



## Trim Healthy Podcast with Serene and Pearl Episode #163 – The Poddy of the Puts Part 2

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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]

S This is the PODdy with Serene.

P And Pearl.

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

[00:00:07]

D Brothers and sisters, welcome back to the Trim Healthy Podcast with Serene, Pearl and myself, Danny. We're so glad you joined us. We're eating things. We're having a good time. We're having good talks. We're having living room chat.

P We are.

D And we're glad you're here.

S Yay, we're glad.

D Hey, to part two of title, please.

S The Poddy of the Puts.

P Part two. And Dan's got good hair. You know, most people that wear hats take their hat off, the hair is bad. Okay, my hair is very bad when I take a ball cap off.

But, Dan, you should like in the morning put a ball cap on and then you've got to go somewhere special, take it off.

D Yes.

S It's good because his hair is rather lively and the hat just settles it down to a perfect medium.

P It does.

[00:00:52]

D Rather lively. That's a kind way to put...

P I like the medium.

D What really happens on top of my scalp.

S No, I like it, Dan.

D People with curly hair can feel me. Like you feel like you're always managing a bad hair day.

S Oh, be quiet, you wonderful curly headers. I've been wanting to be a curly header my whole life.

P All the straight headers want to be curly.

[00:01:09]

D And I know that and so I'm grateful, ultimately.

P Yes, exactly.

D But we have our challenges and I find... I was doing an experiment today, I'll be honest. Can I improve...? Can I get my hair goals met by using a hat to weigh it down fresh after a shower?

P Well, I reckon it...

D What do you think?

P I think it worked.

S Yes, me too.

P I really think that's a good look.

S And let me talk to girls with curly hair, because I've wanted wild curly hair my whole life, maybe... You know, the man wants to put the hat on, just tone it down a little bit, the woman... You know, the women, I believe, in the humankind are the more beautiful ones. In the bird kind it's the males, right?

P It is, yes.

[00:01:46]

S So... And the male kind, they can tone and put their hat on but the girls, please, if you have curly hair, don't squash it and put that stuff in it that makes it all tamed and makes it look like every strand is hairsprayed in a tight waxed like little flat deal. I just want to get girls with curly hair and put their head upside down and shake it all up and have them flip it back up and I'm like, oh, if I had that, I'd wear it every day like that.

P Yes, because my daughter, Meadow, has curly red hair and always she'd want to tame it too and I would love it on the day she'd get a brush and brush it out and it was like this wild lion's mane that sat out like inches from her head and I just look at her and the glory of it.

S Yes.

P And like that's my daughter, that's my daughter.

S Exactly. And us straightheaders...

P She came from my loins.

S Us straightheaders with our hair plastered on the top of our scalps, it gets all drippy with oil because it's straight.

P But let's dive deep into the meat, Serene. This is part two from part one last week.

[00:02:48]

S Please, if you have not listened to Poddy of the Puts Part One...

P Go do it.

S Go do that before you listen to Poddy of the Puts Part Two because it won't make sense. So, we were doing so many wonderful practical things of how we can put off things and put on things and imitate and walk in things, so the practical ways that we can advance to being renewed selves. And here's another one. It's another practical. It's the setting.

P Okay.

S And in Ephesians, I love it, how it talks about setting your mind. Setting your mind. Of course, in Ephesians it's talking about setting your mind about things above and not on things of this world because it continues to say, for you have died and your life is hidden with Christ and God. Wow, died. That is such strong language.

P I've got something to say about died.

S Yes. Such strong language. Set is completely strong language too. I have two girls that are like trying to...

P What do you need, sweetheart?

S You're awesome. That's okay, you can just go play.

[00:03:46]

P She what? Oh, okay. Don't worry about it. I'll text her.

S So, died and set, they're huge... They're strong language, right? We set our mind on the things that we desire to change. We set our mind. Because the old ways we're dead to. And I think that is so super powerful. So, you know...

P Can I talk about dead?

S Yes, please talk about dead. And I want to tell my...

P Okay. Serene's clicking at her daughter's...

S I can't concentrate. They're all coming here and asking me a billion questions. Hey, darling, you have to go right now.

D You know how it is when you're on the phone and your kids start talking to you and it's like... For some reason, when I'm on the phone, it's always like a flow that I can't break and I guess it would be feasible to just be like, excuse me one second, hey, kids, do not speak again. Exit the room, lock yourself out and when you see me come to you, then we can chat. But I never do it and so I'm like...

P And then like someone's on the phone and you're like, sorry, it's just... No, I'm fine, it's just...

[00:04:52]

D Yes, I'm listening.

P And then you're making hand movements and your face screws up and...

D Yes. It's like why... And like my... One of my sons almost finds it like sporty at this point. Like he has a good time and he just sits there with this like diabolical look on his face, like I have total power over this man.

S Yes. Well, you see, I was trying to concentrate. That last point, I didn't even deliver it properly because I've got two breaths breathing on my shoulder and I know there's a billion questions that are coming at me and it's not the opportunity...

D When you say breath it's funny because she had just walked up those stairs and she was actually hard-breathing on your neck.

P Oh, you girls are sweet.

D Oh, look, yes.

P She got little hurt feelings.

D Oh, girls.

[00:05:35]

S It's time to do the coloring in or playing on the park because it's a beautiful sunny day out there.

P Even though it's cold. Can I help you with the point about dying?

S Yes, please.

P It's so interesting. You know how the Bible says... And we can relate this to our health journeys, you know. We die to ourselves and we put on a new nature which is Christ, right? So, it occurred to me why then do we let the dead person speak and not let just the new nature speak? Half the time, if we're truly dead to... What is the scripture that I'm saying, right?

S Well, it says... There's many about that but the one that I was just reading was set your mind on things above, not on things of this world for you have died and your life is hidden with Christ.

P It's completely... Right, the cross took it all. We died to that nature, that fearful nature, that negative nature, all of that, the can't nature. Right? We're new creatures.

S And we can't separate the Bible. Okay, so we believe in salvation and we believe all of that. Then you have to believe this part, that you died.

[00:06:40]

P You have to believe this and it's for health and it's for, you know, all these parts. But, okay, so I've been a pastor's kid my whole life, raised and all that and I knew that scripture a thousand times and, yes, I'm walking in a new nature. Well, guess what, no, the heck I wasn't.

S Me too.

P Because I was letting my dead stinky half-decayed self, you know the one, that's probably like half bones and half rot.

S Like Friday the 13<sup>th</sup> stuff.

P Yes, her, that one, she was the one talking, not the new nature girl. She was saying stuff like, oh, man, I'm just so stressed today. I don't even know if I can do this. You know what, this is killing me. I just feel... Oh, I feel so overwhelmed right now.

S She looked at me the wrong way.

P Yes.

S And I really feel like she thinks that I am like proud and up myself for blah blah blah blah.

[00:07:26]

P Oh, you really hurt me, oh, man, I'm just so sick of cooking dinner, I don't know if I can just cook one more meal. You know that project, Serene, that is really killing us, I don't even know how we can do this. This is stressful. Having this business and...

S My husband touched me and I could sense coldness.

P Yes, and this business and trying to run a business and have a family is just too stressful. You know, I don't even know... I'm not cut out for this. Okay, all of that was that stinky decaying woman. She's supposed to be dead, why am I letting her speak. I'm not...

S We're not meant to talk to strangers or dead people.

P And they don't make good dinner companions. I mean, why is she talking at dinner? She should be shut up and buried in the ground and only my new nature, the one that says, you know what, I'm so blessed. I have been made to do this. God is equipping me. Somehow it's been challenging me but I'm just so up to this. Yes, I don't fear anymore. I'm so walking into healing. This whole health journey that I've been on, I'm just rocking it day by day.

S And maybe my husband hugged me a bit brisk but he's had a lot on his plate and I know his heart.

[00:08:28]

P Yes, that's the new-natured women. That's the one that should be alive, so why are we letting the dead girl talk?

S Amen.

D Let's get it, girls. Let's go.

S Taking these spiritual encouragements, like Pearl is using them now in the natural, we're meant to be able to take things from the spiritual and turn them into the natural. So, let's turn it into the natural. You're dead to doughnuts. There's a shirt for you, Danny.

P Dead to doughnuts.

D Doughnuts are dead to me.

S Dead to doughnuts, mate.

P Dan's such a good brander, hey.

S Yes. Go make the T-shirt, Dan, and I'll give you 25 cents a shirt.

[00:09:02]

D You want me to run the merch line, is that what you're doing?

P Danny's merch line.

D Did we discover that today?

P Dan, I'm thinking we could just try maybe to do it because you're so good. Everything that you do, it's like I want that T-shirt. But, listen, okay, so maybe you will have another doughnut in your life but I want to say this, Serene. If doughnuts... Doughnuts are dead to me is so good. Guess why. Because it's so much better than saying I can never resist a doughnut. What are you telling yourself? Which one is better for your health? Choose it.

S Yes.

P Choose it and go with it. Because if you're going to say, I can never resist a doughnut, let me tell you, honey, you will never resist a doughnut.

D Because it's a declaration of how powerful doughnuts are over you.

P Yes.

D I can't resist their extreme power. It's too much.

P Right. Or sugar always derails me.

S And we have to set our mind and it doesn't mean we don't ever deny ourself a doughnut.

[00:09:54]

P No.

S But, you see, we're dead to doughnuts. So, we can have a doughnut but it's different than before, being so like...

P It's the power.

S Doughnuts having power over us, that we don't ever... We can't ever resist them. But now we can choose to have one when we want to, once a year at Marge's party or whatever.

P Or once a month maybe, yes.

S Once very two months, whatever. But the thing is, is we're not going to deny ourselves doughnuts while dreaming of them. Okay, that's when we... That's when doughnuts have power over us. That if we... If we feel, okay, we're denying ourselves them but we're really dreaming about them. That's when we're not dead to them. Okay?

P Right.

S So, no, we're dreaming of Trimtastic Chocolate Cake and hiking with our grandchildren in the Grand Canyon when we're aged 75 plus.

P I love that.

S That's what we're dreaming of.

[00:10:44]

P But isn't that a conversation you started in the last Poddy of the Puts with the conversation in our head, right?

S Yes.

P The Bible said, put off your old conversation. So, that's putting on an exact new conversation in your head because the old conversation was I'm just longing for a doughnut, I need one, oh, man, I'm going to drive Crispy Cream and I don't know but I might just let myself have this one because you know how much I love them. I mean, it's a conversation going on but that conversation, right, they're... Serene, the one you're having in your head about when I'm 75 I'm hiking with my grandchildren...

S It's like Pearl the other day, and this might be a whole different poddy but you're like, hey, I'm almost 50, I'm going to take up Latin dancing.

P Yes.

S Because I'm into health.

[00:11:25]

P That's coming on the Unshow.

S Okay, that's coming out. Okay. So, we're setting our mind on the prize, on higher things. We're setting our mind on life, not setting our mind on doughnuts, and it says in Ephesians 5 to seek is another practical thing. Okay? So, we've done the puts, the put off, the put on, the put away and then we did the walking and imitating and now we've done the setting of our mind and now we're doing seeking.

P Boy, you're like Pastor Serene.

S I'm Pastor Sereno.

P You should have a Power Point or something.

S It says to seek things above. So, let's bring it to the practical. Let's seek health, not Pizza Hut on our GPS when we're travelling. Seek health at breakfast Monday morning or dinner Wednesday night. You know?

P Yes.

S You can have a treat. It doesn't mean you can't have a cheat treat even but we're relaxed... Okay, even we can relax into the Aunt Marge's pecan pie or her special doughnut treats. We totally can do that. Seeking and setting doesn't ever mean that we can't be free.

P Yes, that's so true because if you're too wound up in legalism, like I never, ever have that...

[00:12:37]

S No, it's psycho.

P It's so different to they're dead to me. When they're dead to me you've taken away their power.

S That's all.

P But you can still enjoy them now and then.

S Yes, because it's not our focus.

P Just do not be a freaking legalist.

S Right, it's not our focus anymore.

P Sorry, mother, for my language, by the way.

S But what we seek, we seek much greater long-lasting pleasure than a doughnut. Right?

P Yes.

[00:12:58]

S The pleasure of working with your body and not against it. Being a nice owner. If your body was a pet, you would probably be horrified how you would treat it, in the two senses of the treat.

P Yes.

S Right? We treat our bodies like... We just give them the rottiest of the chemical preservative junk. But we can also treat our bodies differently. When we give them treats, we can treat them helpfully.

P And that does so much come back to identity too because some of us treat our bodies like that because we don't even feel worthy. It's like, well, you know, I'm sorry, I feel yucky inside, I don't feel worthy, I feel loathsome, I feel ugly, I feel abused, I feel abandoned and these are these things. So, you know, I'm just

going to fill up on Haagen Daz ice cream. But then there's the identity and then there's the truth that says God says I love you so much, I actually sing loudly over you. My love for you is so great. My thoughts are about you. He actually thinks about us. So, His love is so great, we have to treat our bodies worthy of His love. And, you know, I was reading this. I talked about this book, Cured, last poddy. He was going into some... He's a psychologist going into some studies about, you know, people with chronic obesity and how they do really well and then they self-sabotage and everything like that and a lot of it was from childhood abuses and sexual abuse and things like that. They just didn't feel worthy to treat their body right and it's like why respect it when I feel loathsome. I feel broken, I feel abandoned. And then he was talking about how it comes back to identity. When these women learned to change their identity, their health journey got right back on track and stayed on track.

S Yes. And it's not work. It's not us having to try and be someone special. It's just who we are in Christ. And if you're not a believer, it's...

P It's still a journey. You're still worth it.

S It's just so much easier to see it when you don't have to work for it, when it's just given to you as a gift, right? You know, in Colossians 3 also it says... I love this. This is another... Instead of put away, this is lay aside.

P Okay.

S It says since you've laid aside the old self with its evil practices and have put on the new self which is being renewed... I love this, renewed to a true knowledge according to the image of the one who created him. So, we have now the truth, that we have a new identity in the image of the one who created us. Right? He created us for life, He didn't create us for death. He created us as whole, not broken. He created us as loved, not the unloved. Right? So, again, I love those words, the lay aside. And then later in the same chapter it does the puts again. It says put on love. So, let's choose the right outfit to put on, spiritually and physically. The one that looks good on us. The one that flatters us. It's the garment of life. We choose it physically, we choose it spiritually and now we have to chuck the other one away. Right? We don't just leave it lying around. You know, Pearl, if you decide that something was all like gross, an outfit.

P I don't even give it to goodwill, I put it in the garbage.

S Yes, you chuck it away.

D I'm right there with you.

P Sometimes I think I don't want anyone in Goodwill buying this.

D I don't need an assignment. Not going down anywhere.

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 Molekule destroys pollutants that other filters collect, and that's the truth, because outdated hepa filters collect larger pollutants but smaller ones like viruses and volatile organic chemicals, you know, normally known as VOCs, they can slip right through. While they may seem small, these tiny particles are a big deal to allergy and asthma sufferers but Molekule, they use breakthrough science, never been done before, to break down these pollutants on a molecular level and we have noticed the difference here in our poddy cabin.

[00:17:16]

P Serene, you said something. You also said viruses. Very interesting and very timely, at such a time when we want our immune systems to be strong and we don't want little viruses. You know, we don't have to be afraid of them but let's do our job and keep them at bay. Molekule air purifiers don't look like traditional air purifiers, they don't act like traditional ones either. They're beautifully designed and not only is the technology inside revolutionary but the units themselves look sleek and modern for your home.

S It's not like a big honking refrigerator in the corner of your home.

P And making a big honking noise. It's not like that.

S Yes. Now, let's get into a bit of the science about how Molekule destroys airborne pollutants on this molecular level. It was developed over 20 years ago by a director of the Clean Energy Research Centre at the University of South Florida and Molekule's filtration system and proprietary photoelectric chemical oxidation, which is PECO, technology can break down pollutants to their basic harmless components. It's a technology that's been personally effective for us here but verified by science and, most importantly, been tested by real people. The testimonies that Molekule has started to collect are unbelievable.

[00:18:29]

P People saying, oh, my goodness, I had a first night sleep where I breathed easy for the first time in like 15 years.

P Stop breathing contaminated air. The American Lung Association says more than 140 million Americans are living with unhealthy air. You don't have to be one of them.

S Not me.

P Molekule's breakthrough photoelectric chemical oxidation technology destroys allergens, bacteria, mould – mould is a big one these days – viruses and volatile organic compounds at the molecular level, leaving behind truly clean air.

S And you know what this is a beautiful thing for? People that have a lot of little children in the home too. You know? Just little babies with all of that compounding in their lungs, I'm so excited to have a Molekule myself. Air purification for the whole home is what Molekule stands behind. You know, they have large units for large homes, have little units for people that are single and just have a one-room apartment.

P They even have the Air Mini for very small rooms. So, it all depends upon what you want and where you spend the most time. You can now choose the unit that's best for your space or create a bundle to provide an air purification solution for your entire home, office, workplace.

[00:19:41]

S For 10% off your first air purifier order, visit [molekule.com](http://molekule.com) and enter `trimhealthy10` at checkout.

P That's 10% off your first air purifier order. So, visit [molekule.com](http://molekule.com) and enter `trimhealthy10` at checkout.

S This is the PODdy with Serene.

P And Pearl.

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

P When do we get to speak about vagus because you just said put on love and I thought that was a good...

S So, I'm just going to give the rundown, okay, because I love how practical the Bible is and, you know, even if you're not a believer, you can take these practical points.

P Yes.

S Put off, put away, lay aside, put on. I'm just kind of doing them in order of how I feel like it naturally happens.

[00:20:32]

P You go, Pastor Serene.

S Set your mind, walk in it and imitate.

- P Yes, that's so good. I love that. We're not left to our own devices. I don't know, I'm just speaking for myself here. Maybe you in your head, you got it all together and you don't need this guidance. I'm so thankful for the Bible because without those directives there, my thought life would be such a mess. I wouldn't be... And I'm not a perfect person but I wouldn't be the overcomer I am today without those directives right there.
- S Well, it takes away all the confusion, right? All that's left is just obedience and that's simple.
- P Yes.
- S It's no confusion, it's just following. It's imitating, one foot in front of the other, walking in the journey of life.
- P I know, but what it says to me is all the nature that you thought, well, I'm just this way. The Bible basically says... And I'm sorry, Mother, for my language today, it's just coming up gurgling, all the almost cuss words but they're sort of Christian okay cuss words, it's like it's all crap, right? My children don't like it when I say that. I say crap when I'm with Serene. But, you know, I used to think, well, I'm just a warrior, that's my nature. I'm just a fearful person, that's my nature. I'm a sort of glass half full person. That's my nature. I used to call myself a melancholy... You know, how you go to sign those little things and just, yes, no, I'm just a bit negative sometimes. It's just the way I was born. Look, I'm a realist but all of those things that I thought about myself I've actually had to put off and I'm so glad I put them off. I'm so glad I've put them off and now I'm throwing them far away because they weren't my true nature. My true nature is not a spirit of fear, it's love and power. My nature is power. My nature is to overcome. My nature is to be positive. My nature is not to be a realist, my nature is to be one who says let's do the impossible.
- S I love it.
- P And that's all scripture. Thank you, God.
- S And I want to continue, that all these practical things, it's so easy because we don't even have to use our strength to do them because the beautiful thing is... You know, he says to walk in love, to walk in His ways, to imitate. We walk right into His grace, now which is not a slimy slippery unmerited favour because it says that Jesus grew in grace with God in men. Now, if Jesus is the perfect spotless lamb, how can he grow in grace?
- P I don't know.
- S He can't because He already was perfect. So, grace, I'm finding out now is... The true meaning of grace, and I may not be saying it properly in the way paraphrasing it, is His ability and power on our behalf to enable us to be who He is calling us to be. It's grace is His strength, grace is His enabling power to be that person, to fulfil that identity. That's grace.
- P Love that.

S So, it's His strength to give us everything that pertains to life and godliness. We don't walk into legalism with this, like, oh, no, I can never ever have a doughnut because I'm dead to doughnuts and it's all a big bunch of... No. We walk into grace, into His life, we don't just work harder at this thing. We don't just be determined. We surrender. We surrender to His perfect ways, to His true truth, to His grace, to His life. This is His ways, this is who He created me to be. This is why it's so easy, because I was made for this and He's giving me the strength to do it. So, the emphasis is not on me working hard, it's surrendering to His ways of life.

P Coming to your older call, Serene, I'm down at the front and I am saying, yes, please.

S So, I'm going to be weaving between a spirit and a tent, a physical tent as I continue to rant and then I want you guys to just all fly and I want to hear from Dan Dan and we're going to talk about the vagus.

[00:24:42]

S But it is... I want to... The reference is II Peter 1:3, Pearl, where it says, God, through His divine power, now I believe that's the grace there, gives us everything we need. Everything we need. That means everything we need, the willpower, the everything we need that pertains to life and godliness. So, it says there that God will give it to us. There is...

P Hang on. What's so funny is watching her read through this book. Did you start writing at the back of your exercise book?

S Yes.

P Because I've been watching you turn the pages and she's turning from back to front and now she's turning it upside down.

S Upside down, reading from the side. When we wrote the first book, Trim Healthy Mama, we wrote our thoughts on paper plates and we wrote them in circles. They were circular points.

P You just reminded me of that.

S Change. We all want this change but some people think change is work, change is work. No, it's not, it's surrender changes faith. Change comes from belief and the actions from that flow out of us because of the mindset change because a belief in faith is a whole new mindset, is a mindset of resting. The works flow, the actions flow.

[00:25:49]

P Yes.

S They're not forced out with pliers and dry heaving miserableness. That's when it's all focus on us, focus on us being better.

P Yes, I have to, I have to, I have to get up at four and I have to do that and I have to make two weeks' worth of menus and I have to and, oh, my goodness, this is hard. But, no, that's not what you're saying.

S No, they flow.

P It's just surrendering to a new identity.

S Yes, surrendering off of our old ways and resting from our shipwreck life. Resting now. Imagine we're on the sunny shores, the firmgroundedness of His life. We're resting there and it's like, this is the way, this is where it works. This is where I receive life. It's just... You know, it's right there, the truth we obey and we just walk in His enabling grace, His power. It's amazing. And so I want... You know, I was reading all this stuff about searching and all that stuff and I just wanted to make sure people aren't going to get the legalist side of it. So, we didn't even have to make the clothes. I think I said it in the Poddy of Puts Number One. We didn't have to sew the clothes to put on this new... He created them for us. So, it's like less even works. He wants us... You know, emotions, we think that when it comes to the world, that, okay, I'm angry, I'm an angry person or I'm a negative person, so, oh, I'm going to have to work on being gentle, work on... No, they're called gifts. They're gifts of the spirit.

P Yes.

S They're gifts He gives to us. We don't even have to create them.

P He sewed gentleness for us. He sewed that outfit for us, we've just got to put it on, right?

S Okay. So, I believe, when it says in Second Peter that He gives us everything that pertains to life and Godliness, when we're walking in His grace, in His enabling power, letting Him do the work, I don't believe that we have to try so hard for willpower because I just believe that He's going to give us that emotional strength.

P When I'm inspired and when I know who I am and when I have an identity, I don't really require willpower, because it's just something I do.

[00:27:45]

S Yes. Our assignment is just to put it on. Put it off, first, all the old junk. Put it on and wear it and He'll do the rest because I love how it says... You know, in the Bible, Pearl, it says how we are His workmanship. We are His workmanship. He's the one working on us, not us working on us.

P And then the next part of the verse is... It's just coming like to me in downloads, Serene, the way you're presenting all this. We are His workmanship. Created for good works in Christ. That means, okay, let's try and do... It never says try and do good works. It says created for them.

S Yes.

P So, if we put this in the life, right, everything, our tents, we actually were created... You listening right now, you were created to rock this health journey.

S Yes.

P You were created to do it.

S So, it's going to come easy. It's going to flow. And I love how it says that He prepared beforehand that we should walk in... It was His plan all along. It was His plan all along.

P Yes, we all just lost the plot. We all became that sheep. He's just got to take us out of the brambles and put us back in the green pasture and say, here, eat this wonderful, wonderful, wonderful good green grass, it's so awesome.

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

[00:29:00]

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. It isn't like all like super super fancy but it's just beautiful quality, classy quality. They make premium essentials, 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 costs 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 I know.

S 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.

P For winter, wow. Quality cotton, 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 like the best from all over the world. And outerwear made from recycled water bottles.

S There's one for us greenies.

P Perfectly fit Oxford shirts.

S Oxford shirts.

P And right now you can check out our personalised collection at [everlane.com/trimhealthy](http://everlane.com/trimhealthy) plus you're going to get free shipping off your first order. That's [everlane.com/trimhealthy](http://everlane.com/trimhealthy). Everlane.com slash, you know it, it's trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

S Get it right, it's P- O -D- D- Y. One of my main points in here was, you know, I was going to remind Pearl to talk about the vagus, our trip to vague, right, but I've actually moved past it but I want to say when I was talking about when we walk in things, because that was one of my points, to walk in it, the main thing was walking in love, right? And I wanted to say that's not just hoogly boogly spiritual, oh, walk in love. No, there is something so physical tentish about this and Pearl's going to bring it right now.

P Well... And, I guess, you know, you wanted me to talk about vagus. This is coming in more depth in our book, I'm That Girl, but you said... The Bible says to put on love, right, and this is so to do with our health journey, so don't think we're going too, you know, Sunday school hour here. Reading in this book, Cured, that I was talking about last poddy by what's his name now? Dan, you looked him up. Jeffrey somebody.

D Jeffrey something. I'll find it.

P He's looking at all the different aspects of what science is finding.

D Jeffrey Rediger, MD.

P Yes, MD. Of what science is finding that heals our body when it's to do with what we can personally do. Putting the whole medicine aside, the way we think, the way we talk, all these things, what heals us, what truly heals us. Aside from medicine, what heals us?

[00:32:33]

P So, they've just come to find out that this nerve, it goes... It's called the vagus nerve. Some of you might be familiar with it. It goes from our brain right down to our gut and it's like... You can think of it as a thick power pull and it's taking messages from our body to our brain the whole time. When it is stimulated, it regulates all the systems in the body. So, it turns down inflammation, it turns down disease. It raises the immune system, it lowers blood pressure, it

significantly lowers pain. This vagus nerve is the healer of the body. It is huge. It prevents organ damage.

P I mean, the things that they have found out about it. So, of course the medical community, now that they've just started to understand about the vagus nerve, you know, they're trying to do all of these studies on it. They've got clinical trials. They're actually trying to use electric shock therapy right now with pulses to turn the vagus nerve on. For people with debilitating pain and, actually, those trials are going super well. Like people with crippling arthritis, they're having their vagus nerve stimulated by electrical shock therapy and they're doing so well. But they found out that there's something that turns the vagus nerve on that's bigger and better than all the rest. What can turn it on is deep relaxation, like breathing slow, breathing in and out, but greater than that, even scientists are accepting this and saying this is it, what turns the vagus nerve on is love.

S No way.

P Love.

D Epic.

P When we love... And it's micro moments of love. They're not saying...

S I've got goosies. I've just lots got the goosies.

D And this is the digestive nerve.

P Well, it goes from your brain, and it is to do with your gut, it goes from your brain to your gut.

D That's what the doctor that worked with me waxed eloquent on was the vagus nerve and how stress puts you in fight or flight which turns off the vagus nerve, because you might need to draw a sword and go to war.

P Right.

D But when you live in that state of fight or flight, it wrecks your gut.

[00:34:36]

P We want the vagus to be on. So, it's not like necessarily falling in love and the big crush on somebody and I feel these love... You know, I want to get married to that person because I love them. It's not necessarily that although that's part of it too. What they say that stimulates the vagus nerve the most is micro moments of love which are just consciously loving and receiving love from maybe your family

members but they said even people you don't know. You can actually have moments of love with like the person in the grocery store. The one that's bagging your groceries, you can look them in the eye, smile, actually feel love for them and show them love. The woman on the street strolling her baby, you can have a micro moment of love with her. So many people. And this stimulates your vagus nerve and it heals your body.

P And I was thinking, man, that's great. You know, this Jeffrey MD person, he was talking about all of that and I thought but, wait, it just downloaded to me. Who's love? Who's the creator of love? The Bible says God is love. Whoever loveth not knoweth not God, for God is love. And then it said, beloved, let us love one another. Right? Because the ancient wisdom just comes full front on and beats science and now science is catching up, right? We have to love. We were created and literally designed for love and we can't go outside our design. So, that's why all these diseases are here. I'm not saying it's a formula, you know, love and you shall never get sick, but it's science.

S Well, the reason why it's not a formula is we cannot drum up love of our own accord because flesh doesn't love.

P Yes.

S It's our spirit renewed, our mind renewed by the spirit. Because if we're not in connection with God, we cannot truly love. We may think it's love but maybe it's lust or maybe it's a selfish form of love, like what can I get out of this, or maybe it's a... You know, you never know but when it's just born of the flesh, there will always be a sin or a perversion, something attached to it that's not true love.

P Right.

S So, only true love comes from God, so it's nothing we can drum up, so it cannot be a formula. It's by abiding in the vine.

P It's true. And the more I thought about it... You know, I was reading this book and then I thought about the bigger picture which was God's love which we don't even have to wait for the micro moments, it's totally on tap. Instantly accessible. His love, it says, the steadfast love of the Lord never ceases, never ever stops. I went to bed and I was... I went to sleep and I was just ruminating on these scriptures all night and I just felt like my vagus nerve must have been full on to the max, like it was gushing through my body. Like for God so loved the world that He gave His only son. I mean, the scriptures on love, and even telling us to love one another, but His love for us is never-ending.

S And you know how it tells us to love one another, right? And it tells us to put off and put aside and lay aside and all this stuff. It feels like something that we have to do. No, it comes from him, right. So, it's not like we have to try now and love one another. You know, why do we love Him? Because He loved us first.

P Yes, that's what the Bible says.

S And so basically because He loved us first, He filled us with this love. We respond with love. So, when we're filled with the love of God, it's just natural to respond to those around us with love, so it never works.

P I know and I love it but... This was huge to me, Serene, and I believe that, you know, we're growing. Like all of us here on this poddy, Dan, you and I, we're growing and learning more things but even up until that moment, I didn't have the download of that. You know, I... It's another identity thing but I considered myself an introvert and I sort of wore it proudly because when I'm out and about, I always say, well, I'm awkward meeting new people. That's my thoughts in my head. That was my identity – I find it hard, I'm not natural. You know? I can do things online and I can do things in this PODdy because I'm sitting with you, Serene, and I'm comfortable with Dan and Lesley and John but new people, I'm so awkward, right?

[00:38:44]

D Social anxiety.

P Yes, all of that, I wore it. But, guess what, how am I really going to show love when I'm out and about, because I was wearing that. It was just preventing me from turning on my vagus nerve and from blessing other people's vagus nerves and from healing one another. We heal one another by loving one another. I was being selfish and it was hurting me. It was hurting my health. Now I just want to give out all day. I don't care that I used to consider myself an introvert. I can go out now and I can go to the grocery store and I can look in someone's eyes and I don't... I used to like, don't talk to me, I'm going to run out here, I don't want to talk to you.

S Or they saw me, no, no, they didn't see me, quickly go down a different aisle, I don't want to talk.

P Totally. Like especially if it was like a Trim Healthy Mama. Oh, they're going to think things about me and they're going to think I'm not perfect and I want to run and I don't want to talk to them, you know.

[00:39:33]

P And now I'm like, but how can I show that person love. It's like I want to. I'm just so excited about this. I just want to say one more thing, and it's interesting, it just came into my head right now. You know, they say that people that have been married a long time, if the woman dies... I thought about this with my husband the other day and I have to talk to him about it quick. I don't want to die before him but if we're really old and I do, he's going to have to stay social and love people because they say that a man that is left to himself, especially a man

because men are less social on the whole, they die so much earlier. Because they're just holed up, they're not giving and receiving love. Love keeps us alive. It keeps... It actually affects our DNA. Do you know what? The vagus nerve literally has an impact on your telomeres.

S Yes, there you go.

P Your telomeres are the cells in your body that determine the length of your life. Whether how long or short they are, they determine how fast or slow you're ageing. So, if you have shorter telomeres, you're aging faster. The vagus nerve, when you love, lengthens your telomeres.

S Have you seen the awful ignoring of the vagus nerve at the airport in different places? I've noticed it because I have babies usually with me. When my baby is cute, and it's not just because I'm biased, it's because the piggy tales, the oinky little tails on the side of her head...

[00:41:01]

P You dress her in pigtails because you know you go to bless people, right?

S I do it as a ministry of blessing, right. I do her hair especially because I know that it's going to make everyone smile.

D Agree.

S These days only 15%, it's the minority, that will stop and smile at the baby. And I'm thinking to myself, they're just too busy. They're turning off.

P You're turning off their vaxy.

S And their telomeres. And that's why the world is just so stressed and so ageing.

D You know how when there's a puppy in the room and somebody will be like, can I pet your dog, I'm sort of... I don't ask that question but when a mother has a baby in public...

P You do. You're so in there.

D I just run to her. Can I get you a popsicle or something? What can I do for your baby?

[00:41:45]

P I know. John's like that with his dogs. When John talks about his dogs, all his telomeres lengthen, and the vagus nerve. It sounds like we're starting the church of the longest telomere.

S Hey, we can set up in Las Vegas.

P Yes.

S No, but, Pearl, I know, and I know and I know for maybe those that aren't believers, that maybe you're just not going to be interested in this but I'm telling you what.

P But that's just science right there.

S No, but this part... My favourite thing now, since you've told me that, and I loved to do it before, I loved to do it before, but I've just been newly inspired to ponder about His love. Don't you love going to bed and just like having a spa moment in God's love for like 45 minutes and just starting to just dwell on the love that He had for you? Like it says... Is it Zephaniah where He sings over you that He loves you so much.

P I know I'm identifying things in my life... I'm calling them appropriately. I think I've done a poddy on this before, naming things appropriately. Like I used to go to bed and sometimes I'd have, you know, like anxious thoughts but now I refuse them but now I even call my bed... Oh, I'm going to my bed of love, not because just my husband and I are there and it's the act of love sometimes but it's... You know, it's love, you know, that's our union but because that's a home now for me to just dwell on God's love. I was like, oh, I'm snuggling into bed and now I'm just like home, I can just dwell on His love and bask in it all night.

S Find yourself waking up in the middle of the night to go to the bathroom and there's a song going through your head.

P Yes.

S Yes, just praise... I tell you what, once you start with this, it's addictive.

P It is.

S It's addictive. It's the healthiest thing you can do.

D That's encouraging for me because for me night-time and bed is a big source of anxiety.

P Yes. It always was for me, Danny. That's when the night terrors come.

D The terrors.

[00:43:32]

P And even the Bible talks of it. They can't sleep for terror.

D My wife, she's been that way too. So, we, the Valdeses, need to hear what you're saying.

P You do, and it's your bed of love, Danny, you and her together, dwelling on the love you have together, the love of God upon you as a union, as a couple, and

just basking in it, knowing that His love was so huge, huge for you, you know, that the lamb that was slain before the foundation of the world and that was His love for us, how great it is. The Bible says that we cannot even measure it, it's that great.

S What was it? The love of God is greater far, than earth or can ever tell.

D The tongue or pen.

S And didn't it say that even if the oceans were all ink, then...

P Yes, it can never describe God's love.

D Literally one of the great... I don't care what you believe, one of the greatest pieces of poetry ever written is that song.

P Yes, it is. It really is, Dan.

S I want to say something else that a great preacher... You know, people have liked to persecute him.

[00:44:37]

P I know.

S I'm going to say his name. I've actually talked a lot about his stuff before but never said his name because people like, you know...

P It's a big stigma.

S Yes, have this thing where they persecute him but I'm telling you what, if when I say his name you have a little jolt like...

D I always have a jolt.

S I challenge you to listen to his messages and see if you can find anything... Like I can't find anything but pure doctrine.

P You're speaking about Bill Johnson, right?

S Yes.

P Okay. So, Serene said, oh, I listened to Bill Johnson a few months back and I'm like, oh, Serene, I'm worried about you. You know, I was like, oh.

[00:45:19]

S Because you'd heard things.

P I had heard things and, you know, there might be things true about what happened in this church or whatever but he... And I was like, Serene, you be careful, you know, they're like really weirdos and like... She's like, Pearl, just listen. Just listen. Put all your things aside. Now she's been sending me stuff and I'm like, Serene, that is such sound teaching. It is really bless me. So, yes,

before we think things about teachers and Pastors and anything, we should listen for ourselves, right?

S You know, and also too...

P I know people say things about us even.

S Persecution, it comes to people that are speaking the truth.

P That's true.

S I mean, that's just a scripture right there. But he was talking about loving God and the sacrifice of love, you know, and he was saying how oftentimes he'll tell some of his church members to just start thinking about the love of the Lord and there gets to be a sacrifice at a certain point because you start running out. And he said that's the beautiful thing that he's noticed every time. He's like, okay, so what did you experience, he'd ask his congregation. When they'd got to that point of running out, he'd be like what was your experience and they said, well, the craziest thing was, is I, you know, I got to the point where it was energy. I had to start thinking of all the ways that felt God's love and his experience of his faithfulness during his life but he said once they got to the end of their mental capacity of it, there'd be another download of His love, because it's unending. You cannot bring an end to His love, that once they got to their end, He gave them more.

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 Our friends at Buffy created the best comforter you've ever slept with, hands down. This comforter has over 17,000 five-star reviews. Trust me, that is amazing. And customers agree. I agree. This is Pearl here. I agree, so does Serene, that it's the most fluffiest, the softest comforter you've ever tried. It keeps you at that perfect temperature so you can feel cosy without overheating. The cloud comforter is covered in ultra-breathable natural, which we love, eucalyptus fabric. It's softer than cotton even, and naturally soothes the skin. It's sustainable. Eucalyptus uses ten times less water than cotton to grow and its fibre is produced using recyclable earth-friendly solvents.

[00:47:53]

S It's hypoallergenic, of course, plus its high thread count shuts out dust, mould and mites for a healthy sleeping environment. That's what our Trim Healthy poddy listeners want, health in all our areas of life, right, what we eat but also what we sleep in.

P The inside fill of each comforter is made from 100% recycled water bottles that are transformed and given a second life as a super, super fluffy fibre. It feels even softer than down. Have you ever slept, like when you were a kid, in your grandmother's down comforter? No, this is even softer. And while keeping

approximately 50 bottles out of landfills with every comforter, you can try a comforter in your own bed for free and if you don't love it, return it at no cost. For \$20 off your Buffy comforter, visit [buffy.co](http://buffy.co) and enter trimhealthy. That's \$20 off your Buffy comforter at [buffy.co](http://buffy.co) and don't forget, enter trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

P And isn't it wonderful, how we were designed by Him, God, who is love and he who loveth not, knoweth not God. You know, to me... I was reading that book, when I read about the vagus and, you know, this man, and he's very open to faith but he was... The author of the book Cured was brought up in a very, very legalistic religious upbringing and so it very much put him off, from what I could tell. But to me, when he was talking about this vagus nerve, I'm like, I'm sorry, full circle, he just demonstrated that God is real because we have to love to be healthy because it is our creation, it is our design. Don't tell me we came from a little swab tadpole. We were designed to love with a vagus nerve that turns on when we are acting as we were designed like our creator. We were made in the image of our creator, of God, and God is love. That's why we heal when we love.

S Yes.

P Because we're walking in our intended creation and our intended design and it's 42 minutes in.

S I think we can say one more thing to Dan and the Valdes'. I love it how in the Psalms David says, you know, in the night watch I... You know, and he talks about all the times in the night watch that he would awake to dwell on the things of the Lord, you know, and that he would find a place for God on his bed before his mind would close. You know, he would find that place. There are so many beautiful poetic ways that David talks about it but it's oftentimes in the night.

[00:50:33]

P Yes, because that's when the crazy thoughts can come too. And so David actually used to wake himself up to think about God's love.

S In the night.

P Wake himself up in the night.

S I don't need to. The pee wakes me up.

P On that note.

S Don't think it's all the children I've had either. I don't want you to think of none of that. It's just that I've had it since six.

P Oh, my five pregnancies definitely made me want to pee more.

S No. Remember when I was young? I'd be up to the bathroom all night.  
P I do remember you wetting my bed every night because you...  
S I don't wet the bed anymore.  
P Oh, no, but you did wet my bed.  
D Serene didn't just wet the bed, she wet other's beds.

[00:51:07]

S But, guess what, she loves me.  
P I do. I love you.  
D There's a special bond there when you pee on somebody.  
P There is.  
D Something territorial about it.  
P Don't know if the vagus nerve...  
S Love is warm and pee is warm.  
P I don't know if the vagus nerve was stimulated.  
D We are so glad you hanged with us again on the Trim Healthy Podcast.  
P You hanged. Is it hung?  
D You hunged.  
P Yes.  
D We're glad you hung out and...  
S But how did we go from love to pee?  
P We do it. It's a special...  
D It's a special gift.  
P It's a special gift with the PODdy.  
S And guess what, you love us.  
P I know. I feel the love. My vagy's turning on.  
D See you next time, kids.

[00:51:48]