



## Trim Healthy Podcast with Serene and Pearl Episode #200 – Can Thanks Be a Weapon

(AIR DATE:11/25/2020)

*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 · J = John · L = Lesley

[00:00:00]

S 30 million women, that's 30 million women, are impacted by weakened or thinning hair. And if you are among them know you're not alone and know that there's a solution you can trust to deliver results. And it just doesn't mean oh my goodness you've got thinning hair disease, sometimes it can just be losing weight too fast.

P Sometimes it can be after having a baby, Serene.

S Yes, yes, yes. There's many reasons.

P There are seasons of life...

S And thousands of women have taken back control of their hair with Nutrafol. With many users raving that the supplement not only transformed their hair but restored their confidence too. Nutrafol offers two targeted formula's which I like.

[00:00:35]

P Yes, these formulas they are clinically shown to improve hair growth so they're not just making claims, they're proven claims that it deals with thickness, less shedding, and through all the stages of life. But listen about this, healthy hair growth it takes time but you will begin to experience thicker, stronger, faster-growing hair in three to six months.

S More than 1500 top doctors recommend Nutrafol as an effective and high-quality solution for healthy hair and I'll tell you why I like this because it's natural. Because most hair thinning formulas on the market today they are hormone-disrupting and they are dangerous for your health but not Nutrafol, it is totally natural and it's backed up by clinical studies

P Can I tell you about one of these clinical studies? Because I'm a study girl, I love them. In a clinical study, 86% of women reported improved hair growth after six months. That's 86%

S So you can grow thicker and healthier hair by going to Nutrafol.com and using promo code trimhealthy.

P You better spell Nutrafol, Serene.

S Yes, I'm going to. It's N-U-T-R-A-F-O-L, Nutrafol.

P .com.

S Yes.

[00:03:16]

P Use that promo code trimhealthy, right? And then you're going to get your 20% off and...

S Yes.

P On every order. Wow, that's awesome. Go to [www.nutrafol.com](http://www.nutrafol.com) use the promo code trim healthy and get your hair lustrous and healthy again.

S This is The PODdy with Serene

P And Pearl.

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

D Sons and daughters, it's the Trim Healthy Podcast with Serene, Pearl and I'm Danny. And we brought some jam for your jelly.

S Jam is jelly, Danny.

P Down Under a jam is jelly.

[00:02:25]

D Girls, don't resist me I'm doing the intro.

S What is a jelly...?

P Jelly is jello for us in the... In Down Under.

S I would like to know. Here in the US, it still confuses me, what is jam?  
D It's jelly.  
S Is it called jam?  
D I think jam is more of the fruity paste versus, jelly is like...  
P What do you mean, you got seeds in it?  
D Yes, jelly is just the gelatin part, clear, no fruit...  
S You're not making any sense.  
P No look, jello to us in Australia...  
D Not jello.  
P Jello is all... Jelly is all jello. In Australia you only have... Jelly is the only Jello.  
D It's the same thing, jelly and jello?  
P Yes.  
D Okay.

[00:03:02]

P But... And jam is anything you put on toast.  
D Yes, yes.  
S Yes, anything you put on toast.  
D Yes, John made a good point. Jam and preserves are sort of one and the same, they're all jammed together in a jar.  
P There's no difference between that and jelly here.  
S No but PB and jelly...  
P You guys have it mixed up, I'm sorry. You didn't get this one right though you love your US, you've given me a great life here in the last 20, almost 30 years. You've given me a great life but you got that one wrong.  
D This is why people yell at you, go back to your own country.  
S Yes, I know, right? Go back. Hey but we've got a little...

[00:03:37]

D Speaking of your own country, it's Thanksgiving week, right?  
P Oh no, we don't have that Down Under.  
S We love the Thanksgiving tradition, we love...

P I tell you... The first Thanksgiving we ever had we came here to the US and we thought it was the best holiday ever.

D You don't have Thanksgiving?

S No.

P We don't have Indians.

D Of course... No.

P We have Aboriginies.

D You know we actually don't have Indians either.

D Since we're not in India.

S No, but what I'm trying to say is they taught...

P Native Indians.

[00:04:04]

S How to do the crops and because of that there was a great yield in harvest and there was corn and there was...

P You're telling Americans, they know this.

S Food on the plates of the pilgrims.

D Wow. Well, could you educate us more about our history?

S We didn't have pilgrims either.

D Aren't you from a prison...

P We had convicts.

S We had criminals and Aboriginies and Maori's and Moriori's.

D I've always found it silly for someone to say kind of like get out of my country because it's like didn't we all sort of just... I mean as world history goes, didn't we kind of...

[00:04:37]

P This is the newer...

D Come to the Native Americans country anyway and sort of...

S Yes, we were Scot's, our original was Scotland, Pearl you and I.

P Yes, why are you saying that?

S Well, I'm just saying New Zealand would kick us out then.

P Yes, that's true exactly.

D My last name is Valdes and it may seem like I'm sort of foreign but my ancestors are Spanish, we were one of the first people here.

S You look like a Spaniard.

P Yes, you could kick everybody else out.

D Thank you.

S You could have one of those red clothes and...

P But anyway, today we don't have very long for an intro Serene, get right to it because...

S Yes, we just came in to do the PODdy so you can go to the potty so that you could go and make your little cakes.

D Your jam cakes.

[00:05:18]

P By the way, Serene...

S Yes your jam not your jelly cake.

P I know that you probably haven't gotten around to it but everyone makes your Guilt Gone Cranberry Pie, everybody.

S I brought everything to lighten it up.

P Well, somebody already lightened it up.

S Oh well good for them.

P Maybe you've got a better way of lightening but this lady said, I'm telling it, it calls for oat fiber and a whole stick of butter.

S Yes, what does she do?

P She said she made it, she did...

S I also have pumpkin puree in it.

[00:05:46]

P One and a half cups of cranberries and she put half a cup of blueberries in there, she said it was delicious but she said she only used one-quarter cup of coconut oil, she said it was fabulous and she used coconut oil instead of butter and she used a quarter cup.

S Okay, we'll try that and I'm going to try and mix it and do a cran-pumpkin and do... Because any kind of puree like that you can cut the fat right down.

P That's true. Not that we're against fat, this is Thanksgiving but if you do want to make it a lot you don't want to be having like that full stick of butter all the time.

S Every morning for breakfast.

P Make it the full-blown one on Thanksgiving though.

S Yes. Oh totally, you do. I guess this is another wee little... I just would like to start with a few scriptures because that's my nature by now if you don't know me.

P Do that.

S I love 1 Chronicle 16:34. It says give thanks to the Lord for he is good, his endures forever. And another one I love, 1 Thessalonians 5:18. It says, give thanks in all circumstances for this is God's will for you in Christ Jesus. And I wanted to stop there and say we all know to be thankful when things are worth thanking, I mean it just comes like an instinct. And we all know to be thankful for the good things like we're thankful for our loved ones and our family and that goes without saying. But I'd like to bring in a PODdy under a microscope and say let's really become thankful people and let's be thankful, like it said, in all circumstances and the Bible also says be thankful in all things.

[00:07:12]

S So I want us to brainstorm together and think about all those things because maybe we should be thankful when we get up and brush our teeth because we have teeth because some people don't.

D Check out these teeth.

S Some grandpa out there's got dentures and he would just wish that he could brush real teeth.

D I know.

S And or maybe you're at the dentist and he's telling you you're full of cavities. Well, yay. Be thankful that you've got teeth to have cavities.

D Man, I'm going to be thankful for my bunny teeth. I always look in the mirror and I'm like look at those little bunny teeth.

[00:07:44]

S Which? Let me see those.

P You've got... Let me see, Danny.

S Oh, that's because you're doing a bunny look...

P Yeah, you've got a... You've got a bunny teeth expression.

S I've never thought bunny teeth when I... Now I do. Oh, that's very bunny but I've never thought it before.

D These teeth could hop down the bunny trail.

S Hey, this is a wee PODdy so I'm going to keep it on a wee track. Okay?

P Okay.

D What do you mean wee?

S Little.

D Oh, tiny.

P That's another thing you Americans do. Sorry, I love you Americans, I married one of course. But you don't use the word wee.

S No, Lesley-Pops does so she's right on...

P Wee, little and you say it's like redundant, you're using two words to say the same thing. A wee little means little, little.

[00:08:22]

D You guys use words that are very weak though, like wee.

P No, wee is strong.

D We're a powerful people.

S Yes, I know.

P That's true.

D He's got his wee this and his wee that and it's like get out of here dude.

P That's true Danny. Touché.

S You've got wee woollen pants on, Danny.

D No wonder you guys don't have a big military.

P Hey, Wee Willy Winky, run through the town.

D Yes, all of that dude. All of that. It's like I'm a grown man.

[00:08:41]

S Hey we do have a military.

P We don't.

S But listen to me. You're talking to the braveheart people from Scotland, they use the word wee.

D Scotland? Aren't you from Australia?

P We...

S Have you got a wee bit of porridge for me?

P Can we have a wee bit of porridge?

S That's right. Braveheart was a sound military, they had kilts and all, Danny.

D A wee bit of pork.

P They don't wear any wee little undies under their kilts.

D No, no.

S You know this PODdy is way funnier than our funny poddy.

P Hey darling, this...

S It hasn't come out yet. We're this close to...

D No, it already came out.

[00:09:16]

P It didn't. This one is coming out first.

S We're such a...

P Oh, is Tim getting rid of that?

D No.

S No, leave it in. Tim, leave it in.

P No, it doesn't make sense.

S That's okay. PODdies don't make sense.

P When you hear the next PODdy next week guys that joke will make sense. Hurry up wee little Serene.

S Right. Colossians 2:6 -7 says so then just as you received Christ Jesus as Lord continue to live your lives in him, rooted and built up in him, strengthened in the faith. And I'm coming to my point. As you were taught and overflowing with thankfulness.

[00:09:46]

S If you're a believer and you're listening to this, our whole main gist of Christianity is to be overflowing with thankfulness. If you're not a believer it works to be overflowing with thankfulness.

P It just works.

S It just works, it just....

P Scientifically, just do it, just Nike it out



S Right? But the thankfulness is wee throughout the entirety of the Bible because why? Because it's a weapon, it's a powerful weapon, it's a weapon against depression, against discontentment, against self-pity, against sickness, against a lowered immune system and it's a muscle. Thankfulness is a muscle, at first it's like oh, thankful, what could I be thankful for? It's like, really putting out your first squat reps and it's hard but it's a muscle and it gets easier and it's almost like you don't even know you're exercising it in the end. It's just... It's so... It happens without effort. So I just want to go on with what we were doing before, brainstorming. We could even be thankful to go to the loo.

P Oh...I'm telling you.

S Some people wear colostomy bags.

D Yes.

S I know but I'm telling you... Can I say this? If you've ever, ever, ever had a urinary tract infection and then...

[00:10:52]

P Oh, you're talking the wee, the wee little wee.

S Yes, I'm not talking the number two's. I'm talking about the number one's, number two's you should be thankful for two but number one's. If you've had a unitary tract infection and then it goes away and you can wee properly that's the other use of the word wee?

D Yes.

P Yes.

S You say pee here but we say wee.

D I know.

S Double use, wee, wee little and we go potty.

P You say to your child you want to go for a wee, little wee?

S Yes, man...

[00:11:18]

D So confused.

S Man, you can be thankful for the urine, the stream of urine that doesn't hurt you and is not barbwire.

D That's real tart man.

S No, I'm serious. Our Dad, he's 80 he's got... He's having some kidney issues but he's going to walk right out of that. But he's been having trouble doing his wee

little wee and he's got a catheter and he would be so thankful to just regularly wee.

D Oh, a catheter on a man.

S Yes.

P I know.

S Oh, and the number twosies too. You should be thankful when you eat right for a good old healthy.. Danny, I know you're thankful for bowels that work and...

D Oh, yes.

S Not bowels that don't work so much.

P He's so thankful, he's speechless.

S What about when we always like... We teach our children and ourselves to be thankful before each meal. Scientifically, even if you're not Christian, thanks before a meal actually helps you digest a meal better, okay?

[00:12:07]

D Yes.

S Jesus thanked God and broke bread, okay? So we emulate him.

P He thanked him before he ate?

S Yes. We should thank when we go to the bathroom too.

D Hey, question.

P Yes, I've always been thankful about that.

D Did Jesus thank God or...? Because I thought this was a train and if it's off then it's off but I just had this train of thought the other day that it says He gave thanks.

S Yes, He gave thanks.

D But think about that, He issued thanks, He felt gratitude. That's something that...

S He didn't have to say, dear Father, thank you for this food.

[00:12:39]

D Well, and so it would seem that it's not the magic of saying oh, by the way thank you, God, okay now my food will digest better. But it's this gratitude invokes the vagus nerve. Is it vagus or vagal?

P Vagal tone but it's a vagus nerve.

D Oh. Gratitude invokes it and turns it on and activates it. And stress turns it off. Like we said in the other podcast, the one that's coming out...

S The very funny/unfunny podcast?

P Yes, funny/unfunny.

D My digestion doctor has a constipation clinic and the way... All they deal with is turning stress off for people, they don't give them... I mean, they give them bitters to help with digestion but they're main 80% focus is gratitude and getting rid of stress.

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

S Serene.

P Hey once again Mama's we are here to talk about Billie, the best razor out there for those days when you want to shave extra smoothly.

S Extra smooth without cuts and bumps and rashes. I'll tell you what, Billie has changed my shaving life. I used to hate shaving, it was a real chore but now it's like oh, I get to use Billie.

[00:13:58]

P Yes. And there's no pink tax. You know how you need good razors if you're a woman, right? But they put a pink tax on them and there's no breaking the bank because you can go to mybillie.com and get the starter kit for \$9, just \$9. It's so affordable.

S Oh, man it's way cheaper than those good razors at the store where you've got to go get the lady and get the key and get her to undo the box to get you a good razor. It's such a hassle.

P No, this is Billie's award-winning razor with two refill blades and a cult favourite magnetic holder.

S And I'll tell you why I like it. Because bing, your razor just like rushes to the magnet on your shower wall and this... It's attached to your shower wall in such a wonderfully designed way and it doesn't fall into the mucky, watery bottoms of your shower where it just gets wrecked.

P No. So go to mybillie.com to meet the razor that made everyone start talking about razors and made Serene and I start talking about Billie and we've never stopped.

[00:14:57]

P And Billie just launched their new limited edition bundles of their best sellers for the first time ever. Christmas is coming people and they make the perfect gift.

S They have great dry hair shampoo and all kinds of stuff so check them out.

P Yes. Go to [mybillie.com/trimhealthy](http://mybillie.com/trimhealthy) and get the best razor you will ever own. Listen I'm going to spell it for you because it's M-Y-B-I-L-L-I-E.COM. It's just \$9 to get your starter kit, plus free shipping, always free shipping. Go to [mybillie.com/trimhealthy](http://mybillie.com/trimhealthy).

S This is The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y. And we're talking about food.

P Get your face right in that microphone, sorry.

S Thankful for the food, yes. But what about thankful that teeny weeny little wee taste buds? Can you imagine some people have had diseases where smell and taste go away?

D Yes.

S I had, probably had the rone's a few months ago.

P You don't even believe in the rones but you had it ?

D Oh, you lost your tastebuds?

S It's like the...I've ever been in a cold or flu but the only reason I knew I had is I lost all sense of smell for like three weeks.

[00:16:08]

D Wow.

S Boy, food was not fun. Thank you God for my wee little nostrils.

D Do you think you really had it...?

S Tastebuds. Yes. So I mean you guys can spell out stuff, I'm just going to keep spelling till you interrupt about little things to thank.

P Okay.

S For the little things because everyone knows about thank you lord for teh Grammy I just won. All the atheists thank God for that.

S I just think what if you're sitting in the grass...

P I love that.

[00:16:38]

S And you thank the Lord for... You just be so thankful for the feeling of life between your hands as blades of grass and just the feeling that it gives you. But

what if you're not just sitting in a park and your children are playing on a fun mom's day play up, maybe your car just like totally broke down and you're on the side of the road but you're sitting in the grass? Maybe that's the time to be thankful for the grass. It's not just under good times to be thankful. The grass is still the grass whether it's on the play day or the jolly old car broke down day.

D Well and we have...

S It's still the same grass.

D Most of us have solutions too, I mean that's something to be thankful for. Even when bad things happen we fuss and feel like it's the end of the world but it's like dude you can make a phone call to an insurance company, or. There so many solutions that we have that we're not even...

S Yes, thanks to the Lord for the phone, sometimes. Sometimes I want to throw it.

P Sometimes it's the devil we thank.

S What about refrigerators? Like people used to not have them.

P Basically you're saying...

D That's the truth.

P All day long you could be in a thankful mode?

S Yes, just water coming out of a tap.

[00:17:41]

P And that's... Like you're saying, it's a muscle, we could practice this.

S Yes.

P Man, wouldn't we be healthy? Wouldn't our digestion be wonderful?

D It would. I struggle with being thankful for the water out of the tap.

S Why because you...? Your ancestors come from Mexico where the water may not have been healthy?

P You heard about Topo Chico, right? That the water they use wasn't healthy.

D Yes but I hate that it's recycled toilet water.

P No but not out here on the hilltop. I'm very thankful for the...

D Well, I'm thankful for your water.

P Deep springs of Primm Springs.

[00:18:09]

D I'm thankful for your water but I wonder if modern water is the source of our disease.

P Oh, it's recycled poop and recycled contraceptives and recycled everything else.

S Well, you know what you could do? Be thankful for the little filter you go buy at Wally World or...

P And be thankful that it comes out of the tap and then you can put it in your filter, some people used to have to...

D Off-topic but I've always felt like we should design rainwater collection systems.

P Well, in Mexico, when you go there and there's like all the rain catchers on there.

D Do they do that?

P Yes, you haven't been back because you were only three when you left?

D Yes, I was...

P Have you been back to Mexico?

D No.

P You need to go back.

S My husband was raised on caught rainwater.

[00:18:43]

P I go there a lot...

D Yes but all my Dad tells me are stories of cartels and he's like the family wants to see you and I'm like never. Remember the cartel story five minutes ago Dad? You forgot that?

S I have one for John. I have one for John, it reminds me of John because John was the one that instigated this whole thought process in my mind. Even if you're at odds with your spouse be thankful for a good man to fight with because some other people have jerks.

D That's true.

S Thankful for a good woman to fight with because some people have jerks. John, I love it. Can you tell us that whole scenario that you and your wife tell each other when you're in the middle of a good old fight?

D I bet when John gets mad he just squints his eyes and walks away. That's my picture of a fight with John.

[00:19:22]

P No, he doesn't. I know what he says, he's said this before, I love it.

J I... Thank you Serene, that was a very nice compliment.

S Yes, I loved it.

J My wife Dawn and I are... Both of our previous relationships were pretty gnarly, they... it was not good. And so early on we just had this agreement that no matter what, no matter how good or bad things got we would just be thankful for each other. And what has gotten us through many, many, many ups and downs is if we are in an argument, which is not rare...

P I love it.

J It almost always ends up one of us, usually me, saying, I'm just so thankful that you are the one that's going to irritate me for the rest of my life or make me mad for the rest of my life. Obviously, the flip side of that is make me happy for the rest of my life. But it's impossible to expect two people to have a relationship and not butt heads, I mean we butt heads all the time but... And I've just carried that philosophy over to pretty much every friendship. I have... One of the most abusive relationships I'm in is with Lesley, quite honestly. But... I say that jokingly but it's... I don't know that Lesley... Lesley and I get on each other's nerves all the time but I don't know that we've actually ever been in a fight. I'm just so thankful that she is where she is in my life because I don't know.

L Nothing would get done.

[00:21:21]

S Leslie said nothing would get done.

J She was yelling in the background as... But yes, it just doesn't just stop with just my marriage, I'm kind of like that with... I'm like that with you guys. It's like I'm...

P I know, and we irritate you sometimes John.

J But what has served me well thinking that way is it doesn't ever rise to the level of like a problem or a fight with just a stranger. Because a lot of times if you're in a tussle with somebody who you're not real close with I think the emotions get a lot, they're different kinds of emotions, they can get a lot more negative than...

[00:22:07]

J Like Pearl just mentioned me and her. It's like honestly, there's been a few times when maybe the timing wasn't perfectly in sync with what was going on in my day, Pearl would bring something that needs to be done. But I'm just thankful

that it's her bringing that because if it was anyone other than her it would... It just...

S It would be hard to take...

J t's easier to swallow. It's easier to process, it's easier to...

P And me too because if it's two in the morning... Well, you're usually dealing with that but okay, let's say I get up early on one of our launch days and it's five and I get on the Facebook group and everything is chaos, I'm always thankful that John's the one I'm going to go text. Even though I know it's going to be hard because he's already dealing with it.

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

S Serene.

Announcer Support for this podcast comes from Invesco QQQ. Allow us to introduce you to Jeremiah, an ordinary person who shaped the future by putting his money behind the right ideas. Jeremiah has always been a numbers guy from his days competing in the high school math league to now as the teacher who leads it. Jeremiah is also helping to support a cleaner environment for the next generation by investing in an Invesco QQQ. Invesco QQQ is a fund that allows you access to innovators of the Nasdaq-100 which goes to show, you don't have to be a helioseismologist to help harness the power of the sun. Become an agent of innovation, learn more at [Invesco.com/qqq](https://www.invesco.com/qqq). There are risks involved with investing in ETFs including possible loss of money. ETFs are subject to risks similar to those of stocks. Investments focused in the technology sector are subject to greater risk and are more greatly impacted by market volatility than more diversified investments. The Nasdaq-100 index comprises the 100 largest non-financial companies traded on NASDAQ. An investment cannot be made directly into an index. Before investing consider the fund's investment objectives risks, charges and expense. Call 800-93-0903 for a prospectus containing this information. Read it carefully before investing, Investment Distributors Inc.

P Cyber weekend is the biggest mega sale of the Trim Healthy Mama has all year. Instead of just doing Cyber Monday this year though we're starting on Friday just because this year is super crazy with shipping and all of that so we need to just give our warehouse team more time to get your orders in and sorted. So it's going to be three days instead of one but that's just the more the merrier, right?

[00:24:29]

S Oh more, bring it on.

P So what are we going to have, Serene? We have got three new Protein Pleasure Cookies.



S Yes. Oh, the flavors are... Chocolate, chocolate.

P Yes and well we actually call it Choc-Choc. Peanut-Peanut which is double peanut and that is actually my favourite cookie right now.

S I love the Choc-Choc. If you love chocolate well then...

P Double choc.

S Double choc.

P And Cinnadoodle, it's actually... People think well, snickerdoodle. It's a little different, it's just a beautiful, pure cinnamon cookie with walnuts in it. It's to die for. All of these are sugar-free.

S And anchored in protein.

P I know. They can be a mini-meal. You could have one for breakfast with a lovely Trimmaccino, it's perfect. We have got all your standards, all your THM favourites, Baking Blend, Gentle Sweet, all the sweeteners all on sale.

S Collagen.

[00:25:23]

P Collagen, of course. We've got our skincare, we've got our hand products, every single thing. We have almost 200 Trim Healthy Mama products now and every single one of them is on sale. So this is...

S Go us.

P Yes, go us and go you, right? I know some of you wait all year for this. We're...

S Pearl would you talk to them about the Friday?

P The Friday, yes. We're starting... Because we're starting on the Friday we don't ship over the weekends, so the orders... It will just be a little longer because the orders will start getting shipped out Monday. We've got some awesome deep sales here. We've got the beautiful grey mug, not the brown one that some of you said looked like poop colour, the grey one with the beautiful blue butterfly on it, the mug with our GauteMama coffee. That's going to be a combo. Our coffee is usually \$11.99 because it's more than organic, it's the best coffee in the world. Guess what you get with it? With the mug. How much for, Serene? 11.99, you're not paying for the mug.

[00:26:24]

S No way.

P We're giving them a mug.

S No way. And I love that mug.

P I know.

S I'm a collector of those mugs.

P Yes, this one is gorgeous. I'm telling you, you hold it in your hands it's just so beautiful. We've got deep dives on all our merch and...

S We're blowing out our Masculine Prime Cream for only like... Is it 9.99?

P Yes, it's usually like 30 bucks.

S Oh, we're just giving it away.

P Yes and that's your man to feel manly and to feel peppy and to feel energized.

S Hey, that's a gift for you.

P And of course, one of the major things is Trim Healthy Future... the book. The pre-order is all the way through the cyber weekend sale.

S Oh, to catapult you into 2021.

[00:27:02]

P It's the future of being trim and healthy and already so many have got the digital version, even some people have got their hardcover. And Serene I'm just so blown away at the response to this book, I'm so proud of Rashida and I'm just proud of you guys for going and making these recipes like rock stars.

S Yes, I know.

P And the response to the first book was like so overwhelming Serene, we sold out.

S Yes.

P Yes, so we've done... We've ordered a huge amount of books in the next printing, they'll take a few weeks to get done but you should have your hard copy by end of December, maybe at the very worst beginning of January. But here's the cool thing, you get your digital copy straight away for free, you get three months in our membership site for free.

S Oh,nice.

P You also get three extra recipes that Rashida made just for you, an e- book for free. So hey, it is a very nice deal.

[00:27:54]

S Oh well, we're nice people.

P Our customers are the most awesome.

S Oh, I know. This is The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y. So when you're fighting with your spouse and it's awful you just be so thankful that you're fighting with the one that you love instead of fighting with some jerk.

P Who doesn't care.

S And I just want to go on John a little bit more because I love this, I've never forgot this. His beautiful wife who is just so thankful about everything in life even though she is in a wheelchair right now, she is such an amazing, thankful person and John is a thankful person too and he remembers... I don't know if... Delete this Tim if I shouldn't say this but there was a situation in your home where she was having a hard time getting to the restroom in her walker, in her wheelchair and but at the same time John had just broken his ribs on an air skateboard thingy thingy, showing off to his son...

P And hurt his digestive system.

S So he was like totally bedridden too and he was trying to get her to the restroom but he couldn't get to the restroom either and they were pushing this wheelchair like two people pushing a train cart in the wrong direction. And I remember you saying you almost...

J I was literally using her as a walker like I had to...I was hunched over like I was 135 years old, I could barely put one foot in front of the other but she was backing up so that I could use her as a walker and we just busted up laughing. It was the most pathetic thing that if someone was watching us they'd be like what in the world is happening with those two. But it was also like...

S I remember you told me it was like a dance, it was like the most romantic dance...

J It was one of my most cherished moments, I was like... That was one of those moments where... We've been together so long that I love these moments when you can actually fall deeper in love with somebody. And that was one of those moments where it's like at that moment as silly, as it was as much pain as I was in, all of her struggles, we were just trying to get to the bathroom. But it was just... It was probably one of my most cherished moments of our entire marriage because it was ridiculous but at the same time it was necessary and I just... I fell that much deeper in love with her.

S I love that you see because one of his most thankful moments was one of the toughest moments so it's not just when everything's hunky-dory like we saying.

[00:30:20]

P Do you say that in America, hunky-dory?

D We try not too.

S Okay. But I love it...

D Too many y's.

S Be thankful for your hair, some people don't have it to brush.

P That's true.

S Sometimes I'm like oh I don't have time to brush this long hair and then it gets into dreadlocks and takes three hours to brush out and I'm like well maybe I should be thankful. Be thankful that you have a car to fix even if it's broken down. Be thankful... This is one thing I'm thankful for the warm beautiful sun and I'm not talking about the warm beautiful sun on a day at the beach, I'm talking about when something is very hard like the miscarriage I just walked through.

P I found myself just enjoying, sitting in a sunny window with the warm beautiful sun just hugging me, pouring through the window on me and I feel like I can be thankful in this high time for the beautiful sun more than when everything is hunk-dory, Dan. Because it's blessing me more because I'm needing it more. So let's be thankful for those little bit... Even just nature in the hard times, even more than the good times.

S You guys can be thankful for salt.

[00:31:31]

P Oh, I love the salt.

S Just simple salt. Can you imagine you could have all the herbs in the whole entire world but without salt, they'd all be gross.

P I know it.

D This podcast could go on for like 47 years.

P It could but it's...

S Be thankful for Gentle Sweet people.

P YES!! Like it's Thanksgiving. What would we do without Gentle Sweet...?

S We'd always have guilt.

P Before we had Gentle Sweet it was so hard to get them right.

S Yes.

[00:31:52]

P Thankful to me for inventing Gentle Sweet.

S Thank you Pearl, you were smart.

D Nine years later we're like microbes, thankful for microbes at every cellular level. Let's take them all at once. First of all, the upper dermal level, we're thankful for skin. Skin.

P Yes, well true, we're thankful for the bacteria in your mouth, they found that this is just a little rabbit trail. But my friend Karen who I talk about here a lot, she brings me some interesting stuff. She was saying Pearl my husband's blood pressure, it's amazing, you've got to try this with Charlie. She found out, she read this article that mouthwash, Listerine and types with that special thing they take down the bacteria in your mouth. Well, interesting, they found that... They did this study and they gave people that...

S Listerine every day of his life.

P Yes, if you swish Listerine it stops this bacteria in your mouth which lowers your natural nitric oxide. If you swish it away blood pressure rises because your body's natural way of lowering naturally is not there.

S Are you going to call Dad or am I?

P You can call him.

D Calling my wife.

[00:33:00]

P So if you have high blood pressure and you don't know why, can you get off the Listerine because you're... Some of the things we think we need to get away from our bodies, right? Just like...

S There has to be the whole reason for this PODdy.

P Stop the child eating dirt. No, let the child eat dirt.

D Let the child eat the dirt.

P Don't swish that Listerine in your mouth, maybe you'll have cleaner teeth but you're getting rid of really essential bacteria.

D Yes, we have way too many products in this country.

S Yes.

P I mean, there's the alcohol hand sanitiser too where people overdo the hand sanitising thing and they don't have a natural defence.

S It's a wee little PODdy, we're 24 minutes in. Can we go around the room like a little church group and say what we're the most thankful for?

[00:33:38]

P Yes, love.

S This year.

P Oh this year, what we're thankful for?

S This year. But if you have some other things to brainstorm and throw out you can, like what you're thankful for. I'm thankful for talking, just in the group. It's fun, it's just fun. I remember when my husband's father died and it was just really like a very mournful time, he passed away of cancer in a very tragic way. But I remember... So we were all just sitting around the living room and we started talking and the talking helped and then we started talking more and then we started laughing, we started laughing more. And just up to five hours of just sitting around and talking. We were all kind of like we could all go to sleep and smile. Talking is so healing, talking is beautiful. Conversations, people, community.

P That's huge. There's so much to be thankful for, it's hard to pick just one and I'm sure like hopefully all our listeners... If you had to pick just one... Oh, we've got incoming...

S It's all right, we're thankful for the incoming.

P I don't know. Well, I guess the one that pops into my mind is I guess I'm thankful... Well, we had our third grandchild this year and I guess I'm thankful... I'm thankful for my husband in his Grandpa-ship. Like, I don't know. It just astounds me that God could have given me this guy's who's such a beautiful Grandpa and who loves this time of life so much. It's a blessing to me every day because, I don't know, I guess that just pops into my head. I'm always astounded how much he loves our grandbabies.

S He's a baby whisperer.

P He loves the babies and it blesses me, it just blesses me. I'm... I like to think of myself... I call myself Prissy, as a good grandma but I'm nothing compared to his mental level of Grandpa-ship. He has a gift.

S Yes, he does have a gift.

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

S Serene.

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hall. Available in three amazing colours the whole family will love. Visit [surface.com/laptopgo](http://surface.com/laptopgo) for more details.

S This is The PODdy with Serene and Pearl. Get it right, it's P-O-D-D-Y.

D Of course, I'm thankful for my family big time, they're just incredible little creatures that think I'm way cooler than I am. My brother sent me this and it made me think about how the root of all gratitude and joy is letting go of the fear of death. And it says... This guy wrote, it's a doctor, he wrote 100% of us will die, the fear of it can only diminish the light we produce and witness in life. Death is among the most beautiful of things. It is the moment... It gets a little deep. It's the moment your energetic spiritual identity chooses multi-dimensional flight by letting go of this moment that we call a body. Which sounds deep but man, that's so good. If you think about that, that in death... if death is a beautiful thing if it's not something... If it's not the great horrible thing of planet earth but it's actually...

S So it has no sting... It has no sting when you know where you're going. Yes.

D Yes. And so to let go of the fear of death.

S You're thankful that you've reached that this year?

D Yes.

[00:37:39]

P That's great.

D Yes because you can... You get flooded with courage and gratitude and... Think about that. Even if your own death is not a bad thing, there's something to actually look forward to.

S Well, you'd love more deeply then because you're not so self-protecting.

D Yes.

S You're more about others and...

D Death is no longer death.

S And this is a huge thing for Danny because last year he was walking through the dark robe of the fear of death.

D The valley of the shadow of death.

P Yes, for real.

[00:38:13]

S That's huge. I'm thankful for... I'm actually super thankful for the honour of giving life to two beautiful babies that are in heaven. I feel... Actually, whenever I think about the two babies that are in heaven I feel... my biggest feeling, more than the... Even greater now than the desire to hold them is thankfulness.

P Wow.

S Thankfulness that they have life.

P So that's your crown of 2020?

S Yes, my crown of 2020.

P Two beautiful babies.

S Yes, two beautiful babies. I feel so, so blessed. Just honored, honored that they... That we got to bring them life.

P You know what I think 2020 has also done? It made us... Like you're talking about all the little things here, right?

S Yes.

P I think it brought a sense of gratitude for the little things that were taken away for so many of us. Like remember toilet paper? Remember you Serene wiping your bum bum with little bits of this and that for a while?

S Yes.

[00:39:15]

P How you love toilet paper now? How going to a restaurant now for those of us that can. It's just so incredible, right?

S Yes.

P We really love the restaurants and love the people that work them. All those little things that got stripped away. I think so many of us realized, man we have got so much to be thankful in our lives because when they're taken away it's a bit yikesy.

S Yes, exactly.

P Even when they're taken away I think you're saying to us there's so much more to be thankful for...

S When you realize what's really important, right? I've actually been trying to find a midwife for one of my friends right now and it's been a hard go of it because they're all booked up because of all the quarantine babies.

P Oh, really?

[00:39:59]



S There's a lot of good coming out of this 2020. A lot of good.

D And we're thankful for you podcast listeners. Oh my gosh, you're still here after all these years?

S Yes, and happy thanksgiving to all Americans. For all you Down Underians that listen, we love you too.

P Yes, all you jelly eaters.

S All you jam eaters.

D We've got to hear from you.

P No, I was talking about the Americans first.

S Oh.

D Hey, can we hear from John and Lesley too?

S Let's hear from wee little John and Leslie. I was thinking about having her.

J What I'm thankful for? Aside from the obvious wife, children, family, this year...

S Any white children for John.

D He said wife, children.

J And dogs

[00:40:44]

J This year I always have been but I am so laser focused on the network of people that I have around me. I have... The people that I purchased my food from that nourishes my family, the people that I get to work with, I had my eldest son get married a few months back and I saw a community of people come around and I mean Lesley, the one and only Lesley provided the venue for the wedding to happen. And this has been a challenging year, they had to postpone the wedding a couple of times and... So just the network of people around me is just... It hits me every single day. It's like I could... The entire world could fall apart, the retail commercial world could fall apart. In some cases it is falling apart but I don't need any of that because I don't need that for food, I don't need that love and comfort and shelter or anything. I've got this network of people around me that somehow, some way everything gets taken care of and gets dealt with. And before Lesley gets going on her thankful list, I did want to say that this particular episode that you're listening to happens to be the 200th episode of this podcast. 200!

P So that's a big thanks, like Danny said to our listeners too. That you guys would just keep tuning in to these shenanigans.

[00:42:15]

J Oh, my gosh, I just think about this, what in any of your lives, what have we done consistently? 200? We've never missed one!

P I know, we've made it.

J We've gotten this done every week for 200 weeks and that's just... It just blows me away, so I'm very thankful for that as well.

S Go Lesley Go.

L That should have been the end though shouldn't it? I have to follow now 200 episodes, I'm thankful for that opportunity John.

S That's right.

L This is really maybe super basic but I am just thankful for a simpler life. Since I came away from the music industry I have no regrets of that time, it was wonderful adventure, camaraderie, travel all those things. But I feel so much more whole and fulfilled and I love the routine, I never thought that those words would come out of my mouth and even the little c created an even more of a simpler life for a minute there.

S True.

L Oh yes, they have but like I always say to friends and colleagues or like past, present, future folk that I love what I'm doing now. It's all out of my wheelhouse but it's just so manageable and awesome and for two wonderful, wonderful ladies. So I'm thankful for you two.

[00:44:36]

P Thank you, Lesley. We are so thankful for you and for all in our community.

P And you guys, we feel you when we sit in this room. You might as well be here.

S I know.

P Because we feel like you're in with us, talking with us and that we can come to you every week. We share our...

S We share too much.

P And we share too much and the hard stuff and the good stuff and the fun stuff and our ridiculous stuff that you just patiently wait till we get to some meat some time. Thank you for you and the love that you've embraced us into your hearts.

S Yes. Go off and make your pumpkin pie. See you.

[00:45:17]