He's had several chomps and he's just keeping on going. It's like a brick, hey?

D I'm feeling like a tooth's going to get pulled out.

S Yes, the taste, though?

D It's so good.

S I know.

D It's a brownie in your mouth.

P Yes.

S Hey, we should give that 25-cent job to him just for that, hey? But anyway, so the grammar went and I got that revelation. But the real rest of the verse is, yes, let him that stole steal no more. Yes, let him labour working with his hands the thing which is good, that he may have to give to him that needeth. And so I started to think, oh, wow, I can apply this to health. I'm often looking through the Bible at this lens of health, right?

P Me too.

[00:31:42]

S Right? And so I thought, let's get practical in health, right? Let's work this health journey with our hands. Get involved, put it on. Make the jolly salad, right? Be a learned... A learned, this is King James.

P Learned, I love it. It's a word we need to bring back.

S Learned, educate ourselves. Walk, go the extra block to Kroger's to get the sprout bread, put off the, they don't have it at Walmart laziness, right, and put on health. Speak health, put off the negative worries and thoughts, don't try and steal health on a once-a-week salad binge or a workout marathon, only to go back to the cereal and dinner rolls. You never put them away, you just save them for later, right?

P Oooh.

S So you're just stealing little grabs of health, but you can't really have health. You're just a thief, unless you start owning it, putting it on, getting practical, walking in it.

P Yes. And all these things you're saying, Serene, they're not actually more work. They're an identity.

S Yes.

[00:32:42]

P What does a person do who's going to look after their health? They just do these things naturally and it's a joy. If you're just one sleeve in and you're going to Kroger, yes, it's annoying because you're not even fully clothed in this outfit of identity of health.

S Yes.

P You're halfway there, and it's like, oh man, I have to go get this sprouted bread at Kroger now. It's like the third trip today and I have to try more. And it's like, you're not wearing it.

S Pearl, you're so, she's already going there, because she's so awesome. And we're bringing that all round to the grace and how the ease of this and flowing in it, and it's so great. Verse 29 continues. Basically, it goes again, stop with the corrupt communication, I'm just paraphrasing here. Don't talk unless it helps the hearer or graces him, right?

P But that's us. That's us. So we put on this gift of life in our mouths. That's another thing we put on the Poddy of the Puts. Let's put on, like, is it gracing our children when we're in the kitchen saying, oh, I suppose I better go and have a salad, you know?

[00:33:41]

S Yes or, oh, man, I guess I'm going to have to make you guys dinner again. I wish your dad supported me in this health journey, you know. And if he made a bit more money it probably could, you know, by the specially ingredients of THM, blah, blah, blah.

P Well, I'm just sick of making three different meals for all you kids.

S Verse 31, this is more putting away. It says put away...

P Hey, we sound like we're being mean, but we've done it all.

S We've done it. Put away bitterness, put away wrath is the King James [inaudible]. Put away anger and clamor, put away evil-speaking, put away malice, but put on kindness, like be kind, forgiving, tender-hearted, right? Now, all that to say, back to the beginning of Ephesians, it starts the whole thing with, and here's another practical, it's not a put but it's a practical, and it's about walking. It says, don't walk in the vanity of your mind. And again, we started that whole thing with the mind. We were talking about the mind at the beginning, because it's the beginning. It's the bacteria, it's the root of it all, right? Left to ourselves, our minds think vanity. They think futile thoughts. You know, they think lost-the-plot thoughts. We have to put off our minds and put, it's another put you find in the Bible, put on the mind of Christ.

P Yes.

[00:34:52]

S It's in Philippians, it's in Corinthians, it's in different places. Putting on the mind of Christ. You can't put on the new and still wear the old. It has to be an exchange, right?

P Mmm.

S Like the new wineskin, right? You can't put new wine into old wineskins.

P Yes.

S It ruins everything. There's nothing new about it anymore when you mix it.

P So true.

S And I want you to keep interrupting. And I started thinking too, you can't just serve two masters. Like it talks about in Matthew, with the money, you know, you can't serve money and God. There's nothing wrong with money but it's when you serve it, right? And so we've got to put, we have to exchange it. It doesn't mean you can't have a donut, but it's the serving of it. It's like the longing for it. It's the seeking, it's the identity of it, right? We've got to put off that as our master and say, no, that doesn't run me anymore. Donuts don't own me anymore. They don't tell me that I must have them anymore.

[00:35:48]

P So true.

S Right, we've got to put off that and exchange it for a new master, right? And our new master, and I'm talking about layers, it's not going to be a heavy thing, but we put on health. We decide, in opposition to screaming symptoms, to doctors' woeful declarations, we put on the truth of Christ's finished work if we're believers, right, that it's finished at the cross.

S But even if we're not believers, we put on this positivity, we declare to every cell, health. We put on the habits of the healthy. We refuse to put back on the robe of sickness and the habits of decaying, declining and deteriorating people.

P Yes.

S Because you can choose. You're only going one way or the other, right?

S It's the exchange. We're either deteriorating or we're going ahead.

P And I'm telling you, we're putting on sickness when we're calling it ours. When we're signing for it, it's the biggest way to put it on.

S Yes.

[00:36:37]

P My whatever, my arthritis, my Hashimoto's, you know, my anxiety. My anxiety is one that's so... It's dangerous, to call it yours.

S Yes.

P It's not yours. Your body wants to heal. You know, we were created to heal. The anxiety was not supposed to be there, and it has no right to be there, so we're putting it off.

S Yes.

P It might be a journey, it might be finding different things to do it, ways to cope, it might be a new talk in our mind. It might be a new diet, it might be... And even new medicine, maybe a new doctor that can help you. But that anxiety is not yours. Don't wear it, don't put it on.

S And we have to remind you really quickly too, Pearl and I were doing a study of this, how medicine for anxiety can help.

P Yes.

S But in studies they've found out that mindset is way more powerful than medicine.

[00:37:28]

P They have.

S And oftentimes, with medicine, there'll be a help to a certain extent, and there's some...

P They will and sometimes you need it for a while, yes.

S Right, and there's some few that medicine is needed, but for the most part, the majority of people that suffer serious anxiety, mindset is the thing that brings freedom.

P Yes.

S Because it's...

P Longer-lasting...

S Yes.

P Healing from that. There's several studies. We're citing them in our new book, I'm That Girl.

S You're going to love this next point, Pearl.

P Please.

[00:37:57]

S Now we're doing Ephesians 5. It tells us to be, and I love this because it's so, like... Okay, you and Dan can interrupt, but it tells us to be imitators. This is another. So [inaudible] practical points, we had the points of the puts, and they might come in a little bit later, but we've got the other things right, we're walking. Like, we don't walk in, you know, blah, blah, blah. But now it says, to be imitators of Christ, to walk in love, and the spiritual practical commandment and the beauty of that is just so beautiful, just in the spiritual. But I'm not trying to belittle it by bringing it back to health, but I think we can. Like, he gives us everything for life.

P He does.

S So imitate. We're allowed to imitate the actions of those who have great health.

P We are.

S Imitate, put on the shoes and pretend even. Not in the fake sense of the word but pretend, follow.

P Paul even told us to be imitators like him, right?

S Yes.

[00:38:56]

P In our Christian walk.

S Yes.

P So those that are really rocking their THM journeys, you know, their health journeys, we should imitate. You know, Serene, I've learned so much from you. Sometimes I pretend I'm Serene.

S I pretend I'm you a lot of the time.

P And there's others. Like, I'm really inspired by some people in our Facebook groups. There's one lady, Katie McReynolds, I don't know if I'm saying her last name correctly, but she's incredible with her journey. She calls herself, she's walking into healing.

S I love that.

P She doesn't even say walking out of Hashimoto's anymore.

S Yes.

P She says, I'm walking into healing, which I love.

S I love that, I love that.

[00:39:33]

P Because it's even more positive. And just the most positive person, she goes through a lot, it's not like her life is perfect, but just positive, and she inspires so many. I'm doing a bit shout out to you, Katie. You are just inspiring so many on the Facebook groups. And like, remember that Earth Milk recipe we did in the very first book?

S Yes.

P She brought that back, and it's a big thing now.

S Good on you, Katie.

P And now so many people are like, "Katieing" up, and carrying Earth Milk with them everywhere. But all of us can be this inspiration to others, or if we're not there yet, we can follow those that are there and then become our own inspiration once we've, you know, gained a few.

S Remember that scripture I was talking about, how to stop stealing, right, but practically becoming somebody who can give it away.

P Yes.

S You see, because when we have health, then we can give that away.

P Yes, yes.

[00:40:19]

S Right, so imitate. I love it, I knew you'd love that, Dan, too, you know. You even said, like you faked it till you made it. You faked it till you maked it, way back when?

P Yes.

S You know, you're like, I don't love spinach, but I'm just going to pretend I do, and shove fistfuls in my mouth and now he does it, now [overtalking].

P I remember one time, Danny, in the first PODdy, where you brought the whole, what if you could, thing. It was to do with your being a family man, because you didn't grow up with a father in the home, right?

D Right.

P And I remember you said you'd come home from work and you almost felt like an imposter. How am I going to be this father? These kids want to see, I don't even know how to act. I don't feel like a proper father. I feel like I want to go back out the door.

D Yes.

[00:40:58]

P And, you know, your wife, how can I be this husband? And you said, so I started pretending I was this awesome father.

D Yes.

P I started pretending I was this awesome husband, and I played this part.

D Yes.

P I remember you saying that. Now...

S Did you have somebody you imitated, or it was just a fantasy guy?

D Yes, it was movies. It was actually movies.

P Really?

S Yes.

D There would be, you've seen movies where there's just this, like, amazing dad, who just is...

P Yes.

D And it was like, oh, literally, it was like movie fantasy.

[00:41:25]

S because you're an actor.

D Yes.

P And now I have to ask you though, you know, my daughter-in-law, Kahoru, she was at the park the other day and she said, I saw Danny and his wife and children and they were all there and they were having a family day. And she was like, oh, it was so great to see. Like, it inspired her. You were all there at the park with your kids as a family. But I want to ask you this, obviously you're not perfect, but now when you walk in the door to your family, are you an imposter? Are you still playing that part, or are you that guy, that dad?

D Yes, I'm actually fully that dad.

P See, isn't that incredible?

D Yes, there is zero imposter syndrome. That's been worked through.

P But you just played the role until you became the role, right?

D Absolutely, yes. I'm literally, like, Captain America-level superhero at my house.

P Yes.

D And I own that.

[00:42:10]

S And I feel like that's...

P Oh, you own it. I love it.

S I feel like that's what putting it on is. It's like, you were in the dirty clothes, and you're going to take them off and put on these clean ones. It's like you didn't sew them and make them and all. It's just like this new set got given to you, and you're just going to slip it on. You probably feel like an imposter if you put on a Superman suit, right? You've never worn it before.

P Right.

S But God doesn't say, in the Bible it's not saying, well, start training for this, new clothes, and then, you know, put on, you might wear the socks first and then finally I'm going to give you the cape. It's like, no, put on the blinking clothes.

S Yes.

P I made them for you, I created them for you.

D I actually bought new clothes when I started thinking differently.

S Really? Dad clothes? You bought, like, I'm an awesome dad clothes?

[00:42:58]

D Yes, well, I would dress, I would write down a character sketch, and the new character actually dressed as, like, what wardrobe? You know, if I hired a wardrobe person to make this character believable on camera, what would he wear, you know?

D And clothing actually helped me, because when I saw myself walking past, like, reflective glass or anything, I'd see this guy that I created, you know.

D And it helps you walk in, like, you get to pick who you're going to be.

P Now that's so interesting, because I know a friend and, you know, I'm not into legalism and all that stuff, so just hear this for what I'm trying to give you. Don't hear the legalism. But I have this friend who struggled with anger with her children, and she used to, kind of, wear the good old trackies around the home and stuff, you know.

S You mean the good old sweat pants.

P Yes, the good old sweat pant Mom.

S And the big box t-shirt.

[00:43:47]

P Yes, and she said she found herself yelling and spanking her children.

D Square-shaped shirt.

P She really wanted to change. So she decided that she would wear more ladylike, feminine clothes.

S Yes.

P And she said it was really hard to get out the race track and start belting the child, you know, when she was wearing these lovely [overtalking].

S Lovely frilly dress.

D In her heels.

P Yes, and she was like, I had to do that as an identity change. Now we can do that spiritually or our health-wise. Like, imagine ourselves, okay, spiritually wearing these clothes of happiness, of, you know, the fruits of the spirit, peacefulness...

S Joyfulness

P Gentleness, joyfulness.

[00:44:23]

S Putting on joy.

P Yes.

S For many of us it does, yes.

P So when you're wearing that, and so when you're complaining and acting miserable it's like, this doesn't suit somebody wearing...

S Yes.

P Yes....wearing these garments of praise, you know.

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

S I'm Serene.

How often do you think about socks? I personally think about socks all the time.

P I'm sure you do.

S And everybody knows, if you've heard me talk before, I'm a freak about natural fibre.

P You are.

[00:44:53]

S I love merino wool socks, but they're more difficult to wash, so the thing I love about Bombas, and that's what I'm talking about today, is a sock company named Bombas. And they have natural fibre. It's all natural cotton that I can throw in the wash, and they're all-natural cotton, which makes me feel pure.

P And they are the most comfortable socks in the history of feet. They're made from super-soft natural cotton, and every pair comes with arch support, which I love. A seamless toe...

S Huge.

P A seamless toe, Serene.

S The seam on the toe just gets me bothered, especially when it's in a shoe and you can't get to it to fix it.

P Yes, and if it's wrong, if it's under the toe slightly, ooh.

S Ooh.

P And a cushion foot bed that's comfy but not too thick.

S Oh, I love that.

[00:45:39]

P Mmm, they've thought through these things.

S With many colours, patterns, lengths and styles, Bombas look great in the gym, at the office and out on the town and on the hilltop.

P Of course. Bombas are what feet daydream about, and for every Bombas purchase you make, they donate a pair to someone in need.

S Oh, I like that.

P Buy your Bombas at bombas.com, and that is b-o-m-b-a-s.com/trimhealthy. Buy them today and get 20% off your first purchase.

S That's Bombas, b-o-m-b-a-s.com/trimhealthy for 20% off.

P This is the PODdy with Serene and Pearl.

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

P Hey, Serene, by the way, I fully believe, because I know that you've got a lot of say, and I've actually got a lot to say, we haven't even talked about the vagus.

S I know, but...

P It's 40 minutes in, but it's a Part 2-er. You know, because we can't...

S I know, but it's like I have so much to say.

[00:46:38]

P There's things that we have to say...

D Should vagus be it's own show?

P No, vagus is part of this.

S No, vagus is part of this. But I haven't even wrapped it up.

P That's what I'm saying, is we're at 40 minutes.

S We are.

P And some of these things would have to go over too fast and they'd be lost.

S Yes.

P But Serene, you can wrap for one minute.

S Okay, so hang on, where were we up to? We were talking about... No, I think we should leave it there!

P Yes, let's leave it, and let's do a Part 2.

S Yes, and I've got to go to pot-pot, the pee-pee.

[00:47:02]

P Yes, okay.

D Me too.

P Thanks for...

D It's the pea pod.

P Yes.

D I've a little thing I'd like to say.

P Yes, Dan.

D I'm really becoming aware of just the authority of women when they're in their strength and doing what they're called to do, and been appreciating that lately. I had a friend over and watching her and my wife talk, I think I learn this just by sitting here too. Like, there is a time when women are, like, in full armour with swords out doing amazing things, and I'm learning to, like, let that space happen. Like, step back and... Women have a real gift for the world, and I think they should speak more. And I love sitting, I know everybody's like, hey interrupt us, but sometimes I'm like, man, just awesome things are being said right now, and the world needs to hear it. And I'm going to lay back.

[00:47:59]

P Well, thanks Dan, but I think it's, you know, sometimes it's you who we need to lay back for.

D Sure.

P I think it's...

D Yes.

P You know, it's not necessarily a man or a woman, but I mean, I do appreciate those words.

S I do too, so much.

D One of the things that the friend shared last night I thought was really good, was that, and I see this, but I never really heard it verbalised this way. She said, women are often afraid to get out of line with other women. They're afraid they're going to get out of line and be in trouble and other women are going to judge them. And I thought, you know, that's probably true of men and women to some respect, but I actually see that more in my wife's life, when she really should step out and say something to somebody or help someone or encourage someone. Like you were just sharing earlier, like you have influence, you know. Like this girl on your Facebook page, she gets on there and steps out.

[00:48:50]

P She does.

D And it's a game changer for people.

P It really is.

D So like, I don't know, just listening, being a part of this podcast, the conversation last night, watching my wife and her relationships, yes. I just want to say, like, women are not out of line to step out and speak and do their thing.

P Right, well God used Deborah in the Bible, hey?

D Yel, like that.

P So many women, but so many, he used men too.

D Let's get it, girls.

P He created us both. He created awesome, and I think men are pretty spectacular too.

S Oh, I love me some men, hey.

D Yes.

[00:49:22]

P But yes some men, and that's the end of the PODdy.

D Love me some men. Cut.

[00:49:37]