



## Trim Healthy Podcast with Serene and Pearl

### Episode #201 – Laughter Therapy

(AIR DATE:12/2/2020)

*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        You're wondering what to give your child this year now the holiday season is coming and we're starting to think about all that. I tell you what, Literati Kids is a subscription book club that sends five beautiful children's books to your door each month, handpicked by experts. Now, this, in this screen age, is such a wonderful turnaround, and it's so exciting, because instead of just getting one gift, each month they get a gift. It's 12 gifts in a year and five books are in these boxes. The boxes are designed to look so appealing.

P        Yes.

S        Personally, I have ordered these boxes for my little girls, and when they come, it's not like this mailbox, it's beautiful. It's this magical blue, and there's so much excitement about it, just even the look of the box. This company's done a really great job.

[00:00:55]

P        And, Serene, it really creates an excitement for reading, doesn't it?

S        Yes, it does, yes. And they have little presents too inside the box. And my girls, in one of their orders, they got a magic pen that they could write on things. And it was invisible, but you put it under certain lights, and then you could see there what they wrote. And there's always personalised stickers with their names on it

so they can put that on their books. It's really fun. But I love the fact that there is so much variety too.

P Literati Kids has book clubs for children ages zero to 12, and each club has age-appropriate selections tailored toward your children's needs. It's really tough sorting through millions of kids' books released each year, trying to find engaging stories for your child, but Literati Kids take care of that. Now, if the box comes, and those aren't the particular books you think would be appropriate for your child, you can send those back.

S And then you don't have to pay for those ones, so there's no skin off your nose. And I really love the toddler section for my toddlers. I also have gifted them Literati boxes, and they have beautiful, really engaging books.

P Gift subscriptions are available for one, three, six or 12 months of books. So it's not like you have to sign up for a whole year. It's just a great way to keep the holiday feeling going through 2021, whether you're gifting a niece, a grandson, a friend's child or your own child. So go to Literati.com. We should spell that, because it's like the word Literature. L-I-T-E-R-A-T-I dot com. And that's slash trimhealthy for 25% off your first two orders. And pick your kid's book club gift today.

[00:02:39]

S This is the PODdy with Serene...

P And Pearl.

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

D Silver bells, silver bells, it's Christmas time in the city.

S You know what he reminds me of? There was once this one... You know that Christmas Carol that is really hard to reach the notes? I think it's Fall on Your Knees.

P Fall On Your Knees...

S Yes, only opera singers or really like Celine Dion's should be able to sing that, should be allowed.

P Wait.

D Nat King Cole.

P I'm not finished.

D Unforgettable...

[00:03:20]

S But that's actually good.

P But that's not...

D In every way.

S He actually...

D And now Nat King Cole's daughter...

P Unforgettable...

S He actually has it down.

P Not so good.

S No, he's brilliant at that. But he wasn't brilliant at the first one. That was a real bomb. But I want to say he reminded me, in his bomb ship of that first carol, of this guy. He thought he was so great. He was singing Fall on Your Knees, and it went viral. And the guy was serious. Man, he was serious. He was singing at this talent quest. But every note cracked like the worst crack you could ever imagine in your nightmares.

[00:03:54]

D Fall On Your Knees...

S Yes, it was so bad.

P But this is what I don't get. It's too early for the Christmas songs. I refuse...

S I believe to sing them in June, Danny.

P No.

D Boys and girls, it's the Trim Healthy Podcast with Serene Allison, Pearl Barrett, and I'm Danny Valdes. And we're here again to butter that biscuit.

S Yes, because butter is...

P Yes, buttery, and Lesley-Pops and John are here, as per usual.

D And we're not talking about plant butter. We're talking about udder butter.

P Udder butter.

S I love it. But back to the point, Pearl, what made you the gestapo of Christmas carols?

[00:04:36]

P I feel like I have a good sense of balance in life. Actually, if one could say what is one of Pearl's talents? We can't all be talented at everything, but I know my talents. I don't even like pushing them forward.

S Putting me in my place, is that one of them?

P Yes, but I know I have a good sense of, generally, what is a good, balanced approach to life. And I have a perception of what will be well-received, what's over the top, shall we say. Christmas Carols before Thanksgiving, on Pearl's...

D Barometer?

P Yes, on my barometer, and my barometer's so on, it tells me no.

S It tells you no?

P It tells me don't do that.

D That Christmas Carols should not be done before Thanksgiving?

P That's what Pearl's barometer says, and Pearl's barometer, I will put that barometer next to the most accurate barometer of the world.

S Well, let your barometer zing and ding, because I pride myself in being totally unbalanced.

P I know. You put too much cumin in everything, and I always try to pull you back off the cumin.

[00:05:43]

S I will be creating, I will be sewing, I'll be making something, and she's like, there's too much cumin on this blanket.

P It's a word for Serene's life too much cumin. But I love her for it.

D Pearl, what if you're off? What if it's all about breaking the mold? What if it's getting out of the circle?

S It is wisdom.

P Even getting out of the mold is on Pearl's barometer, because I don't like molds. Pearl's barometer says being out of the mould is a good thing. Don't follow like a sheep, says Pearl's barometer. But also don't be obnoxious.

D So maybe you want to save, because I get it, because on the one hand it's like, you sing what you want when you want, but on the other hand, perhaps it's more magical if it's within the proper container.

P Yes, because it's more special, and you don't get tired of it. Here, I'll say another thing.

[00:06:26]

S I find the magic... Every day is Christmas.

P We're going to get into some really good meat here, and it's going to be funny meat, hopefully, because we have a title...

S But you can't call meat funny.

P No, okay.

D Funny Meat. That's my nickname.

P But I'll say another thing, I'll admit this to you, but then I've had some... I guess I have felt a little bit chastised by the Lord about this, but these are my thoughts and feelings. When I go to a Christian service of a church service, a modern Christian one, and the one song takes 12 minutes, and you repeat it over and over and over again...

S Oh, no, I like it.

P No, my barometer...

D The worst...

P Pearl's barometer says you could've finished...

S You weren't in the Spirit, Pearl.

[00:07:11]

P Seven and a half minutes ago. Must I say that one more time?

S What about in the Revelation where it says, the angels bowed down, and they sing, Holy, Holy, Holy, Holy...

P Yes.

S And I could go on and on and on.

D Yes.

S See, I'm there, Pearl, I'm there.

P So that's why I felt like, Pearl, you should stop being on your high horse...

S There you go.

P And sing those things. But then I thought to myself, well, the angels are looking at God, and they probably have much more of a magical view, and so...

S We're meant to have that magical view.

P I know, but...

[00:07:42]

S Take your barometer and flush it.

P I think the person that wrote the song probably ran out of words, and then we're singing them over and over.

S No, they didn't. They just want you to get in the Spirit. And the spirit of Christmas, Danny. Take it away.

P Fall...

D Fall on your knees...

P Ooh.

S That was like that guy singing.

D Oh, hear...

S But when somebody sings that good, you do want to fall on your knees. It's amazing.

P Yes. Hey, but guess what our topic is for today. Serene called me this morning, Pearl, I haven't had time, what have you got? And I just had this thought, we should talk about the benefits of laughter. Because lately things in life are, for some of us, we're thinking what's going on with 2020, right? What's going on with 2020?

[00:08:30]

D Everybody's really serious this year.

P It's just serious.

D It's a very sober year.

S Not many.

P No, and I just thought we need to break that and just return to laughter.

S I agree. But guess what happens?

D What happens?

S It's the law of... What do you call it when you try and tell your child something, reverse psychology?

P Yes.

S It's the law of reverse psychology. Normally, we'll bring some meat and then start laughing over nothing, and it'll be hilarious, and the podcast will be actually quite funny. I bet you today's will be the most boring....

P Well, don't speak it.

[00:09:02]

S Serious, unfunny, because we're talking about being funny.

P Serene, way to speak it.

S Sorry about that. It'll be hilarious.

P Even if we're not funny today, we can talk about the benefits of being funny. Of not necessarily being a comic, a stand-up comic, but...

S Because sometimes when it's very, very serious, that's when it's the most funny. Because, remember, Pearl, when we used to sing, and for some reason, we would have to do well for the record company. And they'd advertise the event, and they'd want to bring in, I don't know, whatever they wanted to bring. They wanted to sell the merchandise. They wanted it to be a good event for their town, city, whatever was going on. They wanted it to be successful. Well, you and I, because the pressure was on, we'd find it so funny that we would get the giggles in like the second song...

P Onstage.

S Onstage, and not be able to pull it back, rein it in. And try and try and try.

P And the more you realise, like, this is serious, get it together, girls, because people are here...

[00:09:59]

D Well, you're lucky you're not...

S There'd be like a thousand people in the audience, and Pearl and I would just be splitting ribs and not be able...

P No one else laughing, Danny.

S No, nobody.

P Have you had that?

S And you're like, okay, this is serious. You try and think of serious things. You try and think of very serious things. And you can't get it together.

D Yes, I've had that. I went and did an open-mike night. There's nothing as painful, ever, ever have I experienced anything as painful, as that night.

P Really?

D It's one thing to not...

P You didn't get people laughing?

[00:10:29]

D Look, I tell jokes all the time that no one knows is a joke. So sometimes people laugh, sometimes they don't laugh. But there's no pain in that, because I never announced, prepare to be amused.

S That's what I was trying to say, we were announcing. This wasn't a...

D Yes, so when you go up to an open-mike night for stand-up comedy, it's already an announcement that you are to be funny, and get ready, people. You're putting

the mike to your mouth, and you're saying by that motion, get ready to laugh. And when no one laughs...

P Ooh.

S That's why Mother's Day's such a hard day for most mothers, because it's prepped in her soul that today must be filled with love. And if it's not...

D That's true. That's right.

S Oh, my goodness.

P I'm telling you, though, Danny, you are one of the funniest people I know, but only naturally. I hear you tell jokes, and I usually don't laugh at them...

D No, they're bad jokes.

P But I laugh at you, not at your jokes.

[00:11:21]

D Thanks. It's good to be laughed at.

S Yes, I don't actually laugh at jokes. I hate jokes.

P Some are funny.

S No, I only laugh at things like when somebody walks out the restroom and there's accidental toilet paper trailing their heel for a good hundred yards. That is funny.

P Let's get on with this, guys, because we are eight minutes 51 seconds in.

S Well, can I just say a good old Scrippy?

P Oh, you're going to bring the Scrippies first?

S I'm going to bring the Scrippy.

D Serene, we're trying to laugh.

S This is good. It's biblical to laugh.

P Yes.

S Do you know that God...? Danny, I'm going to give you a Sunday school lesson.

[00:11:50]

D We're going to have to hear about the plight of the unrighteous.

S Listen, we're talking about laughter as therapy, right? That's the title of this whole thing.

P Yes. No, it's true, Serene. Bring the Scrip. Come on.



S Who's the Great Physician?

P Jesus.

D God?

P God.

S That's right. It's the same thing, anyway.

P Yes.

S So tick for both of those.

D Maybe. Let's go to theology school.

S Proverbs 17:22 says, a joyful heart is good medicine. That's what the Great Physician says. A joyful heart is good medicine. But do you know what the Great Physician says?

[00:12:20]

D What's He say?

S He said, but a crushed spirit dries up the bones.

P Yes.

S So laughter does you good, but a stuffed-up, you-take-life-too-seriouslyness, that dries up the bones.

P And I brought so much science to back up what you just said.

S You brought science, but I'm going to say some Scripture. And I brought science too, but you go with the science, but I'm going to say a couple.

P Oh, keep going on the Scrips. I thought you were done.

S No, but I love the NLT. The New Living Translation renders Proverbs this way. I love it. Proverbs 17:22. A cheerful heart is good medicine, but a broken spirit saps a person's strength. That's unbelievable. But just a little bit of science before I go to another Scripture too. Do you know that there are certain treatment centers, nothing to do with religion they're just total medical facilities, that are starting to do what we titled this whole thing, laughter therapy? They're starting to do laughter therapy because they realize that it fights depression, it fights stress, it fights diabetes, and it burns calories. And Pearl's going to bring the actual research to you.

P Yes, I am.

S It helps arteries, it boosts blood flow, it actually lowers healthcare costs, because people actually get well when they become... People that...

P Can you let me say all those points one at a time?

S Okay, but let me go back to the Scripture, then, and just stick to what I'm good at.

P All right, you stick with your Scriptures.

S But I also want to do, this is not a Scripture, but it's not necessarily research either, so I just want to say it, I believe that laughter carries people through hard times where they normally would fold.

P Yes.

S So laughter isn't just about a good joke, it's not just about when you see something funny. Laughter is an anchor. Laughter is what you do when times are tough, not just when you hear funny.

[00:13:59]

S And so some more Scriptures. This is the day that the Lord has made, the good old golden-oldie. Let us rejoice and be glad in it. Psalm 118:24 was that was. Psalm 126:2, we were filled with laughter, and we sang with joy, and the other nations said, what amazing things the Lord has done for them. We have so much to be thankful for, so much to bring us to laughter, but we just have to look deep.

S Proverbs 15:13, a glad heart makes a happy face, a broken heart crushes the spirit. Just a couple more. Proverbs 15:15, for the despondent, every day brings trouble. But for the happy heart, life is a continual feast. Let's just think about that. It didn't say that their situation was different. It just said, for the despondent, meaning the outlook. If your outlook is despondent, every day will be trouble.

P Yes.

S But for the happy heart, that same day is a continual feast.

P That's so good.

S That's huge. Actually, I'm not going to go down the list of Scriptures, because it's just going to put it... I'll just shout them out in-between your stuff.

[00:15:02]

P Yes, shout them out when they go. I want to say something right there, because when you said that, over a century ago, and now I know that the Word is the ultimate in poignant things that we can bring, but William James was an American physician, a doctor, a philosopher, educator, who many consider the father of modern psychology, said this, we don't laugh because we're happy, we're happy because we laugh.

S That's so true. And you know what, he wasn't all that wise. He just copied the Bible.

P Yes, I know.

S He just copied good old Proverbs 15:15.

P Exactly.

S Copyright fraud.

D Plagiarism.

S There you go.

P But it is so true, though. And so I'm going to talk a bit today, I looked into a whole bunch of studies about, Danny, get this, forced laughter.

[00:15:49]

D I believe in it.

P So there's hilarity laughter, when it just spouts out of you because something is funny, and it has all these health benefits we'll talk about today. There is actually something called Forced Laughter Therapy, where you actually tell yourself, okay, I'm going to laugh now, and the things it does for your body is mind-blowing.

D Sure.

S Listen, we have an aunty called Aunty Kate, and she's one of my favorite aunts in the world, because we have this little game... Pearl, I don't know if she played it with you. She played it with me. It was actually at a time when she was just left by her first husband. He just left her high and dry. They lived on the Alaskan border, up there in the freezing, and he just left her for some cowgirl. He was a cowboy. Left her for some young cowgirl and left her in this cabin, freezing, no firewood chopped, no nothing. She came down to live with us. But I'm just telling you that was the scenario of this situation. And when she was living with us for that season, she used to do this thing. She'd come sit by me, and she'd just open her mouth as wide and hilarious as possible, think of the most hilarious jaw cranked open on purpose, and she would hold it there until the laughter came. And she'd say, do it. And she'd have me do the same thing. And we would just be, ugh, ugh, ugh, ugh.

[00:17:01]

S If I could just show you my hilarious face right now, you would start laughing too. But it was a forced laughter. But I don't think she knew that it was good for her. She just did it. It was instinct.

P On instinct somehow, to get her through.

S Yes, but she did. She got through with hilarious humor, and now she's married to a wonderful man, has a beautiful daughter.

D I laughed so hard with my wife one night that I busted a blood vessel in my neck.

P You did?

D On the right side, and it still hurts.

S Hey, this is all about laughter actually being medicine.

P Laughter is actually supposed to heal you.

D No, it hurts sometimes.

P It does?

[00:17:33]

D Yes, it does. It was out of control. It was absolutely out of screaming control. And I was nervous because I couldn't breathe, and I was like... It was mixed emotions.

P Well, the benefits of laughter are believed to be rooted in our nervous system. By putting the cart before the horse with self-initiated laughter, you tap into an innate feedback loop in your body. Any type of laughter simulates diaphragmatic breathing, activates your parasympathetic nervous system and triggers the vagus response.

S Hey, if you read that slower, people wouldn't even know you're reading that, and they'd take all that intelligence you're reading and pertain it to you.

P Okay.

D Yes, I would've read it in my natural voice.

L Yes.

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

S I'm Serene.

[00:18:22]

P We're so happy to talk about Butcher Box again. Butcher Box is all about natural, clean, pristine meat. And every month Butcher Box ships a curated selection of high-quality meat right to your home. All meat is free of antibiotics and added hormones, much of it grass-fed and wild.

S And you know what, each box has 9lb to 11lb of meat, enough for 24 single serves, packed fresh and shipped frozen and vacuum-sealed so it stays that way. And you can customise your box or go with one of theirs, which I love, because what if you just want something different than just a regular old box? You want to custom-fit it, you can.

P I thought you said you love what is theirs. No, I could never imagine you doing that. You're customising, mate.

S No, I love the fact that they give you the option of either. I love that. Either way, you get exactly what you want. It's the best meat shipped right to your door.

P Yes, options like 100% grass-fed and grass-finished beef, listen to that finished part, that's important, free-range organic chicken, heritage pork, wild-caught Alaskan salmon, which is my favorite.

S Oh, wild-caught Alaskan salmon.

P I love that stuff.

[00:19:27]

S And sugar-nitrate-free bacon.

P Yes. And Butcher Box, really, it's actually the most affordable and convenient way to get your healthy, humanely-raised meat.

S Do you know, Pearl, that you get this high-quality meat for just around \$6 a meal? That's cheaper than half the fast foods.

P Yes.

S Wow, Bacon for Life is back. Right now, new members can get bacon for life when they sign up. Just go to [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy).

P That's a package of free bacon, natural bacon, in every box for the life of your subscription, when you go to [butcherbox.com/trimhealthy](https://butcherbox.com/trimhealthy).

S This is the PODdy with Serene...

P And Pearl.

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

P I want to talk about your vagus nerve. We've talked about your vagus nerve here.

[00:20:18]

S Just a lesson in teleprompter reading.

P I'm not reading this now. That's why I sound more normal. What did we find out? What stimulates the vagus nerve? The greatest thing is love. It's the vagus nerve stimulator. When your vagus nerve is on, it turns on your immune system, it turns on healing powers in your body. It turns off your diseases, all sorts of things like that. But laughter, hilarity, actually strong laughter, the stronger you laugh, the more it turns on your vagus nerve.

S I love it.

P Smiling turns on your vagus nerve, but not near as much as laughing. Yes, Dan?

D My gut doctor guy that was very instrumental in helping my body heal has a clinic, with another doctor, that they do together monthly, and it's called the Constipation Clinic. And I said, do you have all kinds of clinics that you do like this, little clinics? And he goes, no, just the Constipation Clinic.

S I love it.

D And I was like, why the...? So this is a huge issue, it's a big enough issue that you guys have an exclusive clinic for constipation? And he said, absolutely, you would be shocked at how many people. And I said, well, what's the solution? What are you doing in the Constipation Clinic? He goes, all we're doing is teaching people how to remove stress out of their lives.

[00:21:41]

P Right.

S Listen, you try and laugh and hold your sphincter tight. It doesn't work.

D I'll try right now. Nope, it can't be done.

P Your sphincter's always loose, Dan-Dan.

S Hey, listen, do you know, with 15 minutes a day, with 15 minutes of laughter a day, just 15 minutes, and you can laugh a lot more than 15 minutes a day, you're burning 40 calories.

P Yes.

S No, they say you are.

P I actually looked that up, and mine said ten minutes, Serenie.

S Oh, okay, well, let's go with ten.

D Maybe that's why I'm so thin.

[00:22:07]

P I know, you're always laughing, Danny, you are.

D I'm constantly laughing.

S So 15 minutes a day, that's just 4lb in one year.

P Doing nothing but laughing.

S What if you keep going and laughing for the next decade and more? You might disappear.

P Laughing also...

D Did you mean to rhyme? Is it poetry time? I just rhymed.

P Not to mention what it does to your abs. Laughter is one of the best ab workouts. You know how you hold stomach when you laugh so much?

D Sure.

P Because your abs are working so hard.

S Yes, they call it a deep-rooted belly laugh.

D That explains my six pack.

[00:22:36]

P Yes.

S It tones the belly. It really does. It's absolutely amazing. But can I just say things? Pearl, when you said forced laughter, I really jived with that, and I tell you why. Because one of the things I wrote down here on my little teleprompter is that laughter... Actually, tell a joke. I'm trying to find my spot.

D Tell a joke.

P Tell a joke. You'd better be funny, right.

S Oh, yes. Laughter isn't just expressing your hilarity at something. Sometimes laughter expresses confidence and security in your life. Because in Proverbs, and I love this, this has been an incredible and inspiring verse to me, because I used to be bound by fear, and this is one of my inspiration... You know how people have inspirational things, like in their workout room, they'll have the Nike Just Do It, and the person covered in sweat and determination on their face?

D Oh, yes.

S I would love to have this written on my wall. It's helped me so much. But I have it written in my mind. The woman who fears the Lord is clothed with strength and dignity, and she laughs without fear of the future. And so laughter to me is also my confidence. Ha, ha, ah.

[00:23:43]

P Yes.

S I am confident. And then, of course, in Job, it said, he laughs at fear and is not dismayed. He does not turn back from the sword. So sometimes it's just like, I am so confident.

P And you know what it is? It's an antidote to fear.

S Yes.

P You know how we did that whole PODdy, the Bible says, put off heaviness, put on joy?

S Yes.

P Put off this, put off that, it's all through the Bible, just telling us exactly what to do. You know everyone these days, it's so hip to be present with your emotions. No, just be present with your anger. It's okay to feel that. Everyone's like, no, be one with it, experience it, don't suppress it...

S My barometer's going bam, doong.

P But the Bible is completely different. It doesn't say that. It doesn't say suppress it. It's got a completely better scenario.

[00:24:27]

S Yes.

P It's, put on something else instead of that. So that's what I love...

S Yes, instead of the despondent outlook, you put on the happy outlook, and then every day is a continual feast, even when the day is hard.

P And the Bible says, put on the garment of praise instead of the spirit of heaviness, right. So it's got an antidote for everything. And that's what you were saying, Serene. Laughter is actually something you can put on in place of fear.

S Yes, exactly.

P And what it does for your body... So we know, with one fearful thought, 1,400, I think it is, different stress hormones are released in the body.

S And that's just the one thought, without all the added things that come with the cascade of thoughts that come along with it, yes.

P So it's very bad for your body. People say, it's okay to be fearful, it's okay to be angry. I say, no, it's not, because you're doing your body a disservice.

S Yes.

[00:25:18]

P All these other things that we were designed for, they're okay, because they actually heal our bodies.

S Well, they're redeemed emotions. Anger, fear and all that, they're for the garbage.

P Yes. And I know this is really contrary to what current pop psych tells us, I know everyone's like, no, be one with them, experience them, but I think what you're saying, Serene, it is garbage, because it's hurting our bodies.

S Every time I have gone and just let myself hang out with a bunch of boohoo thoughts, my day's junk. And then if you continue in that, the next day's junk, and the day after that. It is a pitfall. It is not just a little experience.

P So let's talk about pain relief, laughter, how it relieves pain. They actually did a study where they showed people funny movies, Mr Bean was one of them...

S Oh, can I just stop you there? If you guys have not seen, and he can be a little crude and rude, but have you seen the one Mr Bean's Vacation, or something?

P Yes.



D Yes.

S The one where he's at the restaurant, and he's trying to put the big old lobsters in the lady's purse. Funny.

[00:26:28]

D Yes, Mr Bean is classic comedy.

P Yes, it's classic.

D He doesn't reach for just to shock people or to say shocking words or anything. It's pure comedy.

S His face is just a crack-up.

P Classic.

D He's the best.

P So Mr. Bean was one of them. So then they tested people while they were watching Mr. Bean and other things that had them outright laughing. They tested them with pain. So they'd wrap things around their blood pressure cuffs too tight. They made them sit against the wall, you know how you do that squat set and you have nothing holding you, and see how long they could do it, so while they were laughing and actually watching something funny, and then when they weren't. And they tested their pain, how they felt pain, how long they could go with pain. And when they were laughing, it was all significantly they experienced less pain.

[00:27:21]

S Hey, can I just shove a thought in there? That's why when we exercise, we feel pain, and it's hard, and we say, how many more reps? I feel like a dying cockroach. But when the children are playing outside, they're jumping around, my children jumping around in painful positions, squats, all kinds of things, but it's not exercise, it's play, and they're laughing. And because of that, it's not as uncomfortable.

P I know, and I actually want to bring some studies about laughter and exercise together. Serene, you're going to find it very interesting.

S Go for it.

P Anyway, so they found out through these studies that pain thresholds are significantly increased versus when they were just sitting there and weren't laughing. Now, this is a very interesting story. There was a man called Norman Cousins, he wrote a book called Anatomy of an Illness and Reflections of Healing. I'm going to get down to this here. He was blindsided by a sudden onset of this unidentified and crippling illness. He discovered the self-discovered strategy for regaining his health, and he called it the Prescriptive Use of Laughter as Medicine.

P This is a quote. I made the joyous discovery, this was in the 70s, so this is interesting, that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep at night.

[00:28:47]

S Wow.

P When the pain-killing effect of the laughter wore off, I would switch off the motion picture projector again, back in the 70s, to watch Marx Brothers movies. It would lead to another pain-free interval.

S Wow.

P Isn't that interesting? So he actually worked his way out of this debilitating illness.

S Well, we've said it so many times on this PODdy, Pearl...

P Laughter, yes!

S About what our Mum said about the guy who was dying of cancer. He had only three weeks to live, so he got all the funniest movies and thought, well, I'm going to laugh my way out. Well, he didn't go out.

P Yes.

[00:29:15]

S He was healed. It's unbelievable.

P So back to that exercise thing. Where is this study? I just found it this morning. They took a bunch of senior citizens, here we is...

S Here we is.

P Here it is.

D That was precious.

P Here we is. It was a six-week study. Participants attended two 45-minute physical activity sessions per week that included eight to ten laughter exercises, lasting 30 to 60 seconds each, with the regular exercise. So this is interesting, Serene, because of our Workin's, our Workin exercises. And they're funny, right?

S Yes, and our crazy dance.

P And we do crazy dance, and we have all these pictures in the Workin's of ridiculous things, like bullfights and things, just to get people smiling.

S And we're so not funny that we're funny.

P Well, guess what, we didn't know it, Serene, but we're actually smart.

[00:30:10]

S Are we, Pearl?

P Yes. When you laugh...

S I want to tell my math teacher that failed me that I'm smart.

P Yes. When you laugh, when you exercise, all the benefits of exercise are accentuated.

S Oh, bring it on.

P Not only do you get fitter, all the things, like your cardiovascular health, all that goes up, and you can do more, because you're laughing.

S That means I need to exercise more with you...

P Your pain threshold goes down.

S Because Pearl looks so funny when she exercises.

P It's better to laugh. It's not better to frown and grunt and do all that stuff. It's better to laugh when you're exercising.

D Play comedy while you exercise, instead of intense music.

[00:30:45]

P Yes.

S And even people that exercise, and they take it too seriously, I think cortisol gets turned on, they get less results, and they actually can actually put weight on in the middle. And exercise when it's done like the biggest chore in the world, when it's ticked off at 4:30 in the morning and all that, when it's being taken too seriously, it defeats the purpose. We've seen it over and over again with people writing in, I'm in a plateau, I'm in a plateau, I can't lose weight. And we come to find out that some of those intense...

P Yes, four in the morning.

S Exercises that feel compelled, like it's almost like a compulsion, I can't be happy unless I've ticked the box.

P Yes, and this doesn't mean, well, I have to wait until I feel humorous and just want to exercise, because things are going to be funny then.

S Forced laughter, please.

P Forced laughter works too. Dan.

S Well, once you start, and it's forced, you realize what a weirdo you sound like, and that becomes funny.

[00:31:35]

P Yes.

D They have rooms where people all get together and force laugh, and then they're all screaming and crying.

S Do they? I love it.

D Yes, you see this on YouTube.

S Yes, well, just take a good old Pentecostal.

P Oh, we're not...

S I'm just saying, laughter gets a little bit crazy.

P Oh, yes, the spiritual laughter.

S I haven't been to one of those churches, but I've heard about them.

P I've heard about them, where they all laugh.

D I went to one for years.

P Where the Spirit makes them laugh. Oh, were you in one of those?

[00:32:01]

D Yes.

P Oh, the laughter in the Spirit?

D And I hated it the whole time.

P Oh, well, I'm not saying anything against it, because I...

S Yes, no, laughter comes from the Lord, Danny.

P I don't know. Laughter's good in any way, I think.

S I think we need to pray for Dan, have deliverance.

D No, I was at Cuckoo-for-Cocoa-Puffs-Land. It wasn't like people having a good laugh.

S Maybe you were the one that needed delivered, Danny, of your seriousness.

D People had collars and were being led around like animals. It was insane.

S Well, that's a bit psychopathic. I might lock those people up.

P That's a bit crazy.

[00:32:26]

D I kept going back for the entertainment.

P Hey, so let's talk about some of the...

D Sorry, everybody.

P Benefits you're going to get. Let's just go through them. Laughter lowers your blood pressure.

S Yes, it does. Yes, I wrote that down on my tick-box too. Tick.

P Good for you. We talked about pain relief. Let's pass that one. Let's go to the next one, which would be...

S We've said it burns calories, raises metabolism.

P Yes. Reduces stress hormone levels. This is huge. Because stress hormones, what do stress hormones do?

S Well, cortisol being the death hormone...

P Yes, but it stops your ability to lose weight.

[00:33:02]

S Yes, and it also suppresses your immune system.

P Massively.

S In 2020, you'd better start laughing, people. You'd better.

D It weathers your face.

S It's a mandate.

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

S I'm Serene.

P Why don't you give your loved ones the most meaningful gift you possibly could this year? And that is a chance to tell their stories and share their memories using Story Worth. I have done this, and let me tell you, if I could think of one gift that has given my family more laughs, more tears, more togetherness, there's nothing more that has brought all these things to us than Story Worth. I gave this to my husband, because he's not much of a talker, and he doesn't sit there and yarn and tell his stories. So we thought, well, let's give him this gift, and he can just write these stories down. And so he filled a whole book and gave each of his children one.

S Well, they send you back this beautifully bound, gorgeous keepsake book.

[00:34:07]

P You don't write in the book. They send you questions, or you make up your own, and you just write. And then Story Worth makes it into a beautiful book. And each of my children have one now from their father, and it's their most cherished possession.

S It's an amazing way to engage with family in a deeper way, especially those that, like you said, are more quiet, or people that you don't really see in person, but you love, and they're across the oceans or states away. And it's just a beautiful way to stay deeply connected. Every week, Story Worth emails the family member or great friend that you're sending this gift to, and they prompt them with questions that we may not even think to ask.

P Yes, like how has your life turned out differently than you imagined it would. My husband took that question, and he wrote that, and it was so really interesting for the children to hear, because he wrote about how he never thought... He had things in his life that he wanted to accomplish and all of these goals for his career. And in the end, being a family man was what has given him the most peace, the most reward. And it was just beautiful. He named all the children. It was just so incredible to hear how that part of his life was something he never expected but the most cherished.

[00:35:26]

S And I think the other thing is you can actually, if you have particular questions that you want answered in the story, you can pose those too, and they will prompt the person that you're rewarding with this gift, will prompt those questions as well.

P After one year, Story Worth will compile all your stories, including pictures, if you want. So let's just say the person doing this has pictures of the story you wanted to tell, or just pictures of when they were younger, they can put those in. And then it becomes this beautiful keepsake book that's shipped for free.

S It's like a domino effect. It's the gift that keeps on giving, because you gift this loved one this present, but they're really gifting it back to you.

P It comes back to you, absolutely. And it's a legacy. I can see this book that my husband, Charlie, did, it will go down the generations. His grandchildren, his great-grandchildren will read about their grandfather, great-grandfather, great-great-grandfather and understand things that they never would've known.

S And in a way that lasts too, because it's not scratched on some old piece of paper that's going to fade in time. They're made in a way that can go down the generations. So get started right away, with no shipping required, by going to [StoryWorth.com/trimhealthy](https://StoryWorth.com/trimhealthy), and you'll get \$10 off your first purchase. That's [StoryWorth.com/trimhealthy](https://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.

P John. John wants to say something.

S Oh, he always goes to Danny.

P He doesn't want my spit. He'll take a boy's spit, but not Pearl's.

S Yes, he reckons only girls give corona.

J Things are turned around here.

P See, that was funny, Serene.

J Sorry, Danny. So on a previous podcast, we talked about speaking to your waters, right. (Episode 71)

P Yes.

S Yes, we did.

[00:37:16]

J Masaru Emoto, who is the Japanese researcher that actually photographed under microscope water molecules that were exposed to love, hate, frustration, different types of music, and that research is out there for anyone to look at, water molecules definitely are affected by emotion. The Emoto experiment, I think we talked about that on the podcast, and it's been done in Asian grade schools for years, where they'll take two jars, both with water and rice in it, and in one jar they'll have the kids speak love, positiveness to it, the other jar they'll speak negative to it.

P Yes, our kids did it.

J And every single time, the negative jar moulds. And so that's proof positive that positiveness scientifically, physically affects water molecules beyond a shadow of a doubt. So it would stand to reason that since we are mostly made of water, if our moods are affecting the water, and we are made of water... There's other molecules as well. There's not just water molecules inside of us. There's all kinds of molecules. So it just stands to reason that, just getting down to a real, basic scientific level...

S Yes, and if laughter is the very expression of those positive moods, can you imagine how much more the expression, even more than the thought, the thought with the expression...

[00:38:59]

J And I think it's really interesting, anybody listening, just go and look at the work of Emoto, Masaru Emoto, and look at some of the photographs that he took. And he'll show you, here's a water molecule that... And he did it on certain words. Let's say there was a positive word or a phrase, I love you, and you can see the molecule is just arranged so beautifully, it's like art. But then you take that same water molecule, and you do exactly the opposite, and you tell it you hate it, and you scream at it, and the molecule starts to come... I don't want to say come apart. It just arranges itself differently, and it looks chaotic. These shapes look very similar to what a snowflake looks like under a microscope, so you've got these beautiful, geometric, perfectly aligned and balanced shapes in the positive settings. In the negative settings, they're chaotic, and they're not symmetrical, and they're all disjointed.

P I know. And then, John, think about that, what you're saying, right. It's pure science, it's been replicated over and over and over, and it's proof.

J You can do it in your kitchen with your kids.

[00:40:06]

P Yes, so what about the pop culture right now that always says, be present with your emotions no matter what they are. It doesn't add up scientifically.

S I think that just says, don't grow up, be an immature brat. I think that's what it's saying.

P Well, it's going to hurt your body.

S Yes, be present with your emotions. What if your emotion says, hit your brother? What if that emotion says, spit on your husband?

P Well, that's okay these days.

S What if your emotion says, poop on the floor? I don't know. There's plenty of crazy thoughts that go through people's head.

D I can see where...

S Kick the waitress.

D There is a mindset of running from and stuffing true feelings as well...

P Yes, but I'm not talking about that.

[00:40:50]

D Yes, I know, but for...

S No, I think you should run and resist a true feeling if it's not a redeemed feeling. I do believe that. I just feel like it's something that's twisted.



P I think you be careful, because I know what Danny's coming from. Stuffing is where all this "Be Present" comes from. Because people stuff, and then sometimes it can all manifest later because they don't acknowledge maybe what happened to them.

S Well, they never resisted the feeling. They just...

P Suppressed.

S Suppressed it. So instead of bringing it to the truth...

P You've got to have truth.

S I have this feeling of anger. But, guess what, I'm not created for anger. I'm created for joy, and I'm going to forgive this person. You take that thought, and you bring it to truth. So you never stuffed it. You cleanse the thought.

D Yes, well, I would say that, for example, if someone feels shame because they are verbally abused by their spouse, and that is constant, instead of saying inwardly, that is verbal abuse, and I shall now challenge you to stop, and I shall also now walk out of that, instead pretending that, well, that's my place as a wife, he's the leader of the home, and start to just say these standards that you've said to yourself to not deal with abuse in your life.

[00:42:16]

P Yes, but I think those are deceptions.

D Well, they are, but they're there, is my point.

P I think they're there, and I think, yes, they definitely are there. I think they might be precipitated a lot more, because it seems to me there's a big agenda these days, just what you were saying there, okay, verbal abuse and the churches have...

S Me Too, Me Too, Me Too, Me Too.

P The churches have lauded this big thing that men are the male abusers and the big leader of the home and all of that. I think that has...

S I think women abuse their men.

P I know.

P Can I say this, Serene, because we've got listeners that may be in this situation? I want to say publicly, if you're being abused, I wouldn't stand for it for one second.

[00:42:55]

S Oh, I'd be gone.

P I would get out and get respected. You have to have a place in this world to be safe, and there's no reason you should be abused in a home.

S Yes, I was just slamming out that statement, women are the ones who abuse. But what I mean by that is, of course, there's terrible abusing men, and that shouldn't be stood for. But I think, on the whole, it's not always the men.

P It's not.

S And oftentimes these days, in this whole feministic turnaround, men have gotten demasculinized and made to feel like crap. They don't even have the confidence to be a man any more.

D For sure.

P And they don't often have the confidence to say, I'm abused. So it goes both ways.

[00:43:29]

D Yes, and so, on that note, yes, men or women, yes, a man also, instead of giving in to this idea that he should not feel male emotions and be strong and exert leadership, absolutely, that's also a form of abuse.

S I think society has abused women too, you should not feel female emotions, you should not feel like wanting a child, you should not feel like needing to be feminine.

D Yes, and so whatever you're feeling on the inside, you're supposed to just pretend you're not and then pretend that you're this other way. And I'm just saying there is a place to notice so that you can deal with stuff.

P Yes, I agree.

S I agree with you there.

P You can say, this happened to me, this person, what they're doing is wrong, okay. Let me remove myself. Let me stand up for myself, remove myself. Let me put a stop to this. But, Danny, you've got to think about it, your whole life, to get to where you are, has been, you said it, pretending.

D Yes.

P What if you could?

D Sure.

[00:44:32]

P We've had whole PODdies of like, I wasn't a good father, I pretended to be that Dad until I am.

D Yes, absolutely.

P And look at you.

D Yes, no doubt.

P There's some of that too. I still agree with you, there's that balance of, okay, let's not stuff it and pretend some bad things aren't happening, let's acknowledge and let's do all that, but I think that people stay in this place of bitterness or wear the banner I'm a Victim over their head rather than saying, I was victimised, and now I'm walking out.

S Right.

D Yes, that's right.

S I think acceptance of the fact that this is wrong, to know it's wrong is important, so you can move in a positive direction, but I think keeping moving in that direction is the point, not the realisation of it being wrong, because you will stay there in the self-pity, but say, yes, it's wrong, but that was only a mental clarification so I can catapult myself forward and out.

[00:45:25]

P And this is supposed to be a funny podcast, but it's serious now. But I'm glad you brought it up, Danny. It's a deep one. I think it's a very big one. Because...

S Can I interrupt for one second? Yes, about the stuffing, in the Bible they actually hired mourners. It's so against stuffing, in the Bible. They actually hired what they called the wailers, and if there wasn't enough people crying, they would hire people to cry.

D Yes, get in here.

S Because I think it's important to get it out, and to get it out. And I feel so good after a big cry, and God walked me through those two miscarriages, and I didn't mean that I didn't cry, but He helped me through it and He brought me to joy. But just because I was crying didn't mean I wasn't anchored with joy. So I don't think you should stuff those feelings to cry and stuff those feelings. But I think there is a point where the world has taken this whole idea of don't stuff and have twisted it to the point where people are just absolute being immature and not getting out of their stuff.

P Yes, well, it's like, let's live with this emotion, it's okay to wear that, it's okay to feel that. But what if it's not okay for your body? But I'm glad you brought it up, Danny. I was thinking about this yesterday, actually. So you're living and you feel like, okay, there's maybe verbal abuse. This is such a difficult subject, but I'm going to try.

[00:46:44]

D Just give it a good try.

P And this is a PODdy, nothing is polished here, so it might come out wrong.

D No, this ain't your book. This ain't your next book.

P No, books, each sentence will be polished, but this won't be.

D This is a podcast.

P So sometimes there is verbal abuse, and sometimes there is what we think is verbal abuse. Don't throw stones at me. Let me get this out. It's sometimes the way you look at your marriage or your better half or your other half or your not-so-better half too. If there are such things as horrific things being said to you, I personally would not tolerate that.

S And we're sorry for all those people that have had to go through it.

P Yes, and I would say, get out. Sometimes, I know a lot of people aren't going to agree with me...

[00:47:30]

S I'm agreeing already. I know where you're going.

P But sometimes I just think, I know you are, Serene, it can happen both ways, from a wife to a husband, or a husband to a wife.

S Well, sometimes I cannot...

P Can I finish this?

S Yes, you go, Pearl. You go.

P Let me do it, let me do it.

S My barometer says you go.

P We say things because it's so hip to be called verbal abuse, that it's just a person being a human, and they're on their journey, and maybe we can help them work that out, God can help them work that out, but maybe it's just us looking at that imperfect person, and sometimes they get their words wrong... There's that line, there's a line you can't cross, and then there's a line of just humanity, and some women are calling it verbal abuse. Am I right?

D Yes, 100%.

S Sometimes it's just testosterone. I want to talk about this. Sometimes when I say, sometimes it's just testosterone, I'm not talking about words that are absolutely, like you say, cross the line, or when it goes into actions that are just crazy, abusive, but sometimes a man will say something... My husband will say something to me not the way I would've chosen to say it as a woman.

[00:48:36]

P True, yes.

S And I had to take a step back and say, look, I don't have testosterone, so if I say something with passion, and he wants to say something with passion, his is going to sound a lot more rough. Because I'm not filled with that same kind of hormones. Now, if I say something filled with tears, and he thinks I'm insane, maybe he can have that filter too that says, well, maybe it's not insane, maybe she's just full of estrogen.

P Yes, true.

D I come from a family, though, where it's the "everything-is-fine" generation. Everything is fine. How are you? Great. And it's fine, and it's wonderful, and the kids haven't ever really connected with their parents, and their parents have never spoken any words of encouragement or asked how they were in their life, ever. I remember one of the first moments as an adult where I connected with my mom, was over tea, when I took her out to tea as a grown person. And it was like, how are you? What's going on in your world? What are you working on this week? Getting to know someone. I've always strived to really pull each of my kids aside, one at a time, and been like, hey, what have you been thinking about this week? What's going on in your mind? Anyone hurt you? I've asked my daughters that, has anyone hurt you this week? And it's always no. But I ask about physical abuse. Has anyone physically hit or touched you in an inappropriate way?

P Yes, because, oh, man, it's so hard.

S It's one of those subjects that's so good, and I'm so glad you do that as a dad, and I see the beauty in that, and I love that. I can see it so easily in the world, with the wrong kind of dad, that's not you, it almost make a child think that they've gone through stuff that they haven't. Even with my children, when we had DCS come into our house, and they asked leading questions of my children...

P Can you just premise that? Just throw that out, and someone hasn't been listening to this PODdy for three years and know your story.

D Yes, DCS was at my house, no big deal.

S Yes, okay.

P And then all the things you're saying today, like wives abuse husbands.

[00:50:53]

S No...

P Someone just tuned into this PODdy...

D It's about to be a Dateline episode.

S And I don't even care. I'm just so over people thinking what they think about me. I'm totally fine. You can preface, if you want. Who cares? I don't even care.

P Okay. So Serene adopted like 5 million children, and a couple of things happened. And it's all cleared.

D It's old news.

S Well, we got DCS in our home, and they asked my children leading questions.

D Just edit it out. It's just easier.

S And sometimes leading questions just lead children down the wrong path that they would never even have thought.

P I know, because there could be a victim mentality then. But I think, Danny, you're so good...

[00:51:25]

S Your mother lets you wash the dishes?

P Protecting. Serene, guess why he needs to protect his girls.

S No, I love it.

P Because there were many decades where girls weren't protected.

S No, I'm for you, Danny.

P You look at our generation, so many women with sexual abuse because people didn't think to ask.

S I'm so for Danny. It's just a...

D Look, when I was little, my stepmother, with Xanax and every pill bottle you can imagine spread all over her nightstand, pulled me aside and tried to convince me that my father sexually abused me. So I get that, I get where people plant things in your head, I absolutely... She was trying to build this case against him. And so, yes, I think my perspective is a little different, because while I get the movements that try to emasculate men and try to create Me Too problems where there are none, that's all real. But just as real...

S I agree.

[00:52:19]

D Yes, just as real is this Everything's Fine culture.

P Ooh, can I say something?

S Yes, and I want to interrupt after you.

P I think, oh, this has gone such a different direction, but it's good. There was this whole thing, wild dating years, 60s, 70s, everyone's having promiscuous sex and whatever, and everyone's, like, multiple partners and sexual diseases and all sorts of things.

S You mean the world at large.

P Yes, the world at large. A lot of Christians even, okay, they maybe were involved in that, they came to be believers, and they decided, none of that for my children. Oh, my goodness, can you imagine what we all went through and how that messed up our lives. I want my children to court and not kiss until they get married and barely hold hands, because look at what we all went through. So because there were some real issues, they swung to an extreme because of what happened, and now it's getting weird, the other way.

S Now it's like they're going from nothing to full intimacy and no sweet holding hands, no innocent, little, tiny step-by-step.

[00:53:20]

P Yes, where's all the middle ground? And so I see what you're saying too. There was a whole, big, how are you, fine, I'm good, everyone pretending everything's okay and not maybe sharing that there's an abuser in their family, or not maybe sharing that this is happening, there's an alcoholic who's bashing me every night. There were some real bad things that were happening, and now finally they're being told. Fantastic. But let's not swing to the other side where we live under a banner or we live under this I'm a Victim, I'm one with my anger because of this that happened to me, or I'm not going to say I'm fine when someone asks me how I am, I'm going to say...

S Yes, can I interrupt too when you're all done?

P I messed up, but guess what... Yes, I'm almost finished, Serene.

S No, you are awesome. I'm actually agreeing.

D Yes.

P You look at the studies. They asked people, how do you feel? The people said that, I feel well, or I feel good, lived so much longer, and they were in better health.

D Yes.

[00:54:13]

P We've also got to be careful how we present ourselves, Serene.

S No, and I wasn't saying you're awesome and please shut up so I can say my wonderful points. I wasn't. I wasn't. I actually was like, amen, sister, hallelujah. But I wanted to say I like that balance, but I'm so inspired by my mum and dad who are those people, they don't just say, fine, they say, fantastic.

P Yes.

S My Dad has kidneys right now that the doctors say have totally failed. I don't need to go and say everything else about him that's going on in his body, but he should be...

P He's 80.

S Yes, he should be on the bed, like, can I have some water? I'm not fine. And he's out doing all kinds of things, digging potatoes from the garden. How are you, Dad? Wonderful. Fantastic.

P He shouldn't be walking around right now.

S I just fainted ten seconds ago, but I'll be good. Up, up I get.

D Up I get.

[00:55:08]

S And I see his life, and I see the joy. Every day is wonderful. And he's always asking, but how are you, but let me know about you. So he's so not so consumed with self even though his situation is worse than my situation. But it's just his attitude is so, life is fantastic, and I am fantastic, for all these wonderful reasons, forget those few that aren't. So I think there is this beautiful balance, Danny. And I love the way that you are the father you are. And I think that's beautiful. But I think that it has to be balanced, and we don't need to hear it from the wisdom of the world's way, like, be present with every emotion, or if you're not fine, you've got to be realistic and say you're not. And I don't think you're doing it from the wisdom of the world. You're doing it from the wisdom from a father, a godly father, and that's different. And I think you'll know how to pull it back when you need to. But I do think we can't just espouse to just one flung outside and say, this is where we camp.

P Yes.

D This is good. Makes me want to laugh.

S I know.

P None of us are laughing now.

[00:56:07]

S Lesley-Pops is like, somebody tell a joke.

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

S I'm Serene. You don't have to be an elite athlete. You can just be a regular Joe trying to get through the day...

P Or Joanna.



S Yes, or Joanna. And you might be stricken with muscle pain, muscle tension. It's a real thing, especially people who work on the computer a lot.

P Or looking at your phone, putting your head down like that.

S Yes, put the muscle tension...

P Or sleeping with a baby in your bed and contorting yourself all sorts of ways.

S Yes, that's why all these reasons Theragun is a godsend. It's an incredible hand-held percussive therapy device that releases the deepest muscle tension. It is not just like a massage little device. This goes way deeper. It's scientifically calibrated to have a combination of depth, speed and power. And now the latest Theragun is very super-quiet, like an electric toothbrush.

[00:57:08]

P Yes, the all-new Gen 4 Theragun, it has this proprietary brushless motor that's so quiet you will wonder if it's on, and yet it is powerfully on. It soothes your aching muscles with this effectiveness that's really incredible. Personally, I use Theragun multiple times a week because I am at the computer a lot, and I do sleep in strange ways. It's just the way I've always done it. I'm a stomach sleeper.

S Are you?

P Yes.

S Oh.

P They say you should sleep on your back, so you do a coffin pose...

S Yes, that's me.

P Can't do it.

S Why?

P I don't know.

S Oh, back to Theragun.

[00:57:46]

P And so I contort myself. And so the Theragun really helps when my shoulders get contorted. It helped my hips. It's not a big deal, but my hips are not aligned, and so it helps my right hip. You can just get in there in a way just to release that built-up tension.

S Love it. So go to [theragun.com/trimhealthy](https://theragun.com/trimhealthy) and get your Gen 4 Theragun that's just going to help you ease the pains and make life more enjoyable.

P Starting at only \$199, listen, I say only, and you're like, Pearl and Serene, are you ridiculous...?

S In touch with reality.

P Yes, are you in touch? That's a lot of money. Not compared to going to multiple therapy sessions, not compared to getting multiple massages.

S Like I said before, it's not just a massage device you can get on, like, As Seen On TV.

P Or even going to a massage costs a lot of money.

S Right. No, but this is like something more than a \$39 little, one of those things you put on your back, those little rollers. It's worth every penny. We actually have testimonies of people who are fighting major, debilitating muscle illnesses, that cannot get through the day without Theragun.

[00:58:55]

P So go to [theragun.com/trimhealthy](https://theragun.com/trimhealthy). That's [theragun.com/trimhealthy](https://theragun.com/trimhealthy).

S This is the PODdy with Serene...

P And Pearl.

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

P I just think these discussions aren't happening much. You know how right now we're all in a new phase of... Like I'm saying, so there was Me Too. It was so needed. Me Too was needed. I went through it, in Australia, I lived...As a young teenage girl, I went to work at restaurants, and I wish Me Too was back then, because it was shocking just the same... There was just sexual innuendoes everywhere you went.

S But it was just normal to you.

P It was normal to me. I got through it.

D Back in the good old days when if you were over 70 you could slap a strange girl's butt and nothing was bad about that.

P Yes, all the chefs were slapping the waitresses' butts, and I just had to live with it. I am so glad that has stopped, especially for my daughter who can go out and be a waitress now. I don't want that to happen to her. So, okay, good for the MeToo. But is there an extreme with the Me Too? You bet there is.

[00:59:57]

D Yes, that's right.

P And some poor men are getting wrung through things that they don't need to. They can't even look at a girl sideways in the workplace.

S Yes, let a man who doesn't have a wife yet, let him have a little bit of just normal...

P A little bit of flirtation. And people don't even know what to do these days.

D I'm married. I've been hit on in public by women, and I'm never offended.

P I know, so it goes to extremes, right?

D I had this one chick in a wheelchair... You want to talk comedy? This gal rolls up to me at the Columbia Walmart in a wheelchair, and her buddy's behind her in her motorized carts. They're in motorized carts, and they don't need them. And they're drunk, by the way. They reek of alcohol. They're just partying in Walmart. There's not much to do on Columbia. Get drunk, and cruise around in an Amigo.

[01:00:42]

P Columbia Walmart's scary, I'm sorry.

D But they're basically go-karting for no money. And they go-kart up to me, and she goes, ooh, you got that good hair, talking about my curls. My hair was grown out a little longer. And I was like, thank you. And she goes, you want to make a baby?

P Oh, my.

S Oh, my goodness.

D And I went, thank you, but no, no. And I wasn't like, oh, it says in the Bible... I didn't lose it on her. It was hilarious. But I'm a man, I'm in a man's body, so mad respect if it's... I get it.

P It's not really fair right now. I was on a cruise ship last year, when cruises still happened, and there was this group of women, and they were all partying together, and they were on a cruise together, girls' cruise. And this young Latin... He looked like South American. He was one of the waiters. And they were giving him such an almost abusive...

D Like over the top.

P I was at the next table, and I was like, this is horrid the poor guy. And I thought, but if this was a group of men doing this to a woman...

[01:01:47]

S Oh, they'd be in jail.

D Yes.

P It wouldn't happen. It used to happen, and I'm glad that it doesn't happen, but there's extremes happening.

S And, Pearl, have you heard of all these divorces, my husband was verbally abusive, my husband was verbally abusive? But sometimes when I'm sitting in a Walmart restroom, and I hear a woman next to me in the toilet, on the loo, talking to her husband...

P Yes, you don't believe it.

S It's foul. I want to lock her up.

D You all do that?

S I told you to take out the trash. So you didn't pick up the children? Well, it's so bad, I want to hit her.

[01:02:16]

D The nothing fight?

P Yes.

D Those are so fun to listen in on.

S It's just so abusive. The poor guy has to live with that. Better to live in a corner of a house than with a nagging wife like that. But I love Ecclesiastes 8:15. It says, so I recommend having fun, because there's nothing better for people in this world than to eat and drink and enjoy life. That way, they'll experience some happiness along with all the hard work God gives them under the sun.

P Yes, fun's good.

S We've got to not take life so seriously.

P And that's why I always come to these PODdies, and we're always laughing here. I always go away, and my shoulders so relaxed. Oh, that's what it does. So laughing, let's see, it gives you about three or four hours, what was it, I wrote it down here, where all your muscles relax, and you have less tension in them. It boosts your T-cells. T-cells are your specialized immune system cells. So laughter activates them. It immediately begins to help you fight off sickness. Oh, we're done. We're 51 minutes in.

D It's your podcast.

[01:03:11]

S I want to say...

P No, no. It triggers the release of endorphins.

S This the laughter podcast. People can keep it going. I've got stuff to play. I've got to play this. I've got to play this. Okay, ready?

P Well, what did you say, Lesley? You had something, she play this, and then come...?

L No, I was incommunicado.

P Oh, incommunicado.

S Hold on, guys, I want to play this real quick.

D We communicate in Spanish.

S But I just want to say if people have heartburn, they need to start laughing.

P Really?

S Well, I just put two and two together, because it just says here that laughter, it causes the chest to rise and fall and the stomach muscles to work so much harder that it helps everything to tighten up, from the throat all the way down to the tummy.

[01:03:48]

D Burp up your burn.

P Oh, that's like gargling too.

D Gargling?

P Gargling turns on your... It's one of the... What?

SP Ha, ha, ha, yes...

P What is this?

S Just wait, just wait. Hear this. This is a bird.

P This is a bird. The kookaburra? Oh, weird.

D I want this bird. This bird could heal the nations.

P That's a bird?

SP Yes.

SP It's a bird.

[01:04:20]

SP [Inaudible].

D Everyone should own one.

P No way.

D Can you imagine living in that house?

S Look, if a bird can do that, what can we do?

P Oh, my goodness.

S We don't have time right now, but you've got to look up the Laughing Quads. It's a group of quadruplets, and they start laughing, and then they start laughing at each other, and they can't stop, these four babies. Oh, sorry, stop this YouTube.

P Oh, they're babies?

S Anyway, but you've got to look up babies laughing sometimes. The Bible says, you can't enter in the Kingdom of Heaven unless you come in like a child. I tell you what, the one thing children have got going for them, they laugh. Everything's funny. Poop humour, all the way down to everything. Everything is funny.

D It's all funny.

[01:05:01]

S It's all funny.

P Yes, and children laugh so much more than adults.

S And then we're in church, and we're saying, stop laughing, stop laughing.

P I know.

S Be serious. Well, God says, no, you start laughing, please.

P People who laugh live longer.

D Yes?

P Yes. The more you laugh, the more it adds to your years on life, because it takes down your stress hormones. Stress hormones are the ones that kill you off.

S Yes, and let's have good marriages, and let's watch some funnies together and laugh and tell a joke, yes.

P Yes.

S But what was the funniest thing that's happened to you in your life, Danny? Or we could be more specific and say, this year. I want to go round as we close.

[01:05:31]

P Oh, baby, you're really going for the long one. This is going to be a long PODdy. It's 54 minutes in. I do want to say, yes, we'll do it, laughter helps you live longer...

S It's a mandate.

P According to a study...

S This shall be an hour.

P A Norwegian study, I wasn't making that up, a Norwegian study found that those who laugh more had a strong sense of humour, outlived those who didn't laugh as much.

S I love it.

P Especially those with cancer, they found out.

S And I want to say that it's a muscle too, and the more you do it, actually, it's like a habit, and the more, it will just naturally happen. And you'll be one of those people that everyone wants to be around, because you take life just as a funny thing.

[01:06:03]

D No one else can relate to it, because it was an inside thing, but the funniest thing that probably I've ever laughed at is one of the things that hurt my neck. It was late one night, and our kid was in the crib, sleeping. I do skits. I perform for my family all the time. This time, all my family was in bed, and it was just my wife awake. And I knew she was going to walk past the room, and so I got ready, and I was leaning over the kid's bed like a vampire, just doing this weird move. And she just had her camera-phone out at the time, and she snapped this picture of it. And there's no way to even explain this, but I looked like a real vampire, and it was hideous and horrific and hilarious.

P You laughed so much that you hurt yourself?

D We laughed so hard, and we stared at this picture, and we would laugh until we cried. And then we fell asleep.

S That's the best.

P Talk about cementing a marriage. When you look back at your family life and your marriage, one thing I love about you and Lisa is you're funny together, and you're funny with your children. And I bet you when they look back at memories of you, it's going to be, my dad doing skits.

D Oh, yes, well, they're always performing. My kids are always doing little skits and trying to make me laugh, and they're never funny. They're getting there. They're starting to get better. They're getting a little older. But at first...

[01:07:41]

P But it's funny that they're not funny.

D Yes, they just come around the corner, and they're like, poop. And then they look at me for a reaction, and I'm just like, get away, get away. I don't want to reward their bad humour. I want to train them to get funny.

S I'm sure he rewards them. Pearl, what's your funny thing?

P My funny thing, I might have shared it here when we first started the podcast. It wasn't funny at the time, although it was, because everyone laughed at me, but I didn't really laugh at the time. But now I just laugh and laugh about it.

P I was in high school, you know this, Serene. My first year of high school. And in Australia, you have to wear uniforms. So you have a sports uniform and a regular uniform. Your sports uniform is a small black skirt, a tank, and your special blank undershorts to go with your black skirt. Well, I didn't have the undershorts. Now, that morning, when I woke up, there was a problem. I couldn't find any underwear, so I found these big, large, white ones...

S Our Mum's.

P Mum's. They were too big for me, they were falling off...

[01:08:38]

S For you.

P But I did a little safety-pin with them. And now, Serene, you and your friend had done some special painting on some underwear, right?

S Yes, we were getting creative. Praise the Lord, probably.

P It was special paint pants. It said, Jesus loves you, on the underwear. They were practising. So that morning, these were the only underwear available for me, Jesus loves you, big, big, old-fashioned, big, white ones, safety-pinned.

S Almost thick material, like trainers.

D Like a good, tattered battle flag.

P Oh, yes. So I was wearing those under my special black short skirt. Don't ask me why I thought I could go to school like that. But that day it was...

S It was your sports uniform. It wasn't like you were trying to wear a short skirt.

P It was my sports uniform. No, I know, but I was very much of a nerd in high school. All I did was read... I was not in any cool crowd at all.

D I can believe this.

P Totally.

[01:09:28]

D You just started talking like it's ten years ago.

P And I was a late bloomer. I didn't go through puberty till 15 or 16, so I was just this really skinny, awkward-looking kid with freckles all over her face. And that day was gymnastics, so everyone had to do the forward roll, everyone in their black, little shorts under their skirts. And it was my turn.

S And this is not a Christian nation.

P No, this is Australia.

S It's atheistic to the core.



P This is Australia where they are cruel.

S Any religion, you slam.

P So I did the somersault. I got stuck...

D Upside down?

P With my behind in the air.

S Jesus loves you.

D With granny panties?

P My little skirt fell down, and all that was up in the air was Jesus-loves-you white underwear. And I couldn't get my little body over top of my head.

D That's incredible.

P Everyone just pointed...

D You know what would've made my day as an adolescent, to see one of my female schoolmates with their panties saying Jesus loves you.

P For a whole year, I just got points at me when I would walk past.

S Oh, that's the best.

P That's the girl. That's the girl.

D Oh, I would've walked up to you every week and been like, hey, tell Jesus I love Him too.

S Yes.

P Yes. Now I laugh I think about it, but I don't even know how I got through the rest of the day.

S Oh, that's so funny.

P That's mean, but, yes, I laugh.

S Yes.

P What's yours, Serenie?

S Oh, mine's censored, I can't do my latest. My latest funny this year was too funny. I just personally laugh at it. I just personally go to the bathroom and laugh my head about it.

P You can't say it? So why even bring it up here? Are you wondering it's not purely G-rated?

S No, it's probably just Mr. Bean. It's probably only about that.

P PG?

S It's probably about PG.

P Oh, come on with it.

S But I've got some funny, funny ones, but that's from the past, but this recent one I just went to a wedding...

[01:11:05]

P Come on, now.

S I was just talking to wonderful friends of mine.

P Oh, yes, this is a good one. Yes, this is fine.

S But she's very beautiful. This lady's very beautiful, very buxom too. And I was talking to her and her husband. And my little two-year-old was... It was the dancing part of the wedding, and everyone was dancing, and so she was dancing around. But I was trying to talk, and she was pulling my arm behind me, because she was twirling around. And it was an outside wedding, and I was on uneven ground, and she pulled my hand to the point where I lost my balance and I started to fall. And I just instinctually went and grabbed the nearest and bestest handholds, and I just grab the lady's lovely buxom handholds, and I didn't even know. I wasn't even purposely...

P By her lovely buxom handholds thing, she held herself up by the lady's boobs.

S I didn't mean to. It was an instinct. It was just like whatever's there, I'm just grabbing on and stopping my fall.

D It was just present matter.

[01:11:57]

S Yes and I didn't fall. And, luckily, the lady was very sweet about it and laughed too.

D Saved by the breasts.

S It was an outside wedding, of course, and they had just, like, Porta-Johns. I just went into that Porta-John and had a good laugh for like half an hour straight. It was the best wedding in the world because I just had the inside laughter. It was just the funniest thing I've ever done in my life. It was such a Mr. Bean. It was just the best.

D It's beautiful.

S It was beautiful.

D Goodbye, world.

[01:12:34]