



## Trim Healthy Podcast with Serene and Pearl Episode #178 – This Podcast Complies With The Law!

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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 ·

[00:00:00]

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S This is the PODdy with Serene...

P And Pearl.

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

D Boys and girls, we are back. It's the Trim Healthy Podcast with Serene, Pearl and me, Danny. And before we begin, I have an NSV, also known as a Non-Scale Victory, to share with you today.

P Do tell, Dan.

[00:00:50]

S Yes.

D I've heard my wife...

S A little spongey today, isn't it?

P I thought you were going to say spunky. But I think it's a cross between spongey and spunky.

S What I mean by spongey is that it's got some springs.

D What is...?

P Serene, no one can hear you.

S Oh, sorry. Sorry, I wasn't using my microphone techniques. Non-Scale, go away, go ahead.

D Go away! She called me Non-Skill, and then said go away. Hey, Non-Scale, go away.

P Non-Scale, go away.

[00:01:15]

S I hate the scale.

D Nobody wants to celebrate you today.

S No, I'm not celebrating scales.

D So I have seen my wife look down from time to time and lament, oh, I'm bloated, and I have fat sausage toes.

P Oh, about you or about herself?

D About herself. But I looked down the other day, and I went, oh...

P To yourself?

D My goodness, I must be holding water. Look at those fat sausage toes. And I did a little jig. I rejoiced. This is my Non-Scale Victory. So what...

P Okay.

S Oh, you want to have fat sausage toes?

D Absolutely. When I normally look down, I see these like Skeletors...

S Oh.

[00:01:51]

D And I'm like, dude, these things are brittle, you can't take these out to war. You need to shod these little guys, they're going to get injured. And I've always been like...

S I love Dan.

D Man, I've got these little, thin, girl feet. And so since I've been on this gut-healing diet, it's kept me having these thin, girl feet. And I shouldn't say girl feet.

P No, you're being a little bit sexist.

S Yes, a good mindset, have a healthy mindset.

P Anyway...

D So I looked down, there was no scale around, I just looked down, and I saw that they were swollen, and I rejoiced.

P And you liked that because you want to have swollen feet...

D There was joy in the house.

P Because you want to be big, Dan?

D Yes, I think...

[00:02:32]

S Anything that looks swollen is...?

P Big, big Dan.

D Whatever is... We're on the same journey, just in the exact opposite direction.

P Yes, you want to gain, and women want to lose.

D Yes, the same thing you lament for, I'm rejoicing over.

P Yes, you do look healthy, Dan.

D Do I?

S You really do.

P I see a bit of flesh on the Dan.

S And the hair is swollen like sausages.

P Yes.

S It's just extra-curly.

P I tell you what, he doesn't look gaunt, though.

S No.

[00:02:55]

P So you're looking healthy.

D Thank you.

P And, you know what, the summer probably helps, because it makes your body hold a little more fluid.

D It does, but let me tell you, I've been gaining weight eating healthy.

S Good.

D I'm not doing it eating bad.

P We're telling you, Dan.

D Yes.

S That's good. And I just wanted to say really quickly, because you talked about the scale and your wife getting on the scale, I think scales are great for some people. Pearl loves living by the scale. It just helps her...

P No, no, excuse me. Don't say I live by the scale.

S No...

[00:03:19]

P I use it wisely.

S Yes, no, you use it wisely.

P About once a week, once every two weeks. I know what helps me.

S Yes, you've always had a scale in your bathroom...

P Yes.

S You've always had batteries charged in it.

P Always.

S And it's just been part of your life, where I've never ever, ever, ever, ever had a scale...

P No.

S Except for as a midwife, have to, have to, have to.

P Right.

D I don't believe in a scale. I'm a [overtalking].

[00:03:36]

S I hate it for me. And I tell you what, just to free you guys up, that not everyone has to be scale people. I mean, it can be helpful. So I just bought a scale for my husband, because I've got him on a new special Trim Healthy Man His Way, like a special just-for-Sam, where I'm tweaking it for Sam.

P Yes, more E meals, less cheese.

S Yes. He doesn't process the pasteurised fats very well.

P He was on the Trim Healthy Cheese Diet.

D That's right. Sam and I are little twinkies in this.

S And the Trim Healthy Pasteurized Cream Diet. But, you see, so I bought it for him so he can just... Because sometimes men can't hear from women, but they can hear from the logic of a scale, that it's not all airy-fairy, in the sky, it's just hard numbers. Men want hard numbers.

D Is it a...?

P I'm telling you, though, a man could never buy a scale for a woman.

S No, you couldn't. Ooh.

[00:04:22]

D Oh, no.

S My husband asked me to buy a scale for him, so I got the scale. But then I thought, well, it's in my jolly bedroom... The temptation to jump on made me jump on.

D Like, to go swimming.

S And so the first day, I found out what I weighed. Big whoop, who cares? But then to keep it there is absolute insanity, because...

D It's crazy.

S I don't know, maybe it's water weight one day, or I'm ovulating the next day, or it's a week-before-the-cycle day, or it's I had too much water or something, I don't know, whatever.

D Is it morning? Is it night weight?

S It's changing between 5 lb like all through the week, ups and downs, and it sent me psychopathic.

D Yes.

S So I'm getting rid of the thing for me.

[00:04:57]

D Chuck it, that's right.

P Well, you shouldn't get on, Serene.

D Support.

S No, but I just want to tell you guys...

P No, no, no, and then you told me, and today it was doing this, and I'm like, why are you doing it every single day?

S But I just want to tell you guys out there, if you're a scale girl, and it works for you, tick the box and enjoy, but if it's not, you don't have to live by it.

P Yes.

D Hey, it's like...

S Because even for me, it's going up and down, all around the place.

P I think it can honestly be used...Like your husband, he never even knew what he weighed, and so it was like almost in denial, like...

S Yes, right.

[00:05:21]

P And so I think that some people, staying away from the scale is honestly a bad thing. But sometimes it's a good thing. And like our whole Trim Healthy journey, you know you.

S Yes.

D It's like alcohol. You can have it in the house, for some. But some people can't even have it in the house.

P Some people, you can't.

D And I had to throw mine out.

P Did you, Dan?

D I couldn't have it in the house.

P Did you, Dan?

S Yes, that's good.

D Yes, because I'd slide it from under the bed, and I'd be like, hey, Baby, tell me I'm big.

S Ooh...

[00:05:41]

P Oh, from under the bed?

D It'd be under that bed.

S You didn't have it in a closet, like a nice red wine in the closet?

D No. It was under...

S You need it out of the house if you're sliding it from under the bed.

D It was under my bed. It was under my bed like a cockroach.

P Yes.

S Yes.

D I'd slide it out...

P See, you've got to know who you are. But can you still not have it in your house, but can you still go out to a restaurant and have a glass of wine, or do you feel like you're just better totally away from it?

D From wine or from scales?

[00:06:05]

P We're talking wine?

S How did we get to...? I thought it was a wine situation.

P I did too.

D So I just meant...

L Weren't you talking about the scale?

D Like an alcoholic doesn't... Some...

S Oh, okay!

P Oh, thank you, Dan!

S Thanks for clarifying, because I thought you were an ex-alchie.

P I know.

D No!

P I always thought Dan... I've always seen him do fine with wine. He's not an abuser. And now you're telling us...

[00:06:24]

D Oh, no.

P You're sliding it from under your bed.

S You're sliding it from underneath your bed.

D No, I'm talking about a scale.

S I'm like, the women are learning a new Dan today.

D No, I can't drink... If I drink more than a glass of wine, I'll pass out.

S Yes.

D I'm so sensitive to it.

S A girl drinker.

P But I've seen you have a little bit at a restaurant. He was fine.

D Oh, yes, yes, I'm fine.

P So we're not talking wine, we're talking scales under your bed...

D Scales under the bed.

P Trying to tell you you're a big guy.

[00:06:45]

D Yes. Yes. Yes, I would slide it out, and I would whisper to it...

S [Overtalking], no!

D Tell me I'm big, Baby. Tell me I'm big.

P And the women are like, hey, whisper to me, tell I'm small.

D Yes. And when I would stand on it, just that there was something under my feet, would flatten my feet out and give it more...

P Make it.

D Make me meaty-looking.

S But just to clarify, just to bring perspective to all the women, you know, saying, tell me I'm small, Baby, to the scale, that's in such a women's psyche. But if we'd only really understand it from a guy's psyche. I don't know, because recently we've been just talking to a bunch of our gal-friends, who, all their husbands are saying, oh, I'd rather you're over than under, a little bit of curve than nothing. And so I think it's in our psyche that we have to be this waify thing.

P Yes. Most women would rather be under than over, and a lot of their men would be like, well, I just want you healthy, but if you're a little over, that's okay.

[00:07:42]

D Yes.

P But, you know what, we don't want to give that licence today too. This is all about health and honoring our bodies, people.

S Yes.

P And so let's get on with the subject.

S On with the subject, thank you, mate.

P It's not over, it's not under, it's healthy.

S Okay, we're going to start, and it's not going to feel like it's going to relate to the health of our body, but I tell you what, we're going there, we're going to the health of the body and everything spiritual, everything in our mind, everything that comes out of our body... Oh, the Bible says what comes out of our body is what really pollutes our body, not necessarily what we put in. Now, of course...

P What do you mean, comes out of our body?

S Well, I'm about to talk about the things we speak.

P Okay.

[00:08:15]

S Words.

P You were not talking about poop.

S No.

D Or the Bible.

S No, I'm just talking about... We don't want to wax all political here, and I'm not bringing up, necessarily, all the rioting that's going on. Say, you could be listening to this a decade from now, or maybe we could be living in a whole other area. This still relates, because everybody struggles, all the humanity struggles with kind words. I mean, even prior to all this junk happening around this nation, social media was just filth, with people just saying whatever, without any filter. And so I was reading the other day in my Bible time, and I was reading Proverbs 31, how it said, it just hit me how it said, she openeth her mouth with wisdom, and in her tongue is the law of kindness. And I never saw it that way, as such like a law, like a law, a law, a law. It's a law of kindness, and that we have to govern or rule ourselves by it. If we see it as a law, maybe it would change the way we obeyed it.

P Interesting.

[00:09:30]

S Do you put your seatbelt on, Pearl?

P Yes, because it's the law.

S Because it's a law, right?

P Right.

S Do you drink and drive?

P No.

S Not that you'd want to, but if you were a drinker, you wouldn't drink and drive.

P No it's against the law, mate.

S Right. Do you go out and wear slippers, and if you're a guy, no shirt, no shoes in the grocery store? No, it's a law, you put your shirt and your shoes on when you go in the grocery store.

P Wow.

S Right?

P Law of kindness.

[00:09:53]

S So a law is something that regulates the actions or words of its members, right, so whatever the law is over. So when the law of kindness is in our mouth, every time we open it, it's always kindness that comes out. It's a force, a law is a force, powerful like gravity, like a force of gravity. It's also enforced. Laws are always enforced, enforced, E N F O R C E D.

P Yes, got it.

S So God gave us...

P So, therefore, there are consequences when that law is not adhered to.

S Right, and so because it has to be enforced, what's going to enforce it? Because it's not natural to human flesh. So we had a little PODdy about the will. I don't know if it's already been put out yet or not.

P Yes, we...

S But, okay, the will, God's given us that will because it's an enforcer.

P Yes.

S Okay, and so He's given us tools to enforce this thing. And maybe it's going to be tough at first, and you have to have the will enforcing it, but practice does make perfect, so there is a sunnier side to it as you go along.

[00:10:54]

P But this is interesting, because I've read this Proverbs 31 scripture thousands of times, never did I see law of kindness, never put it together.

S But it's in there.

P And I think most of us probably didn't realise there was a law, and if we live... This is hugely world-changing, Serene.

S It is. And, actually, it's a fruit of the Spirit, which is a good thing too.

P Yes.

S Kindness is a fruit of the Spirit.

P Yes.

S It's a law, but it's actually fruit of the Spirit, which makes it easier for us believers, because we don't have to freak out, oh, a law, a rule, how're we going to live by it, it's going to be difficult...? Well, actually, the good thing is that for us that believe in Christ, it's a gift that His Spirit gives us.

P Yes.

S And so...

[00:11:36]

P But we have to unwrap it.

S Right, we have to exercise it. right, exactly, and unwrap it. But we're given the gift of... The quintessential essence of kindness is given as a gift to us.

P Yes.

S So that's beautiful. Proverbs 31 verse 26 is the one that I opened up with, she openeth her mouth with wisdom, and in her tongue is the law of kindness. And it's not just for this Proverbs 31 women, it's for men, children, every human, all humanity. And I was just thinking, we have to all decide to pass an inner law of legislature over our personality.

P Yes.

S Pass it, and so that we obey it just like any other law. And kindness, I mean, when we think of things that we praise in people, maybe like all the people that are famous or people that are role models for young children these days, actors, athletes...

D Like Barney.

S Like Barney.

[00:12:36]

P Barney, that was so 90's, Danny. I raised my kids with Barney. Is Barney back?

D No, Barney's not back.

P Okay, so that was so random.

S But you think about all the...

D Barney was junk.

S Gifts that people have, and that's usually what people are esteemed for, right?

P Yes.

S But just think, I've just decided in my head that kindness should be praised above all. People, if we find a kind person, that should be a role model for us because it's absolutely incredible that somebody has been able to tame the tongue.

P In this day and age more than ever, right?

S I mean, you think people tame their bodies. They wake up, alarm three o'clock in the morning, and they do all the training, and they become Olympians. Or they put their body under this legislature of, you will do this, we are going to put you under this law of training, and they can do amazing things with their body and tame their body and train their body. But more difficult and more to be praised and more to be aspired for is to have this tamed tongue that obeys the law...

[00:13:44]

P Obeys... Yes.

S Of kindness, the simple law of kindness. And we're going to riff on it as we go along.

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

S I'm Serene. 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 out, Pearl, it's time to change it out 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...

[00:14:35]

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 bought my husband a StoryWorth package for a year. So he's been doing this for a year, writing his life stories, 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. 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, my husband.

[00:16:31]

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.

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](http://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...

[00:17:28]

S That is [StoryWorth.com/trimhealthy](http://StoryWorth.com/trimhealthy) for \$10 off.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y. The fruit of the Spirit, which is kindness, which is the fruit of the Spirit, is smackdab in the middle of all the other nine. It's interesting that God put it in the middle. Because kindness, it actually makes all the other virtues possible. It brings them alive. You can't really have longsuffering and patience if you don't have kindness.

P Yes.

S It just all goes out the window. And goodness is the fruit of the Spirit that comes after kindness, and some Greek scholars, because it's a Greek word for goodness, the fruit of the Spirit, some Greek scholars believe that goodness is actually kindness in action, that's what it means. And so...

D That's cool.

S So it's not just words. It actually then becomes how we act to everybody around us. It's not just something, well, I'm kind to my family, or I'm kind to my friends, but the Bible tells us to be kind to our enemies, and this is where...

[00:18:36]

P This is the hardest thing.

S We're getting to it right now.

P Really hard to be kind to people that disagree on Facebook.

S That's the thing. This is where it hits home for right now. Kind to our enemies, kind to people who are even being...

P What about if they want to disagree politically?

S That's right, exactly. And the Bible says in Colossians 3:12, and this is just my little riff on it, it's not perfectly dictated here, but to clothe yourself in kindness, it says in Colossians, to clothe yourself. So it's a law, but it's also to be our clothing. Not physical fabric, but to be wrapped around us...

P It's the hardest thing when you feel like you're being wrongly hurt to stay kind. That's when I'm up against the wall, and it's like, Pearl, you're still going to be kind here because you sure don't feel it. Like if you've been wronged...

S Well, it's like...

D You're talking about fuss on social media?

[00:19:35]

P Yes, fuss, or even family dynamics. I think that's the hardest time to be kind, but, obviously, there's still a law then, right?

S Because this is why it's a law, because to be kind to those that are treating you well, that's just emotion, that's a response. Oh, you're treating me well. Oh, I'll respond in kindness. But when it's a law, it's just to everybody.

P Yes.

S It's just an umbrella over everything.

P So now all of this to say...

S It doesn't have to mean acceptance of everything...

P No, it doesn't.

S That you don't believe in.

P It doesn't mean you're a doormat either.

S But you can have kindness... No. You can have kindness in standing up for yourself. You can have kindness in everything you do. I love what you said, it doesn't have to mean a doormat. But kindness can be in our manner with which we are even strong.

[00:20:25]

P Yes, it'sso true. Now, this, I'm sure that you're going to relate it to our health, because it all interrelates...

S Yes, I want to just do one more minute on the spiritual, and then go into health, if that's okay, Pearl.

P Yes.

S You're boss of the pods.

P No, so true, but I'm just wondering if people are thinking it's going to.

S No, we're going to do that. And then in Proverbs 21 it says, if you pursue kindness, you pursue life, you find life. Isn't that awesome? In Proverbs 11 verse 17, it says, a man who is kind benefits himself, but a cruel man hurts himself. When we think, oh, well, I've just been offended, I've been betrayed, so I'm going to be cruel back, but we're actually just being cruel to ourselves. No matter what, when we respond in kindness in every situation, it's actually the nice thing for even ourselves.

P But it's funny, no, that I'm thinking about now, because all of us right now are probably feel prickly in this current day and age, in this current thing. We're all going, all of what we believe is probably being attacked from different sides, no matter you believe in. And there's crazies on all sides, and attacks. But it's so funny, because kindness is actually, Serene, kindness is something you do when... Okay, so we could all respond by getting miffed, right...

D Get miffed.

P And getting miffed and just shutting down, which is my natural tendency. But kindness is actually staying open and actually being, being kind.

S Yes.

P Ouch!

S Yes. I'm so inspired by it right now in my life. And, to me, it's an obedience thing. When it's a law, it's something that you obey, and it's an obedience. And when you have to obey something, it's when it doesn't come necessarily natural, right? The child wants the cookie in the cookie jar, but Mummy says no, so that's when they have to obey it. If they didn't want the cookie jar, obedience doesn't even come into the play.

P Yes.

[00:22:23]

S So the fact that we don't want to be kind, but we do anyway, shows that it's a law and that it's something that we're going to obey. And I think when you put it in a law, it just takes all the reasoning out of it, and it's just like, well, this is what I do, I'm a kind person, this is the law over my life, the law over my tongue.

P Yes, but there's not even attacking back. You know, I'm just thinking this through here for my own life. Someone attacks us, right. There's one step, the first step is not to attack back, okay. But that's not even full kindness...

S That's neutral.

P That's neutral, to get miffed and to just shut down. Okay, you attack me, I'm just going to shut up. But the fullness of it is to still be kind, and that is such a thing to shoot for.

S I've read a book about...

P Yikeses!

S This one particular person who was very betrayed by many people, just betrayed, betrayed by people that were very, very close to him. And his testimony was just how in that time, he would just... He read in the Bible how the Bible said, pray for those who persecute you, and bless those who curse you.

[00:23:30]

P It's the hardest thing to do.

S And so he didn't just pray, I pray truth, that God will slap him up the head with truth. But he was like, no, I actually pray prosperity, I pray blessing in every way, I pray... All the things that he wanted for himself, he prayed upon them. And it was so inspiring that in my life, just personally, I've come up against certain kinds of things that have felt very betraying to me, and it's a challenge and it's exciting. And to me lately it's just been something that I've just decided to turn my brain off to all the emotions raging and say, hey, this is a law for me now, I'm just going to obey it. But there's freedom in the law.

P So true.

S There's freedom in the law. And so as I've been obeying this law of kindness and this law of blessing those who curse you, I have found incredible happiness. Now, if I was backlashing and allowing myself to stew in the pot of hurt, and backlashing with bitterness, I believe I'd be poisoning my body and not being filled with freedom and joy. And so in the law, I believe there's a part where you just have to turn off everything that's naturally raging. You just turn off, and it's just straight obedience. But there's a blessing that comes with that. And this is where we bring it to health. And, Dan, I want you to be totally involved in this. You cannot have good health if you are not kind. You cannot have physical health if you're not kind. Because we've been talking here in the PODdy for months, years now, about how our spiritual life affects our physical life. It's totally interweaved. We're not just a physical matter and a spiritual matter, it's all separate. It's totally interweaved. And, in fact, our spirit... The Bible says, above all, I wish that you prosper even as your soul prospers.

P Yes, it's tied.

S We cannot prosper if our soul is not prospering. People can go to the health food store and do all the right thing, live by the perfect diet and tick off the box of exercise, but if there's bitterness inside, and if there's hurt inside, and there's things festering inside, and if there's not the law of kindness governing their life, there can be no health.

P Yes, and like Proverbs says, a broken spirit drieth the bones, meaning inside our bones is our very DNA, our very genetics.

S And here's where I wanted to bring it to, to physical health. The law of kindness, laws get tough, but... There's something called tough love too, and the Bible says here in 1 Corinthians, love is kind. So kind and love, it all goes together. They're all intertwined. So if you just don't feel like exercising, it's just like, I don't want to do the exercising thing. I've got the dieting thing down, but I just enjoy my sedentary life. I mean, I'm not talking about hours of training every day. I'm just talking about having some good movement in your life.

P Being committed to move to your body.

S Being committed to just a few days a week, where you're actually keeping things from getting rusty. Maybe it just has to be a law of kindness to your body.

P It's good, it's good.

S It's tough-love law, but it's kindness. And so when you think, oh, no, I just don't want to be that strict with myself, it's actually kindness.

P Yes.

S It's kindness, it's a law of kindness.

P And, it's true, we're kind to our two-year-old when we say, no, you're not eating that red-dye candy schmos or whatever junk, garbage you want to, and you're screaming for, that you see at the gas station. We're being kind.

[00:26:59]

S Right, and they're like, you're being mean, you don't love me! But as an adult, you know, no, no, that's love.

P Yes.

S That's kindness. And so let's have the law of kindness over our body, over our diets, over our physically. Of course, like I said, in the spiritual aspect at first, you can't be healthy without having a law of kindness running through your spirit, but...

P Well, you can be for a while, but, I mean, it's genetic...

S It breaks down, yes.

P It's scientifically... I mean, so many diseases, ailments, so much stems from our mind and our emotions.

S Well, what if I just don't love stevia? I just love sugar. I hate my chai tea with stevia. I just like it with the normal sugar, and I just can't switch. Well, there's that law of kindness to your body.

P Yes.

S The laws are strict, and sometimes the laws are a little bit painful, but just come under the law of it, because it's kindness. It's kindness to your body.

D This is so rad. We have to pour in kindness to our children, especially the ones that are quite unlike us and we don't relate to that one who is off the rails or whatever. I don't remember much kindness being poured into my cup as a child, and so when I had kids of my own, especially with my sons, it was actually a discipline for me to respond kindly, even in... I don't even mean in frustrating situations. I just mean good morning, Dad. I would find myself elbowing past them to focus on work and just get to where I'm trying to get to. And I realized, with the weekly coaching of my wife, that I was not pouring kindness out to my family. And I wasn't pouring out wrath, but it's not enough to...

P Right. But you're only at the halfway point. It wasn't like practicing kindness.

D Yes, it's not enough to not pour out wrath.

P Yes. So true.

D You have to cross over and do pour out kindness. And I felt really vulnerable, and this may not make sense if you didn't struggle with this, but it was really scary to stop and look at my.... I actually had to practice looking at my sons in the eye. So even when I told them like, hey, go mow the grass, I would look at their chests or I'd look away. And I didn't even know I was doing it.

[00:29:30]

P Wow.

D And if I said, I love you, it'd be like a side hug almost. And all of these things are just subconscious. You're not sitting here like, I'm now going to turn away and hug him halfway and not look at him in the eyes. And so it was, at first, for me, a real practice, and I felt very much like a fraud to sit there and... It was like being cheesy and dotey. Like I'm just doting on my boys and how unmasculine that is and how Cheez Whiz, and it just felt that way for a while. But now it's quite second nature.

S I love that.

P Yes, but then so what if you could, right?

D Yes.

P Because you have totally, I guess, lawed yourself. It's another way of looking. Your whole what-if-you-could approach of being a dad and a husband is almost like the law of kindness. As Serene is saying, you practised it as a discipline. You know how they call things that you get good at discipline? Like there are some arts are discipline, you know, when you learn the brush technique of this...

D Yes, rudiments.

[00:30:33]

S Or martial arts.

P And acting, the discipline of acting. You learn...

D It's the rudiments.

P Yes, the rudiments, and you learn that discipline of this method of Staniskipsky, or whatever.

D Oh, you're close.

P I don't know.

D Yes.

P But it's the disciplines.

D Talking about method acting and...

P And it's the what-if-you-coulds. And the more you apply them, the more you become you and your very DNA.

D Yes.

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

[00:30:57]

S I'm Serene.

P We are in a time when self-care is more important than ever, and every day is an opportunity to skip damaging styling tools and chemicals and focus more on better hair growth from within. And isn't that what we're all about at THM, Serene?

S Yes, totally.

P Health from within.

S Yes. And Nutrafol is formulated with potent botanicals that help you grow your hair as strong as you are. You see, that's the thing, because I'm into eating healthy, am I going to undo all the things that I've tried so hard with my diet by putting chemicals on my skin or on my scalp? So that's what I love about Nutrafol, it's just totally all natural.

P It's physician-formulated, be 100% drug-free, but it helps your growth of your hair.

S And not just the growth of your hair, Pearl, that's what I love about that, when you have truly natural products, they don't even just help the thing that you're trying to target, but they help other things too because they're using natural ingredients that are good for many things on your body.

[00:31:56]

S Like Nutrafol not only makes your hair stronger, but its ingredients also help you get a handle on better sleep, help your stress levels, help your skin, nails and libido.

P I like that. Okay.

S Which is a big one, libido, because a lot of hair products actually reverse that.

P That's true. Hair-growth products reverse your libido usually.

S Yes.

P But this helps, so great. And no need for lasers either, or chemicals. Visit [Nutrafol.com](https://www.nutrafol.com) and take their hair wellness quiz, and you'll get your customised product recommendations that put the power to grow thicker, stronger hair back into your hands. And when you subscribe, you'll receive monthly delivery, so you never miss a dose. Shipping is free, fantastic. And you can pause or cancel any time. Does it work?

S Yes, it does. 77% of women have seen improvements in just 90 days.

[00:32:49]

P And, Serene, look at this, almost 80%, 79% of women reported more confidence in their hair after six months of Nutrafol.

S Listen, and that may seem for a long time for you, like, ah, six months. Believe me, when you're doing natural products, you have to give them a little more time, but, guess what, you don't get the side-effects.

P I know. So whether you're experiencing hair-thinning or not, you deserve hair as strong as you are. And Nutrafol can help you achieve your best hair growth naturally. You can grow thicker, healthier hair, and just by going to [Nutrafol.com](https://www.nutrafol.com) and using promo code `trimhealthy` to get 20% off, this is the best offer available anywhere. It's for you guys, you Trim Healthy Mamas.

L Yes, Trim Healthy Mamas.

S Let me spell it out, N U T R A F O L, dotcom, promo code `trimhealthy`, for hair as strong as you are.

S This is the PODdy with Serene...

P And Pearl.

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

D Yes, I am currently a tender, loving, gentle man with my sons. Five years ago, I was not. Five years ago, I had this identity of this tough dad who raises boys with tough love, and I had pride in that. I had this... But, really, it was a hiding-place for my lack of ability to connect and show empathy with my sons. And so many of my friends were right there. We would all like, ha-ha, yes, you got him good. We were so pumped about this lack of empathy. And it was comforting to see another man lack empathy with his kids too. So to really reinvent and reframe who I am, I'm not this... I wasn't even in the military, but somehow I was like this military dad who dealt with his boys with a firm hand, and that's the way life should be.

P And not to say part of this isn't good too...

D Sure, yes.

P There's a part...

D Absolutely.

P But when there's not the balance...

D But to never cross over...

P If there's not the balance, it's not...

[00:34:59]

S Because I appreciate what Danny's saying, and I hear exactly where he's coming from, and I love the, like you said, the discipline and the school of kindness he put himself through...

P Yes, you did.

S I love that. And I can totally see that with Danny and his boys, he's just totally such a present father in every way. But just if there's any mamas listening that are just going to go away feeling like maybe their husbands or their children's father are just like those militant whatever...

D Hey, I'm cheap for my coaching. I'll give a great deal for those guys.

S Yes, I have a husband who's very, very kind, but he's definitely like a military dad in the fact that he's tough-love, but he's definitely love, and he has those moments of tender, eye-to-eye connect. So I feel like there can be that balance.

D Yes.

S But as long as there is that law of kindness, even purveying [sic] and weave through that tough love, so I don't want people to go and start feeling like, oh, wow, you know, because he's not gentle in every single word. I feel like there can be...

[00:35:57]

D Yes, that's a great point.

S I think kindness doesn't have to be, ah, just soft-spoken love... Doesn't necessarily mean kindness, because some quiet people can be very, very nasty.

P They can, it's true.

D Yes. I mean, my wife told me, one of her greatest complaints was that I don't speak tenderly to the boys. So for me, it was probably 95% tough, military love, 5% empathy, kindness. And she was always saying, your boys need... Because I would really dote on the girls. I'd be like, where is my sweet baby? Get over here and... They'd just cuddle up, and, oh, Daddy, gooey goodness. And then with the boys, it's like a big slap on the back, like... And, dude, I get all the balance, but, for me, I was so one-sided.

P Yes.

S Yes, no, I love it, Danny.

D But I feel you, because there's also this time where I actually will say to my wife, hey, Babe, I feel you on the empathy thing, and know that that has been huge, but there's a time to snatch a little not-head-up and send him out to get the thing done that I told him to do ten minutes ago.

[00:37:06]

S That's what happened to me yesterday. I was like, no, Darling, be nice. Oh, that was a bit mean. Oh, please, please, please, let him go this weekend with his friends. No, no, I know he didn't wake up this morning and he didn't do all the chores when he was meant to, but... And he's like, Darling, our boys would have boobs if you raised them.

D Yes. There's that too. That's right.

P So true.

D Yes, like one of my lines I frequent with my wife is, you know what, there's going to be lots of times for hugs when they're not in jail and they're working hard and...

P There's that too, Danny. There's that.

D They can get up early. Yes, so the balance is beautiful.

P And that balance is a walk too. But even with sternness and with, yes, make sure your boys don't end in jail, there's kindness in that too.

D That's really kind.

P So, so kind.

[00:37:56]

D Yes, because if you break my laws, how many laws do you get to break and at what point do you stop breaking laws?

S Yes.

P Yes, exactly.

D You're going on 14 years old, you're breaking laws in my house...

P Yes, consequences are kind too.

D Yes.

S Yes, they are kind.

P Majorly.

S So I think what we've come to is that kindness is not just...

P It's not doormat.

S Yes, it's not...

P It's strong.

[00:38:15]

S It's strong.

P Kindness is so strong.

D That's right.

P And that's why we have to... You keep bringing it, Serene. It was a different way of looking at it. I was just thinking kindness is good for our body because we have good emotions and then our cells sense that, and our cells aren't getting diseased. But, no, there's that, and then there's a whole another way of kindness is also some discipline for our bodies and our minds.

S Like I don't want to eat a salad, I just don't love salad. Well, the law of kindness, please, in your body...

P Tells you be kind to your body and jolly well eat a salad.

D That's so right, that's so right, the law of... Because I do that when I enter a restaurant now, is like, I never phrase it like the law of kindness, but when I look at Mo's... You ever been to Mo's?

P Yes.

D You know, welcome to Mo's! There's a lot of options. Some of them are fantastic. They have salads with rice and guacamole and...And so now I'll start to look at those things, and even though I'm looking at the cheesy, melty quesadilla that is first choice, I'm just like, dude, what are you going to want 30 minutes from now?

P That's so true.

D You're going to be so glad you went with that salad.

P But what a way of looking after our bodies, just entering a restaurant with that thing in our head, law of kindness to my body.

D You're going to love your body right now.

P It's a good balance.

D Yes.

P It's law and it's kindness. That means there has to be obedience to looking after what God has given us. But kindness is also freedom. It means there will be good consequences. It means your life is going to go well. What was that scripture you said, Serene, that...?

S The man who pursues kindness pursues life, finds life.

[00:39:52]

P Pursues life. There'll be good things.

S Because some people think, oh, kindness to me is allowing myself to have the cake that I want.

P Yes, that's kind.

S I'm just going to be kind to myself because I just really good on a job such-and-such. I'm just going to be kind to myself. We have to relook at kindness and relook sometimes, that even if it means tough, that's the right kind of kindness, because kindness is a law.

P Yes.

D What you mean when you say, I'm going to be kind to myself, in that moment is, I'm hungry. That's really all you mean, is I want to eat this.

P Yes, so it's what I want to eat that my two-year-old brain is telling me to eat. And you know what, sometimes that's just okay too, because we don't want to get caught up and...

S No, exactly.

D Hey, that's a cool T-shirt, like self-love equals... And like a picture of a salad.

S Yes, that's great.

[00:40:38]

- P You and your T-shirts.
- S But just think of the law of kindness...
- D Got all these great shirts.
- P He thinks in T-shirts.
- S We get up every day, it's almost like a law, like would you disobey not brushing your teeth?
- P No.
- S Would you just go through a whole day, unless you lost your toothbrush, you're on a desert island, and you didn't find the right pilu tree to make your own toothbrush, it's just like you brush your teeth. It's the law of kindness.
- D Which tree can you make brush bristles from?
- S Pilu, right.
- D Yes, the pilu, I'm sure.

[00:41:02]

- P Serene would know. If anyone would know...
- S So, listen...
- P Serene, you know she's thought about making her own toothbrush.
- D Yes, she did. On one of her yearly honeymoons where she goes and suffers. She's like, oh, it was magical. Sam and I made our own toothbrushes in the wilderness! It was so magical. And only we got run over, and we slept in the mud....
- P Yes, and it was magical.
- D And we were borderline thinking, do we need counselling? But, no, it was beautiful, and the Lord blessed it, and we had the most magical time!
- P So true.
- S Like you, law of kindness to you, Danny, might be the push-ups that you make yourself do in the morning and in the night, right?
- D Yes.

S It's like, this is the law of kindness to myself. I don't want myself to be a certain age and rusted away. I just want to be able to play football with my boys when they're older. I want to... This is the law of kindness to me. Some women putting hot wax on their legs and ripping off fabric, it's painful, but it's the law of kindness. This is how they're treating themselves. Kindness doesn't always have to feel good.

[00:42:00]

D That's the truth.

S They pay for a spa day, and it's painful.

P I'm telling you, because to reply kindly on Facebook to someone who has just nastied you out, and you wouldn't nasty them like that, right...

D No.

P Let's have the rubber hit the road. Okay, most of us wouldn't go on a post that we didn't agree with and just nasty them up, right?

D Nasty it up, dude.

P But when someone does that to you, and I've had this, it just doesn't feel, anything in my body, like I could naturally go and then do a nice comment to them without a bit of snark.

D Yes, something.

P I mean, just you want to put in at least a tiny bit of snark.

[00:42:36]

D A little, tiny blade.

P Let me put in 5% that's going to dig, right?

D Yes.

P But, no, kindness, when rubber hits the road, kindness is actually when you go and you actually respond in kind, without that snark. I've got a long way to go, because I can, basically, shut my mouth or just say, oh, agree to disagree, or something. But what's actually kind? What is the fullness of the opposite of bristling?

D I've always wanted that luxury, though, to really rip it. Because I'm a pretty good writer, and I know what really hurts...

P It never ends, though, because then they'll come back, and then you'll go back, and then they'll come back, and...

D Oh, I'll win every time.

S And as fulfilling as you think it will be, the Bible says, but the cruel man destroys his life, right. So as fulfilling as we think as humans it's going to be to put that snark in, it's actually not fulfilling.

D But I only hold it back because I'm like, ah, I'm sort of like... Some people kind of know me that I'm on this podcast, you know, and like...

[00:43:36]

P Well, thank you for doing that, though.

D Yes, and so to really just tear into somebody, I'm thinking differently nowadays, but I'm always holding out for this little fantasy of creating this online persona that's like a penname or something, and it's just like it's all...

P Well, that would be a troll. People have done that.

D It's like the dark side. Like could I create its own social profile and everything?

P Okay, but so this whole PODdy has been about not doing that, Dan.

D Oh, okay.

P But, you see, this is where the law comes in in his life. That may be what his personality wants to do, but he's got a law that rules out all of that, right?

D I do. I want to go dark, and I want to drive an all-black vehicle with tinted windows and flames that shoot out of the back of it.

[00:44:16]

S But, don't worry, he's governed, Pearl.

P He's governed.

S He's governed.

P That's just ADD shooting out right now a little bit.

S Yes. But the Bible says...

P We've lost the plot of the PODdy.

S Yes, but I love how the Bible says, anybody can love those that love them.

P Yes.

S True love is to love those that hate you.

P Ooh!

S So true kindness is to be kind back to those that aren't kind to you. And it's not easy, but it's just the law, and it's just obedience. And I'm not talking about the law, like the Ten Commandments. I'm talking about it's the new law, right? Because there's a new commandment given to us now that we love one another. And the law of love... It says that to do unto others as they would do unto you, to treat others as you want to be treated, that's the law of the prophets, right? And so what is this law, this new law, this new commandment? It's kindness, it's love.

D I think these big social...

S It's the law of kindness.

D The big social fights and abuses break out, you know, you almost think everybody's on this righteous crusade. You would think they are based on some of the comments. But if you really boil it down, it looks like bruised egos and hurt feelings.

P That's what it comes to.

D That's all it is.

P I think it starts with ideas, and then everyone goes back and forth, and then it's just bruised feelings.

D The idea has gone.

S I feel like if we take a step back and we look at it, it can become easier to be kind to people when we realise, hey, these people are deceived. People that are lashing out like that, they're lashing out because of hurts, insecurities, lies that they're living under, and it's emotional sicknesses, mental sicknesses. And we should be kind to them because we want them to be healed from those issues. We don't want to add another stab to further their insecurities, to further their...

[00:45:59]

D I love the sport of making friends too, though. Because there's this part of me that, sure, wants to write my poetic dissertation of shame for them and just let them know and let the world know that you are dark and I see it. But I actually like the sport of that high road. It's hard to do at first, because you want to rip into them. But if you really play that, wow, your opinion's valid too, appreciate you sharing, it disarms the whole thing. And it's like your friends now.

P And it does disarm, and that's a spiritual law too.

D Yes.

P It does disarm people.

D There's a pride for me in being the temperate guy who can actually see your way and understand where you're coming from.

S Or maybe you can't see and maybe you can't understand, because maybe it's not even with the way that your paradigm is for your life, but you can still love and still be kind.

P Yes.

[00:46:51]

S We don't actually have to see everybody's... Like mentally be able to understand it.

D Yes, not agree with them, but they have to come very firm conclusions, as I have, and they're the exact opposite of the conclusions I've come to, but whether it was their parents, their environment, where they get paid and their social group, when you're getting paid and everybody at your work thinks one way, you're probably going to just be like for a season of your life, even if you're not fully there, anyways. I mean, the things we believe are our own opinions are so societal. And at least many of them are. And so I think that's for me where kindness comes in, is that even though I violently [sic] disagree with you, I get where had I been given the same stimulus you were given, I might come to the same conclusion myself.

S Right.

P Right. It's so true.

S I think that's a huge point, Danny. That's huge. They might be acting out and be absolute nincompoops, right, but we don't know the stimulus that's led them to being in this state of anger and this state of bitterness...

[00:47:59]

D Yes. And so would you, if you had the same life experiences, you might have those same exact feelings.

P So true.

S And I love how the Bible says, to whom much is given much is required. If you've been given a life of love, you're required to respond in love.

P Yes, you're right.

S And if you have not gone through the things that have made them to be these dark, angry personality people, then we are so required to just love on them. And as a believer, I felt very convicted to just, in situations where I feel totally undone with hurt and with pain, to think, I can't lash back as Serene, because I'm dead. As a believer, I intellectually and mentally and in every way believe that I no longer, but it's Christ who lives in me. And so how is He going to respond? So I can't think, how do I want to respond, but how does He want to respond? And He is love. He is kindness. Everything He does is love and kindness.

P Yes. Well, you know that scripture, it's no longer I that live but Christ who lives in me? That's right. It's a tough one, though, because Pearl feels hurt, right, but Pearl, if you are a believer listening to this, if you're not, this might sound woowoo, but Serene's right, Pearl is actually in the grave. We're supposed to put on the mind of Christ. And Christ was on the cross and said, Father, forgive them. And that's His mind. When His mind becomes our mind, that's the most powerful force in the world.

[00:49:34]

S I love what you said. I love what you said.

P But we have to... It's horrible to say, to kill ourselves. Well, that sounds really weird, and you're talking weird stuff, but think about the bread and the wine, and Jesus said, eat me and drink my blood, there's some weird stuff that you talk. It doesn't mean kill yourself. No, it doesn't. It just means the nature, your flesh nature, and you put on the mind of Christ that's totally different to ours. And the Bible says His ways are higher.

S And He died for us, right, so we... Right, exactly.

P They're higher than ours.

S And I love what you said, Pearl. It's so true. God said, Father, forgive them.

D It's cute too.

P Yes.

S But what was the next line that He said? Father, forgive them...

P They know not... They don't know what they do.

[00:50:08]

S Because they know not what they're doing. If we can have empathy for the fact that they are deceived... They might be lashing out in hate, but hate is a deception, because truth is love. So if they're lashing out with anger, anger is an emotion, of course, but it's all deceptions, because that's not the way we're designed to live. We're not designed to live under anger or under hate. So people that are living under that and being governed by that and having that be their crusade, that's deceived. And deception is you don't know.

P Yes.

S So, Father, forgive them, they don't know what they're doing. And I've heard an amazing preacher, his name's Dan Mohler, actually, talk wonderfully about the subject. But he was talking about people that are acting out and being awful to you, that's the time to love on them and pray for them and really to start interceding for their life more than when they're just being nice and normal. Because this is when they really, really, really need.

P Oh, yay, we love talking about Billie, Serene.

S Oh, I actually love, love, love Billie.

P That's because self-care and routine are always important, right. We know that as Trim Healthy Mamas. But whatever you're using to get ready for the day should make you feel amazing too.

[00:51:25]

S Yes, it should. And I love Billie's razors, I love all of Billie's products. Do you know that they also have makeup-removing wipies now that I let my daughter try? She's 21 and very sensitive skin, African skin that's over-dry. And every makeup-removing wipe makes her come out with like hives. This is the first that is so gentle. It removes her makeup, but totally leaves no irritation.

P Billie has created everyday essentials by delivering premium razors, it all started with their fantastic razor, and high-performing body care directly to you. No pink tax, no visit to the drugstore, no breaking the bank.

S No finding a lady to get the key.

P You always say that.

S Yes, I have to say it every time, because that's the most annoying part about getting those more upper-end razors. They're in those little plastic boxes that are all locked up. You have to find the lady with the key.

P Yes, I know. If you want a good razor, you need a key. No, not any more. Go to mybillie.com to get their starter kit for just \$9. It's incredible. Listen, this includes their award-winning razor, two refill blades, and this is the thing that Serene and I love, the magnetic holder that keeps your razor safe...

[00:52:34]

S Oh, every time you put your razor near that magnetic holder, poof, it just pops into place.

P Jumps into it.

S It does, it jumps.

P It keeps your razor safe and dry in-between uses, and you just have it right there in your shower.

S And I've said this over and over, but that lick-and-stick little doodads that you use for the other razors...

P No, it doesn't work.

S To hold them to the wall of your shower, they fall off the wall of the shower and then your shaver gets all yucky in the corner of your shower. I hate that.

P So, remember, it's just \$9 to get your starter kit plus free shipping.

S Hey, that's an amazing price for a Billie.

[00:53:08]

P Yes. So here's how you spell it. My, M Y, and then Billie, B I L L I E, dot com, slash...

S Trimhealthy. Listen, this is how much I believe in it.

P Hey, Serene... Slash, trimhealthy. You keep talking over me. Yes.

S And, guess what, this is how much I believe in it. I've got all my older girls...

SP I didn't quite catch that.

S Oh, sorry, Siri, get off of my advertisement.

P [Overtalking] Siri. That's funny. I said, Billie. Siri thought I said, Siri.

S That's funny. Hey, this is how much I love my Billie. I've got all my older teenage girls hooked. They all love Billie.

P Oh, I know...

S They have their own Billie. I said, get your hands off of my Billie, get your own. Need you and need Christ.

Announcer Trim Healthy Mama Superfood Spotlight.

[00:53:58]

P Hey, let's talk about probably the least expensive superfood there is on the planet.

D Spam?

P That would be a non-superfood, Danny.

D Ah.

S You'll like the superfood, Danny, that we're about to talk about, because it's from the land of your people.

D Really? You're talking about...?

S Bueno.

D Oh, you must be talking...

P Beans.

D Okay, beans.

P I have just found a new love for beans, and I feel like I overlooked them at the first beginning of my Trim Healthy Mama journey. I don't know why. I did have them now and then, but maybe once two weeks, once a week...

[00:54:35]

S I know why you overlooked it, because we used to be vegetarians.

P Yes.

S And so when you switched from that, it was like you switched so fast and far, like you just wanted to be away from where you were.

P And I thought of them as a bit of a lesser protein too, like...

S Well, they're a supportive protein.

P Yes, they're a supportive protein. But I don't know, I just looked a little down on them, like they weren't everything.

S Whatever protein they have God decided to put in there...

P I know.

S So why not celebrate whatever protein they have?

P Right, but, anyway, now I am doing a lot more beans. And the thing is, with beans, and, first of all, we're going to talk all about their benefits, but if you get gas from beans, and I have been a person...

[00:55:10]

S Praise the Lord for the gas.

P It's good gas, it's helpful gas. And...

S It's terrific toots.

P Terrific toots. Serene will talk about why it's good, but...

D Fabulous flatulence.

P Yes. All of that. But it can get better if you keep including a little bit each day, because then your body adjusts.

S Can I ask Danny a question?

P If you just, say, hold on one sec, Serene, if you just do a whole bunch of beans, and then you get horrible gas and you think, I just can't do beans, so then you wait three fours and then four weeks, and it happens again, that's going to be the vicious cycle. You have to do small amounts every day, and then your body adjusts, and then all your bacterial flora lines up to do well with the beans.

D You mean like add them to a taco or something, just keep it chill?

P Keep it chill.

S Well, it goes with a question I'm going to ask you, Danny. With your Mexican culture and your dad and all his pals...

[00:55:58]

D Raised in Memphis, but go ahead.

S I don't think they're probably tooting all day. Are they tooting all day? When I went to Mexico, I was the only one tooting.

D Yes, I think it's probably the newness.

S That's what I'm saying, they don't toot, they've gotten used to it.

D Yes.

P You get your body used to it. Serene, talk about the resistant starch and...

S Resistant starch is incredible. We all thought starch, starch, keep away, keep away, danger, danger, for our waistlines, right? But resistant starch, which beans have ample amounts in, it cannot get digested in the small intestine, it can't.

P Yes.

S And so it's resistant to that. And what it does, though, is it balances your blood sugar, improves your metabolism by feeding gut probiotics. And how does it do that? Well, what you're seeing in terrific toots, but in the end, you'll be able to get this bacteria without tooting it out, but what happens is it's turning them into short-chain fatty acids. But... How do you say it? Butyrate, pearl?

[00:57:08]

P Yes, butyrate. Man, that's the best stuff you want.

S Acetate...

P Butyrate.

S Acetate... These are short-chain fatty acids and they're created by the fermentation of resistant starch in your large intestine. And this is so healthy for you. This actually fights diabetes. This actually balances your blood sugar.

P And slims you. Butyrate, which is a post-biotic, which is the end-result of what Serene is talking about, raises your metabolism and slims you.

S It reduces insulin resistance and reduces inflammation, and...

P Beans are one of the best things to get rid of a fatty liver.

S Yes.

P If you have a fatty liver and your enzymes are up in your liver, and you have issues, things like that, eat you some beans every day, if you can.

[00:57:52]

S Right. And if you're diabetic and you're like, ah, I've got to stay away from starch, hey, beans is something that you can dish into.

P Can I explain the resistant starch the way I see it, Serene?

S Yes, please do.

P To me, we think of starch, and, yes, our bodies are designed to break down starch and use it for fuel, okay, so we have to burn it. If we don't burn it, yes, it stays on, and we put on weight. But resistant starch, your body cannot break down and use for fuel. So it's basically calorie-less starch. It just, as Serene said, goes into your lower intestine and gets fermented, which is healthy for your body. So not only do the calories not count in that particular part of the bean, it is actually giving you a whole bunch of good bacteria.

S Short-chain fatty acids too, which are just absolutely incredible.

P Yes, short-chain fatty acids.

S And weight loss is ultimately sustainable. And to reach your ultimate goal in weight loss, it really hinges on a healthy microbiome.

P Yes.

[00:58:51]

S Because people will find a plateau and will find things slowing down if their microbiome is not flourishing.

P But there is a way to eat beans that's smart. Because if you're having beans on a white tortilla and cheese...

S That's not smart.

P You're not doing yourself any good. I mean, yes, maybe you got some beans in there, but that can be very weight-promoting. I love to have beans over a salad or beans in soups, with a lean dressing. How else do you do beans?

S I make a beautiful... It's actually coming out in the new cookbook...

P Oh, the Trim Healthy Future cookbook.

S With Rashida, that I make this Creamy-Dreamy Limas. Pearl and I actually grew up on this stuff. And it has a wonderful supportive protein, and I put a little bit of very lean, of course, because it's fat-free, tilapia that I put in the air-fryer and I don't add fat to it.

P Oh, you put that in the actual Creamy-Dreamy Limas...?

S No, I just put it on the side.

P Oh, okay.

[00:59:48]

S Yes, this crispy little tilapia fillet on the side. And then I just love my bowl of Creamy-Dreamy Limas. And it is the most, oh, comfort meal to me.

P But people can't get that right now. When the book comes out.

S Yes, they can make other just lovely creamy-dreamy beans.

P Yes, limas are particularly amazing...

S Butter beans. They're really cool.

P Yes, limas are called butter beans. And they're one of the best beans for lowering blood sugar, right?

S Yes.

P But they are actually creamy.

S Very creamy. And they have manganese in it, which is so helpful.

P Black beans are one of the highest antioxidant foods.

S Yes.

[01:00:24]

P All beans are high in antioxidants.

S Anthocyanins, or is that what you call it?

P Yes.

S The antioxidant that has the deep, dark pigment. Ah, black beans are amazing. And the humble pinto bean...

P I'm telling you.

S It's so high in protein.

P Delicious.

S Yes, it's just 1g under the split pea. Split pea is...

P And speaking of protein, I know that we can use beans as a supportive protein, and maybe you need a little more, so you have some beans, and maybe you have a little chicken breast or tuna. But sometimes I just do beans, and I think, well, I'm getting some different proteins at other meals, and I seem to do fine with that.

S Right, you know yourself and your level of activity.

P You know your season and you know you're doing good. So you don't have to get real strict about it, like, I'm going to do beans, I need something else.

[01:01:02]

P Maybe you do, maybe you don't. But that's freed me up a lot, because then I can just focus on the beans. And I look at them as my star on my plate.

S It's not like it was when we were vegetarian. It's like, this is our protein.

P No.

S And, hence, you're not having any animal protein, and you're not being balanced, but you're having another meal with lovely tuna or... You're really big into fish, for you in your season.

P Yes.

S And, of course, your family, you love to feed them the beans and everything.

P And they're just so cheap. I mean, you go and you buy a bag of beans, or even a can of beans, and cans of beans are awesome, just get BPA-free beans...

S You know what it's made me realize too, what it's made me realize? Is that you don't have to be rich to be healthy.

P You so don't.

[01:01:41]

S And I'm realizing some of these humble, really inexpensive superfoods... And what I love to do for my husband too is I make this black bean salad, and I open up a can of black beans. I love to make beans from scratch, but just when he wants lunch, he wants it now, and sometimes maybe I haven't soaked and cooked beans. But I cut up a bunch of rainbow peppers, maybe like five or six, and maybe a cucumber diced up, or if I don't have that, some of those celery bits, some of those crunchy, crunchy, yummy veggies. And then I open up a sachet of the Safe Catch tuna.

P Yes, Safe Catch.

S And, of course, I actually do a full can of beans sometimes for him, because he's a guy and he can eat all of that. But just do your serving of the black beans. And then I put four caps of apple cider vinegar...

P Yum.

S And then squiggle, squiggle, squiggle the hot sauce and a little onion powder...

P Ooh, that would be zingy.

S A little mineral salt... It's so zingy. And I stir it up, and it's so zingy. He's like, I could live on this. To him, it tastes so alive and so fresh. And he doesn't really love to be given a salad as his lunch, but he just loves it.

P Do you know what I do, and then we'll go, because we're really going on and on about it? Rice and beans, I love rice and beans together, but it really gets a bit starchaholic.

[01:02:57]

S Yes, it does, yes.

P And then you're really putting calories out the wazoo.

S It's like you're going back to your vegetarian, which we'll not go back.

P Yes, and it's just a bit much. I think a big pile of rice and beans probably would put weight on a lot of people.

S Yes, it's like where is your [overtalking]?

P But I love rice and beans, because it feels hearty. But I do cauliflower and beans.

S Yes.

P Cauliflower rice. And it honestly feels like I'm eating rice and beans. Sometimes I'll whip a quarter-cup of real brown rice in there with two cups of cauliflower rice.

S Ooh, yes.

P Then I'll have red beans in there, all seasoned up. I love creole. What were you saying, Danny, before? What do you love on beans?

[01:03:31]

D I like to put beans on tacos.

S No, but he likes Tajin.

P Oh, yes...

D Oh, you can just put Tajin or Tajin, wherever you think you're from.

P Yes.

S Tortillia.

D And if you think you're from Tortilla, from the Island of Tortillia.

P Yes, so good. And that way, you get to eat big.

S Hey, listen...

D Eat big!

S In the first, first, first, first, first, first, first, first book that we ever wrote, the big old encyclopaedia with the baby in the front, we talked about Big Bean Fry-Up. If you feel like you cannot fill your children up, or you just don't know what to... It's like you're running out of groceries. When we were poor, I would just buy the cheap bags of pinto. And I would soak them the night before, and I would just make huge pots of beans and then drain the water out and have them sitting in the fridge, just big, old pot of beans. And then the children, come snack time, they'd just fry them up with all the spices they'd want. They'd get creative, with parmesan and all that. They could go to town and be all Crossover about it. And I tell you what, they thrived on beans. My husband's six-foot... What are you, almost six? Grew up on beans. That's all he did, grew up on beans.

P Beans, beans, beans, good for the heart. Beans, beans...

S Magical fruit. The more you eat...

P Make you... Goodbye, everybody.

S Well, actually, that's not true.

P See you! See you next week.

S The more you eat, the more you toot. That is not true. The more you eat, the less you toot, because you get used to it.

P There you go.

[01:04:57]