



## Trim Healthy Podcast with Serene and Pearl Episode #177 – Trouble is Glorious!

(AIR DATE:6/17/2020)

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

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

[00:00:01]

S This is the PODdy with Serene...

P And Pearl.

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

D From the hills of Tennessee to LA, New York and the world beyond, this is the Trim Healthy Podcast. Welcome!

P Do you want a rating on that one? What are you going to give him, Serene? Because he said, I've got one, it's so good.

S Yes. Well, his daughter's sitting right next to him. It's all A-plus when your daughter's sitting next to you.

P Yes. Your daddy's showing off for you, Scarlett.

S Yes, we have Danny's daughter, Scarlett, beautiful, beautiful beauty queen sitting next to Daddy.

[00:00:36]

D Could I tell you where that came from?

P Yes. Your intro, you mean?

D Yes.

P Back to you, of course.

D Yes. Saw Ryan Seacrest posted a compilation of all of his American Idol introductions. And I didn't realize how long of a gap he gave between the word This and Is American Idol. And I forget what the... Just back-to-back, it was, This is American Idol. And I'd be like, Dude, that is a long pause. But that's the way he did it every time.

P Oh, so you're modelling after Seacrest?

D I mean, as is in typical fashion.

S Well...

P Put your face close to the mike, Serene.

S Yes, over to me, I think...

[00:01:20]

P Yes.

S Now...

D Do you know what, Serene, I should intro you better. Because I introed the podcast, and, really, you gave us a little snippet before the show, and it was really interesting.

P Yes.

D From the hills of Tennessee to LA, New York and the world beyond, this is the Trim Healthy Podcast, and today we have something really special for you. Serene has been cooking up words of wisdom, and I feel like you're going to love it. Serene...

S Well, Danny...

D Please welcome Serene Allison.

S It's so funny he says Words of Wisdom. Now, this isn't my wisdom, by the way. I just love to read. Pearl, you love to read. Danny, you love to read. When you love to read, you pick up...

D He's like, no, I don't. I read like...

[00:02:00]

S Okay, well, I love to read. And when you love to read, you pick up other people's wisdom.

P Yes, so true.

S So isn't on me, okay. I'm just a humble, little conduit. But, Danny, it's so funny that you said Words of Wisdom, because the first word I'm going to talk about is wisdom.

D Oh, am I in the flow?

P Well, that's what I thought it was going to be, knowledge.

S We're going to talk about knowledge, and we're going to talk about understanding, but I just want to start with wisdom.

P Okay.

S Because that's what started this whole thing. Wisdom, in the Hebrew, and it's like, why are you talking about the Hebrew again? You're like special, special... I just feel like I love how the Bible talks about knowledge and wisdom and understanding, and the original language of those verses, it was the Hebrew. And so I love to get to the original words when God talks about understanding, when God, the Creator of the universe, He created wisdom, He's the father of wisdom, I want to know what He meant. What's the root of the language you use, God? So that's why I'm going to Hebrew. And the word Wisdom, the parent root of that actually means heat. And, pictographically, it's like two pictures, apparently, and the first picture is like a wall which separates something from another, it's like a separation, a dividing wall, and the other picture is of water. So, basically, it means separation of water. And what does heat do? Heat upon water boils it and it separates the water. And so, so, funny, and you'll notice as I go along in these three things that heat and agitation and movement is involved in the word of wisdom and understanding and knowledge. And we're going to get on to just hashing this out, Dude. It's going to be fun, but just stay with me for a second. All the other words that have the same parent root word that mean heat, like the same as wisdom, they're just normal words, like skin-bag, cheese, sun, shake...

D Did you say skin-bag?

S Skin-bag, like an old skin-bag, like a goatskin, you know?

D Oh, yes.

S To shake, to sour, they all have the same root word as wisdom.

[00:04:12]

P Yes, that's weird.

S But it makes sense, because, literally, you can see for those things, when you put a skin-bag with sour milk in it in the sun and you shake it, it separates.

D Do you do this?

P Curds and whey.

S No, but you can just imagine. It's ancient.

P Oh, that's how people used to ferment their milk and make cultured dairy products.

S Yes.

D Who did?

P Ancient people.

S Like all people other than you, like a hundred years ago.

D Non-Dannys.

P Non-Dannys.

[00:04:36]

S So just isn't this interesting?

D I'm picturing you doing it in your backyard. I'm like, why?

S All these words, skin-bag, cheese, they have the same root word as wisdom. It's like, what? Like how?

D Skin-bag's like an insult.

S But it means to separate. But isn't that interesting?

D It is.

P Yes, cheeses separate the whey from the milk...

S Yes. And how does this relate to wisdom?

D Ah, to separate.

S Right, and let me tell you why. Because God is trying to say, I want you to know how to separate good from bad.

D That's what wisdom is.

[00:04:58]

S That's what wisdom means, separate.

P That's so good.

S Isn't that interesting?

D Skin-bag, baby.

S And then...

P You're coming to a whole Trim Healthy Mama journey today?

S I am.

D What?

P I've got a feeling.

S And another thing is this thing that requires separation, that kind of gives me a picture of like the water boiling, because that's how you separate water, and sweat. And the Hebrew word Knowledge has a homonymic root for sweat, okay. And so knowledge has this, also, a cousin root for it which means sweat as well, and that's unbelievable. And I was starting to think about, thinking, wow, when we really, and we're going to bring this all full-circle after I just use a little bit more of bringing you to the understanding of the words, that, okay, when we want wisdom, we've got to really separate good from the bad. And when we want knowledge, we might have to sweat for it. We might have to dig and do some labor, right?

[00:05:57]

P I believe that. I believe it.

S And we're going to talk about this in the whole journey. And then the word understanding, the word for understanding in Hebrew finds its deepest root meaning in a verbal root, banah, which means to build.

P Yes.

S Okay? And to have true understanding in a biblical sense, like through the lens of God, through the lens of the Hebrew language, is to be able to discern, apparently, in a builder's sense, the process of construction. Like, how is this theory, or how is this idea built, how is it put together? And we're going to bring it full circle, because even when it comes to Trim Healthy Mama, or whatever people are into for health, sometimes they just want you to give them, give me the five points and let me do it, but they don't really want to understand how it's built, how this theory is put together. But when you have true understanding, you for yourself find out how the whole thing's put together, you become like a builder and you see the little... You used to do construction, Danny. To really have an understanding of how something's built, you've got to learn from foundational stuff up. Okay. And then one more thing, the Hebrew word for Knowledge, again, we're talking about knowledge, is derived from a parent root, da. It means door. And when it's in ancient times, when it was written in pictograph ways, the first part of the word Knowledge was a tent door, okay. And I'm almost done with this. And it meant to swing back and forth, a door swinging back and forth, moving in and out. And then the next picture in the word Knowledge is, I don't know how to pronounce it, but ayin, or ayin, from the Hebrew word meaning eye. So if you were going to have the word Knowledge written in pictures, it was a tent door and then an eye.

S So in its picture form, it's these two pictures and these two letters combine, and they mean the back-and-forth moving, because the tent door moving, the back-and-forth moving of the eye. And what this Hebrew is trying to explain in a deep way and what it's trying to translate to us is, if you want knowledge, you have to carefully examine something so that your eye moves back and forth. When a person's trying to take in a full picture, they step back, and there's a back-and-forth movement of the eye, they're taking in the entirety.

P Yes.

S They're taking in the whole.

[00:08:19]

S And so the same word for Knowledge, it's an intimate knowledge, it's intimate understanding of something. And in the Hebrew language, To Know is also to be intimate in marriage. In the Bible, it says, to know someone...

P Oh, yes, and he knew his wife...

S And he knew his wife. But this is the same thing with knowledge. So when the Hebrew language is trying to convey this knowledge word, it's not just like, oh, yes, I looked up at it on Google and I flipped down the page and just scanned it quickly. No, to really have knowledge on something, you have an intimacy with it.

P So true.

S And so that's it, that's all I'm bringing. And I'm just opening up to Pearl and Dan here about... For our health journey, I find Pearl, she's in this new season. She's walked through menopause, and she's maybe kind of settling on the other side now. And she needed to really get to know her body so she could walk through this with victory and walk through this really like a rockstar, right?

P Yes.

S And so, Pearl, I see you, you're trying things out, you're using your body as a guinea-pig. You're not just answering a five-step multiple-choice question on the internet, okay, this is what I have to do, this is what I have to take, because I answered A, B and C. No, you're really looking in. You're using the back-and-forth movement of your eye and examining this whole thing in its entirety.

[00:09:49]

P I think that's true. I mean, when you said sweat, I relate to that. Because if you're going to truly find something and come to an understanding, you're going to sweat on your way there, you're going to find things, you're going to have to dig. And when you dig, you sweat because you're exerting effort. And I think for anything, if you're going to find success, you can't just take a five-answer question. You're going to have to dig, you're going to have to understand. You're going to have to put in your time.

P And it's not necessarily going to be easy, so therefore you sweat, and then you come to knowledge, and you apply that knowledge to your life, and you find success. I mean, I think it's just truth, Serene. And I think what we're encouraging and what you're encouraging here people today is dig, dig where you're at. You might be in a different season, maybe you're having some health issues, or maybe you want to find the way to eat in the Trim Healthy Mama plan that is best for you. Dig. Try things. Research. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene.

P Hey, we're talking about Buffy, Serene. You slept with your Buffy last night?

[00:11:01]

S Yes, I slept with Buffy and my husband.

P Buffy.

S With our husband, with... No, start again.

P Buffy and you have a husband. Buffy...

S Start again.

P No, that was good. I'm leaving that in.

S Aw.

P Buffy makes bedding that is earth-friendly and cruelty-free. And Buffy, the people behind Buffy, not Buffy itself, because Buffy is your cover on your bed, they spent sleepless nights worrying about the impact that the bedding industry has on the environment and has on your health.

S Hey, literally, listen, I was looking into it when I was having my new baby, I was like, well, let's just start getting some natural bedding just to help with the breathing and everything, when you look at the chemicals that people put, just crazy, in bedding, and we sleep right next to, our faces next to it...Buffy's products use sustainable and recyclable material, and they use 100% plant-based designs. Eucalyptus fabric is the key fabric that they use, and it is so incredibly soft on the skin.

P It's softer than cotton.

S It's hypoallergenic. And the high thread-count shuts out dust, mould and mites for a way healthier sleeping environment.

P Now, Buffy has a new cover. It's called the Breeze. And it regulates your temperature. 100% plant design and is breathable, and it keeps you at a comfortable temperature all night.

S Let me tell you how much I love Buffy. I have brought two Buffy's for my own room, one for our bed and one for the little couch where we watch a good movie from time to time.

P I have my Buffy every night... My Buffy is also my movie-watcher.

S Yes. Oh, you need two.

P The Breeze, let's talk about this new cover, the Breeze. It brings wellness to your bed. So why not choose 100% plant-based bedding that's better for you and better for the earth?

S Buffy offers a free trial, amazingly. You can try the comforter in your own bed for free, and if you hate it, return it at no cost.

[00:12:57]

P I doubt they're going to hate it.

S But you're going to love it. My husband, he's very picky about comforters, very picky, and he didn't even know I'd brought [sic] it. And he was just experiencing it and said, oh, my goodness, what is this? This material is the softest material I've ever felt in my life.

P You guys have to try it for yourselves. So for \$20 off your Buffy comforter, visit Buffy.co, that's B- U- F- F -Y, dot co, and enter trimhealthy, okay. That's \$20 off your Buffy comforter at Buffy.co. Enter trimhealthy. I love my Buffy!

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D -Y. Danny had a health meltdown, when he came to the PODdy in his wife's robe. He was so down with his health. And he used to be a construction worker, and he's a builder and he's a carpenter, besides from all the other talents that he has, like Mr Bigwig these days. But, Danny, you had to learn, like the word Understanding, you had to learn the construction process of your health, the first layer, and start to rebuild your health from the ground up. But you had to learn how it's meant to be put back together.

D Yes, that's right. Yes, and one of my biggest things was this idea that everything should be natural. And while I believe in natural, what I meant was everything should be easy. And what I thought was, when you try to do anything of importance, and, Dude, reclaiming your body from damage of years of poison is not easy.

P No, it's not.

D It is very...

P You're going to have to sweat to do it, right?

D You're going to have to sweat. And that's why I love the Trim Healthy Mama communities online, because it helps to have other people who are sweating it out too...

P Yes, it does.

D Who are just as lost as you are, who are thinking...It's getting worse for some before it's getting better. They're having these new manifestations in their body that they've never had before, because they're winning back what they've lost. And whether it's your health or anything, and you guys, we can debate this out if you want, but one thing I had to stop believing in was destiny. I thought that anything that's going to happen in my life is going to happen no matter what. I believed that, whether it's my health or career or anything, anything I was doing, that it all just comes to me. It was this idea that, this view of... I do see God as like a parent, parenting the world, but not a parent of an infant that is bottle-feeding every... Everything that comes to you is just not meant to be. And...

S I don't believe cancer is meant to be when it comes to people.

P Right.

D Yes, if you sit and wait on destiny, what actually comes is called atrophy. And atrophy is the natural progression of things to deteriorate. The beautiful flower in the field today will be dead tomorrow. And the reality of the universe we live in is that without sweat, things atrophy, they break down. You will lose things that might take years to get back or you might not get back. And, gosh, I'm not trying to monologue on this prophet[?] right now, but I've got to tell you, I've heard people so much... I just heard this other podcast, as if there's any other good ones...

P Nah.

[00:16:29]

D This guy said, oh, yes, I kind of eat whatever I want, because I don't want to live my whole life... We're going to die anyways, so you might as well eat what you want. But here's the problem with that. It's not like you're going to eat whatever you want, and then maybe you just die a couple years early. What actually happens is for the last 20 years your life S U X's.

P Yes.

S You'd be dying. And that feels different than living until you die.

D It's horrible. Dude, to sit there and to drag around for the last 20 years of your life a body that's trying to die is painful and sad. And so I'm not trying to be the doom prophet...

S No, it's a wakeup call.

D But it's real talk. I'm just at this new place, I think, and it's probably because I'm eating vegetables, and my brain's working, but I'm just looking at the reality of what happens when you play this game of, like, well, I have this problem, my family is prone to this, and you just accept that... You're cracking open boxes of macaroni and cheese. Stop saying that this runs in your family.

S Well, I think this is a whole wakeup call PODdy.

[00:17:41]

D And I think that's what we are trying to bring here, is that if you really want knowledge of your body, you're not going to get it from just one doctor's visit and him trying to tell you, just from meeting you after you've filled in a bit of history for him... And doctors can share insight, I'm not speaking against doctors. But if you really want to understand, if you really want to have wisdom for your own health journey, and that's going to only come from you really digging in...

P And it really is. Even with our books, you can read our Trim Healthy Mama books, and that's a great foundation, you'll learn the keys that can take you through the rest of your life. You learn how to eat fats and how to eat carbs and how to eat protein, right. But, really, that's just the first layer. Now you have to find how to apply it to your particular life that's going to look so different from somebody else. And then you might apply it to your life now, and in five years you're in a different season, so you've got to dig again, you've got to sweat again. And don't think what we're encouraging you guys here today is say, oh, man, I'm going to have to dig and sweat, I just wish it'd be easy, just tell me, just tell me what to do. No. You find it for yourself, and you find that treasure, and you dig and you search for it. Because it's there, and you're the boss of your body. You're the only one that truly knows, but you're going to have to sweat, and you're going to have to dig, because nothing good is easy.

D I love that, Pearl. And when we would teach new carpenters on our team, we never taught them how to build a house. We would teach them how to read a tape measure, how to measure something on a wall, remember that measurement, take it to the board they need to cut, apply it to the board, cut the board and install the board. And that one little process, once they learn that, they can go through the whole house and in any room they can fit a piece of, because we did a lot of trim carpentry, they can fit a piece of baseboard to that wall or that oddly-shaped wall or that corner over there... So it was the rudiments, the foundational skills.

P Yes.

D And that's how I see Trim Healthy Mama. It's these foundational rudiments. It's not how to eat, like any time, anywhere. There's new foods we're even discovering in the earth right now.

P Yes, exactly.

D It doesn't cover the entire knowledge of all food for all time. It is the foundational rudiments that, whether you're at MacDonal'd's, at a fish restaurant, on the beach, at a friend's house, it's Christmas, Grandma expects you to eat this and that, you can survive. You've got your basic skills.

[00:20:13]

S It's so good. And then the separation, the wisdom being the separation of good and bad, I just want to speak to that. Somebody else's wisdom, what's good and bad for them, and I'm not talking spiritual here, but I'm just talking in a physical way, isn't necessarily your wisdom. Because I can eat so differently than my husband, and what is good for me on my plate is not good for him on his plate. And we're all, basically, doing Trim Healthy Mama in our home, but in our own way. And so just somebody else's sweat, they can't sweat for you.

P What do you think, though, then about...? We say, hey, you don't have to make multiple meals for your family, and all of that. I mean, I agree, there are some basic things that can work for the whole family too. And I know what we're saying here is you've got to sweat, and then sometimes we say it doesn't have to be that hard. You can simplify. I think we're talking about stages that you come to in life when you actually have to put in some really good effort...

S Yes, because if everything's...

P Or else you're going to be lost or you're going to throw in the towel.

[00:21:20]

S If everything's going hunky-dory for you, and other people's sweat, Pearl and my sweat in writing the book is working for you, well, then fine. But sometimes it's like my husband's journey is that what was working for most of America wasn't working for him. We realized that dairy was just a no-go for him, the pasteurised dairy. It was just something that was really plateauing him. And that it was fine for me. It made me burn, burn, baby, burn...

P But you were eating good, raw dairy.

S Yes, I was eating good, raw dairy, yes, and that might be the whole key.

P But, still, some people can't.

S Right. But we've realized that he does a lot better on E's. Even though he had blood-sugar issues, he's better on E's.

P E meals, yes.

S And it makes him lose more weight. And so my wisdom for me wasn't for him. And so what we're trying to say is learn and intimately get to know your body.

P Yes. And then don't give up because it's hard. I guess that's what we're saying. That's why you can scroll through anything, Facebook, Instagram, there's all these quizzes, you know, answer these five questions and then you're going to find out what sort of body type you are and what sort of foods you should be eating. I'm sorry, it's C R A P. You can't learn anything from a little, tiny quiz that somebody else is giving and creating for you, and in a funnel, and trying to sell you something. It's so much deeper and it's so much sweatier than that.

S And I also want to know, I want to say, that you never ever graduate school. You don't just stop learning one day and say, well, that was enough for now. Pearl, I've seen you sweat through different seasons. When you used to, sorry, TMI, but bleed like the woman in the Bible, you had a condition where you had... It was awful. No one could help you. You went to doctors, and it was not working. Even like the woman in the Bible, she spent all her money on physicians, you went to many places. In the end, you had to get down and dirty with research.

P I did.

S And you researched and researched and researched, and you realised what was happening in your body. And, of course, prayer. And God too can pinpoint areas where this... Pinpoint the knowledge for us. But that was one season. And you didn't just graduate, you graduated that issue...

P Yes.

[00:23:34]

S But then you had to learn other things in your life, like this whole different way that you have to eat now because you're in a different hormonal season of your life. And that was a whole study.

P I know, and it has been sweat for me, learning this new way to eat for my body. But I've come to love it. I mean, I think you think, oh, man, I have to work hard, now I have to figure more stuff out, why can't it just be over? But I think if you change your mindset and think, hey, now I get a chance to rework with my body, I get a chance to dig and sweat, which is good for me, hey, sweating and exercise is good for us, right, so sweating in our brain, sweating in knowledge and gaining, gaining good knowledge, separating the bad from the good, is always a good thing. Sweating is a good thing. I've just read a whole bunch of books, okay, and many of them, I'm just telling you the truth here, are actually plant-based vegan books, okay. So I had to read all this stuff that I came out of. I was a vegan for 12 years. Now they're telling me all these things wrong with animal products and what they're going to do to your body. I am trying to separate the good from the bad, and so I'm going back to the Bible, and I've realized, no, you don't have to live in that fear, Pearl. God created fish, God created these good things. And so I have that truth that I've already established in my other years of sweating, right.

[00:25:01]

P So that's a staple in my brain. I'm not going back. Because the sweat already gave me that knowledge of my other years of it. But now I can go back with this foundation and look what other things I could learn here, what could I learn? Hold on, maybe that beans are good in some meals. I don't necessarily have to have a meat on my plate at every meal. I can have a beans here, or I'm still going to enjoy fish here and there. But what is good for my body at this current time? And I look back, and I'm so glad for all my sweating sessions where I hashed it out and I came to things. It wasn't what other people told me. It was balancing the good, the bad, where's the truth.

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 We want to talk about Everlywell, because we are at a time in American history where Everlywell is just shining like a beacon on a hill. Because they do at-home testing, which is so essential and important at any time, but at this time even more so. So whether you're actively managing a condition and just have to get routine testing, or you're just wanting to make sure you're maintaining good health during this time, Everlywell is here for you to get the tests you need in your home. I love it. This makes so much sense.

[00:26:18]

S And, listen, no stress, no fear about it, because Everlywell's got you covered. They offer more than 35 different at-home lab tests. From fertility all the way to food sensitivity, to thyroid, to heart health, they have you covered. And Everlywell test comes with super-easy-to-follow instructions, which is a biggie for me, because when I had to put up a playpen and read the instructions, it's just like, oh, my goodness, overwhelming. But I tell you what, Everlywell's instructions, they're clear for people like me that just need it easy.

P The worst thing you want to do in American current times is go sit in doctors' offices with sick people and...

S No.

P You don't want to do that if you don't have to. Obviously, sometimes you have to. So Everlywell lets you do all this from home and find the results you need. Listen, I did take an Everlywell test. I was interested in something in my blood. They sent me quick results. It was so easy, understandable results. I figured that I'm all good in that regard. So that was reassuring. But even if I'm not, they give suggestions on what you might like to do.

S Hey, and feel at ease too, because every test is physician-reviewed. So you're not just getting some office worker in a cubicle looking at your tests. You're getting a physician. And to top it all off, shipping is free.

[00:27:36]

P I know. And I love Everlywell because they're about the positive rather than the negative. So whatever your result is, they actually, and, obviously, under a physician's guidance, give you positive changes you can make.

S And it's sent directly digitally to you within just days.

P Yes, your answers. That's what I got. In my email, there they were. So it's excellent. So for 20% off an Everlywell at-home lab test, visit [everlywell.com/trimhealthy](https://everlywell.com/trimhealthy) and enter code trimhealthy. That's Everlywell, which is E -V -E -R -L -Y -W -E L -L, dotcom, slash trimhealthy, and you're going to get 20% off your test.

S Visit [everlywell.com/trimhealthy](https://everlywell.com/trimhealthy) and enter code trimhealthy.

P Everlywell at-home lab tests, your answers, your way.

S This is the PODdy with Serene...

P And Pearl.

[00:28:29]

S Get it right, it's P- O- D- D -Y. I think sweating is so healthy, and I just want to open up to something else. We don't just talk about food here on the PODdy. And I just think a good sweating in relationships too, a good sweating to really get to know somebody and to dig deep and have depth in our relationships, to not just presume that this is what they're thinking because they said, blah, blah, blah, blah, but when you really have spent the years digging deep into who they are in their heart, that knowledge just is such a gift. Even though it takes time and takes more effort to go deep in relationships, it's so worth it.

P So true. When you're sweating, you're gaining muscle, so you're gaining relationship muscles.

D Well, marriage is an act of giving up.

P Yes.

D It's literally the design. I mean, if you think about it, the idea of marriage and family, it's so natural. Every young person wants to find a mate and mate and bear fruit. And there's this dream. It's just written on our hearts. And it's, people, it's not the right way, the wrong. It's like, yes, everybody wants to do it. You can argue it all you want, but everybody wants to do it. And it does take different forms, and I understand, but it is an act of self-giving. I'm going home after this to not do what I want to do.

[00:30:10]

D Boy, I'd love to head to the beach right now. I have the money to, I've got the car. Yes, I mean, I can just go to the beach. That's where I want to be. But then this wife and these kids, who are going to want to come with me, and that might be a work trip more than it is anything else... My point is that the quicker we can cross the fairy-tale bridge from, I'm marrying this idea of a beautiful, happy life where I get all of my desires fulfilled, to the reality of, you are going to grow into a man or woman of honour and equity and leave a legacy because you gave up. And it's that giving up that, I think, our culture doesn't want to do. That's why there's this rebellion against marriage right now.

S And that's why there's no happiness, because you've got to lose your life to find it.

D You're going to lose it.

S You've got to stop wanting me, me, me, me. And you find when you give all that up and you're not seeking your own pleasure, that you find so much pleasure, because you're not constantly thinking, ooh, am I happy, did that bring me happiness, am I fulfilled...? That's not even in the question any more. So you just are happy.

[00:31:26]

D Yes.

P And I think we're saying all these different scenarios where easy is not the best.

D That's right.

P Okay, so harder is better.

D Nor is it fulfilling, by the way.

P No. Okay, so it's easier to sit on a couch than to move your body and exercise. What's better? Moving your body and exercise, of course, within reason.

D And which are you glad you did...

P Yes, you're so glad.

D A year later?

P Yes. It's easier to have a fight and lose relationships than it is to hang onto them...

D Yes.

P Through the hard times.

S To say sorry is a sweat of the brain.

[00:32:00]

P Whoo, it's hard.

S Oh, my goodness, it's like going against all the pride that's just welling...

P Yes, it's easier to take the five-step quiz or just skim through a book than really digest and apply the health principles to your life and then have to apply them again in a different way in two years' time. It's harder to do that than to give up, than just say, well, this didn't work for me, it's too much trouble, I'm going back to my mac 'n cheese.

S Yes, but trouble is glorious.

P Trouble is glorious, people! That should be the name of this PODdy.

S Yes.

D Trouble is... John leans forward to type.

S Yes, Producer John. Yes, he did.

P Trouble is glorious. And I'm telling you, we were made for it. We were made to overcome, but we were made to go through it.

[00:32:43]

S Oh, you all know it.

P To sweat.

S I'm just going to say it again, the butterfly in the cocoon, the worm, it's a worm, the worm in the cocoon, it becomes a butterfly in the struggle. They say if you help a butterfly at the end, just before it spreads its wings, if you help it out of the cocoon, it will not fly. It has to go through the struggle.

D Yes. I had a friend who bounced to so many different relationships, and on one of his recents, he was like, man, I don't know if it's working out, because she wants things this way, and I want things that way, and so I don't know if we're meant to be. And I was like, my brother, you just described a relationship. They want things this way, and you want things that way.

P Yes.

D There is no such thing as a woman who wants it your way. She's going to want it all pink, and you're going to want it all blue. And you are going to blend those colours together and make this magical new colour that never existed before.

S So good.

P Whoo, Dan.

D That's the beautiful...

[00:33:52]

S You're so profound, Dan.

P Dan, you're on fire.

S You're on fire. He needs a raise.

P Yes, Les. Come on, Popsie.

S Lesley-Pops, come.

P Come on, then. Psalmo is here.

L So I just want to ask a question that might help Pearly-Pops and Serene-Pops close with a practical.

S Oh, good.

L I can't actually call myself rookie any more, because I've been here a few years...

P Yes, you have now.

[00:34:17]

L So I subconsciously know what's going on.

P Yes.

L But all this talk of sweat and study, I get it. But I'm not a natural study. I don't take to books. So is there a practical...? I'm not asking for the five-step quiz. I'm saying, what would be your practicals, like listen to your body, try these foods...? Is that really hard to answer?

P Well, no, when you say, I'm not a natural digger or reader, I'm not a natural bedmaker either, but I've made myself become one. If there's something that you...

S You're not a natural exerciser either, and you are an exerciser now.

P I'm not. I always said to myself the first half of my life, I'm not a natural exerciser. But I decided, I realised I needed that in my life.

S And now it's natural.

P Now it's so natural. So I would say, yes, of course there's things you can do, and let's get practical and talk about them, but, honestly, Lesley, heart to heart, girl to girl, sometimes I think you have to become what you're not and be a digger if you're going to fully embrace the gems of wisdom that you need in your life.

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

S I'm Serene.

[00:35:30]

S Father's Day is coming up, and finding the perfect present for Dad, it's a toughie. I mean, I do peanuts and a good Western book every year. But it's just time to change it up, Pearl, it's time to change it up for our good old dad.

P It's even tougher, though, Serene, if you can't have the luxury of spending Father's Day with your own dad...

S Yes.

P In person. And that's happening to a lot of people right now. But StoryWorth makes giving the most amazing present to your dad or your husband. Whether you're in person or far away, it's just the...

S It's even more special if you're far away...

P YEs.

S Because StoryWorth, you get to give to your father something that's going to inspire him to write all those precious memories and all the things that he really wants to share with his family and extended family and even the future generations. So if you're living far away and you haven't been able to have a lot of conversation, this is going to be not only just filling in the gaps for that, but bringing conversations from years, years, years back and bringing stories back to life.

P It's been one year since my children all got together, and they brought my husband a StoryWorth package for a year. So he's been doing this for a year, writing his life story, basically. They send you ideas, and they send you questions, and then you'll just write your answers. And then...

S And you come up with your own too.

P Yes, you can. And in the end, they turn it into a beautifully-bound book that goes down the generations. Well, my husband has so enjoyed doing this. He's not really one to talk a lot, so he's more the strong, silent type, so I have been reading some of what he's written, and I sit there and I just cry, because these are things I never even knew about him, his thoughts and feelings. And our children are going to have that forever, our grandchildren are going to have that forever. And it's just like the best present my husband has ever received, maybe for him, but not for him, even for me.

S Yes. It's a gift that keeps giving and giving and giving to... You're not just going to give it to your father, but it's going to give back, give back to everyone in the family. StoryWorth is fun. It's a meaningful way to engage with family, especially relatives you might not get to see often. And in these times, that's, sadly, more the case.

[00:37:40]

S This online service helps your loved ones share stories through thought-provoking questions, just like Pearl said, and it becomes an heirloom...

P It does.

S A hardbound, beautiful heirloom.

P So this is how it works. Every week StoryWorth emails your family member different story prompts, like questions you never thought to ask, like what have been some of your life's greatest surprises? Charlie wrote one to that one.

S What did he say?

P It was really cool. He talked...

S Don't have to share.

P No, I'll tell you. My husband always thought that he was going to be some great musician, because he's very talented, and that was his career before I met him. And he talked about how life's greatest surprise was that his greatest fulfillment has been through marrying me, and his children.

[00:38:21]

S Aw, no wonder you cried.

P And so he talked about how his whole brain shifted, and his family has been his greatest fulfillment. So I thought that was beautiful.

S After one year, StoryWorth will compile every answered question and photo you choose to include into this beautiful keepsake book that's shipped for free to you. Your family will treasure this book forever. So give StoryWorth a try this Father's Day.

P Give it to your dad, and it will be the most meaningful gift this year. Get started right away, without the need for shipping, by going to [StoryWorth.com/trimhealthy](https://StoryWorth.com/trimhealthy). That's Story, S- T- O- R -Y, Worth, W -O- R- T -H. And you'll get \$10 off your first purchase...

S That is [StoryWorth.com/trimhealthy](https://StoryWorth.com/trimhealthy) for \$10 off. This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P O D D Y. And I just want to say this, going back to the marriage thing, it's going to touch on Lesley-Pops thing too, because I wasn't a natural...

P It is a good question.

S Go-through-hard-timeser.

[00:39:25]

S Youngest of a family who all wanted to Mummy and Daddy me. I was the cute Shirley Temple, the baby of the family, slept in Pearly's bed till I was married, nursed till I was four...

P Not off me, off Mum.

S No, not off you.

D Bleh!

S No, but I was trying to say, just little sheltered, little queenie princess. And I wasn't one to naturally go through stuff. But I tell you what, when I went through some stuff in my life, ooh, those hard times, I look back as trophy times in my life, of times where they were so much more fulfilling than the sun-is-shining times. They were so much more... Even if you're not naturally... I didn't have the hard-knock life to teach me how to go through something like that.

P Yes.

S I had the opposite. But when you're in it, we're all human, we're all made for the right. And I just feel like there's just so much gold to be brought out through that. And I just feel like, yes, Lesley-Pops, it may not be your naturel, and it may not be how you've done this first part of your life, but I feel like you could easily just dive into it and...

[00:40:45]

P Maybe not easily, but sweatily.

S Okay, not easily, but what I'm saying is when you're there, find your niche. Even though you haven't prepared your whole life for it, you could easily just fall into a wonderful niche of sweat.

P I know. This book that was reading is called Atomic Habits. Okay, so this guy never read a book in his life, and he always wanted to. I know you have read books in your life, but you don't enjoy just the read, you don't like to get in there. And he's like, but I knew I needed it for my life, because there was a lot I could learn from others. So I just started with an atomic habit, which was reading no matter where it was... I think he said he read like one paragraph a day. And that's all he started with.

S That's huge, yes.

P It was a bite, a bite of food. It'slike you can learn to like one thing with a bite, okay. So that's all he did, that's my goal, I'll read a paragraph a day. Anyone can do that.

S It's like the one push-up. I tell my husband, just do one push-up. But when he's down there, he might as well do two.

[00:41:39]

P Well, now he's like a voracious book-reader. Because the one paragraph was first a discipline, and then it was a sweat, but then it became a life habit. And once you do something, your brain starts to open up all those synapses around it. And he became a reader. He's a voracious reader and a writer now, an author, by himself. Actually, I don't even know if that was the Atomic Habits, guys. I think it might have been The Many Habits.

S I've got a practical for her.

P Yes?

S Because you love to talk with people, hash things out. And my husband loves to read, but he's super, super busy, so he gets most of his knowledge from audio. He belongs to Audible.com, and they have an incredible, vast array of books. You can also... I'm not sure, but he does a lot of his study through audio.

P Yes, and you could do that in drive-time, because you have quite a bit of drive-time. But I know you like to listen to your funny radio peeps too, and that's good. We've got to have the fun stuff too in life. But, also, I think, applying...

S But what I meant to say too, and keep going, Pearl, but even if it's hard, Lesley, because it's opposite of you and opposite what's natural, even if it's hard, that's okay. because the hard things bring such great results.

[00:42:57]

P They do.

S Pearl, go.

P I think reading a lot of books, out of what we necessarily currently... For health, lately I'm reading things that maybe I don't even agree with but I can learn from, kick out the bad that I really don't agree with and learn some of the good. I think that's helpful too. The couple of books that I have been reading, Fiber Fueled is an excellent book no matter who you are. Yes, it's vegan and stuff, but I've learned so much from that. I just keep my foundation of who... I know what I am. Because I don't want to take on fears that I used to have and bondage that I used to have, but I can learn things. Also, How Not to Diet was a great book. If any of you guys are stuck or you're feeling this Trim Healthy Mama way that I'm doing right now is not doing it for me, I recommend those two books. My friend, Karen, who's an online friend of mine, she went through cancer, and she's doing so well. She's a trooper of a Trim Healthy Mama, let me tell you. She's been through so much. If there's one person I've seen hang in and is tenacious for her health, she couldn't lose weight, she couldn't do anything, she'd gone through chemo and she had a long history of coeliac disease, high blood-sugar and everything, she has hung in there.

[00:44:08]

P She is incredible. She is losing weight now, but she's had to tweak her Trim Healthy lifestyle so much. She actually suggested that book to me, both of those books, and they have been lifechanging for me and her, just to open my mind to a different way of having a, first of all, more fibre in my diet. And I'm more of a purist now, Serene. I have to say...

S Hey, there's a thing for Lesley-Pops. You weren't naturally a purist, Pearl...

P I wasn't.

S You were always bacon with Dad, and I was always avocado with Mum, kind of thing. You know what I mean?

P Yes! Bacon with Dad, avocado with Mum.

S It was just different.

D Good book.

S And, Pearl, it wasn't natural for you to be a purist. You're like, who cares? A few little preservatives. It's still red sauce, you know.

[00:44:47]

P Yes.

S But so maybe it's not natural for you to be the studier, but you can change, you can evolve.

P I think when you're faced with something, that's when you... If you're not faced with something, sometimes you have no need to dig. Maybe your digging time will come, Lesley, because I want you to be in perfect health, but if you're faced with something, then it'll be like your time, no, now I sweat, now I dig. And I've been faced with things, so I dig. And that's where I find the treasure. If you dig, you find treasure. And...

S And if you dig in your relationship, oh, my goodness, you'll find treasure.

P It's so true. You dig into a relationship, whenever you dig, you find treasure. And so...

S And you have to dig to find roots. When you're going through hard times and you feel like the hard times are trying to wash your relationship away, when you dig to find a foothold, you're going to find treasure that's going to blow your mind, that's going to be way more incredible than before the storm hit. A storm hit our marriage, my husband and mine, when we adopted, for new peeps in the room, six children in one year, and there was a lot of stuff that came with that.

[00:45:46]

S They were older teenagers, and there was attachment disorder and all kinds of things going on. And I tell you what, the storm hit. And we had to go so deep to find a foothold that that was...Looking back, our marriage is so founded on strength because of that storm, because we found deeper footholds.

P Yes.

S And so if you're going through hard times, and you have to dig and sweat and be digging and digging and digging, and there's a whole lot of sweat, you're finding a deeper and deeper foothold, whether it's health, whether it's relationships...

P So true.

Announcer Trim Healthy Mama Product News and Notes.

P Let's talk about whey protein, Serene. I want to talk about why we carry our whey protein and why it is crossflow microfiltered.

S Crossflow microfiltration is a kind of technology that allows no denatured particles in the whey to be in your supplement, which is amazing. So you only have the good, beneficial proteins in your drink.

[00:46:50]

P It's the least denatured way on earth.

S Yes, it is.

P Now, why whey at all? Why do we include whey as a Trim Healthy Mama product?

S It's the most biologically-received protein, meaning it is the most quickly-absorbed protein of all. So if we exercise and we want to make sure that our muscles are nurtured straightaway, so that they build, whey is our go-to. Also, it supports our immune system, Pearl.

P It is huge for raising glutathione in your body, which is your immune system booster. And, also, crossflow microfiltered whey protein has enormous amounts of lactoferrin. This is an excellent antimicrobial scavenging agent. It shows antiviral behaviour and also inhabits bacteria from attaching to your gut wall.

S Let me tell you something else, Pearl, the whey is excellent for people trying to lose a little weight around the waistline, because whey satiates. It doesn't have any fat in it, but it satiates. It actually turns on certain factors in our body. Without getting too scientific, we'll just tell you the gist of it. It turns on your full signals, your full hormones, and so...

[00:48:00]

P That's ghrelin, right?

S Yes, it is.

P Ghrelin, and it turns on those feelings of satiation, of feeling full. Also, it is important for those losing weight, because protein in itself, especially whey protein, causes your body to actually work 25% harder, and so you burn calories as you burn whey.

S Yes.

P It is creamy, creamy, dreamy, so you can use the unflavoured in your shakes or your smoothies, or pour some in your yoghurt, or our new flavoured wheys. We've got chocolate, we have got cookies 'n cream...

S And peanut butter, chocolate too...

P Pure vanilla. Oh, my goodness!

S Strawberry...

P You can make shakes like this, or you make so many recipes.

[00:48:42]

S And for our E meals, it's so delicious, because it makes you feel like you're having a creamy drink made with full-fat dairy.

P Yes. If you're doing a meal, any meal, really, and you're still a bit peckish, a bit hungry at the end, and I've already had protein, straightaway I just do a glass of almond milk with just one tablespoon of the whey, maybe a teaspoon of baobab to fill up extra further, and, oh, my goodness, it's incredible. I'm full, I'm ready to go for hours until my snack. See you guys next week.

S See you.

[00:49:23]