



**Trim Healthy Podcast with Serene and Pearl**  
**Episode #112 - This 3 Letter Word is Your Secret Weapon**  
(Original Air Date: 3/20/19)

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

---

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

[00:00:36]

D Women and men, boys and girls, it's Wednesday and welcome back to another fabulous episode of the trimmest healthiest podcastiest podcast of all time, the Trim Healthy Podcast with Serene, Pearl and Danny. And we're so pumped you're here, we can't believe it.

P What if you could announce a show like that, Danny, what if you could?

D What if you could still be listening to our podcast two years later, still loving it, still blowing your mind?

S Yes what if you could be a Dan and get and get rid of Candida and get out of the Cloud and be living and feeling the blue sky.

D Because I feel it.

P I feel like Danny's getting rid of something.

S Yes, Danny's been on a cleanse from his childhood popart life.

D That's so true.

S Yes.

D No, I'm zinging right now, because last week I was crashing with ketosis depression and really rethinking my entire existence.

[00:01:34]

P He calls it ketosis, but he was eating bananas, so I would say it wasn't ketosis.

D Well, it may be candida detox.

S Sorry, my baby's crying for him, but she's about to go for a walk.

D Oh she's fine, she's in the background.

P We actually have a great topic today.

S Boy, do we have a great topic.

P Even when they're last minute, they're good. I deferred to Serene's topic, I had one, but then Serene started speaking to me about this. And, you know, we might have covered this in other ways, but today we're bringing it to you in a new way. And the name of this topic is, I don't know what we're going to call it yet, because we're working on the fly, but it's a good one..

S I think the name of the topic is Joy First.

P All right, Joy First, or what about Your Secret Weapon to Strength?

S Yes, that could be good too. Make a choice, send in your...

[00:02:29]

P Too late, it's going to be called something by the time you get this. Danny, you don't know what we're going to be talking about today?

S No, but this is for Danny, because do you hear how joyful he is right now, because he's on the other side of something. But the joy that he's feeling right now is just...

P It's a felt joy.

S It's an emotion. It's a consequence. But we're talking about a deeper joy, Danny, the joy that you should have brought last week. The joy when you walked in last week and you looked like you were a drowned rat that had been found at the bottom of some muddy Mississippi creek.

D But let me tell you, that deep joy is often earned in the bowels.

P It's earned...

D Oh, that looks like a nice laptop you dropped.

S No, it's not earned in the bowels, it's chosen in the bowels, Danny.

D Oh, that's a great way to put it.

P Okay, obviously today the word joy keeps coming up. We've had other podcast titles with the word joy, but today we're doing it in a whole new way. Serene talked to me about how this has just, like, rocked her world this week. What was that scripture you brought, Serene?

[00:03:37]

S The joy of the Lord is your strength. We sung it every week at church growing up.

P I think everyone who's a believer has heard that verse, right.

S The joy of the Lord is your strength.

P I mean, it's what, it's Hillsong, I don't know, it's just out there, right.

D I think you completely made that melody up, but I like the words.

P What about the one that you sang in Sunday school? If you grew up pastor's kids like us, the Joy of the Lord is my Strength.

S You need a tambourine for that one, Pearl. Or do, like, the clap that goes, you know, the special clap they made just for that song.

S But the point is, if you need strength, you aren't strong, if you need strength, who's calling out for strength, the weak. So, that means in times of weakness that's when you need your joy. Joy doesn't come when you're all of a sudden, like, hey, oh I'm strong, I'm full of joy, like Danny bounced in like Tigger today. I'm on joy, joy is just, I'm in the blue sky joy.

[00:04:36]

S We're not taking away your joy, Danny.

P No, Danny, you keep that, but I'm just saying, when he was weak last week from the ketosis depression, as he calls it, the joy was going to be his strength in that week, right. And I believe that Danny got there, because we all came as friends and we sat down, right, when he was in this ditz with his ketosis and he left with joy. I think it got you through, right Dan.

S Well, sometimes we need a little pep talk and that's what we're going to do to you today. Because, you know, we have that whole butterfly as our branding for Trim Healthy Mama, right, and she's, have you looked at our logo for Trim Healthy Mama, take a good look, because it's not actually a butterfly, there's a woman in there and she's holding her hands up and she's full of joy and she's praising, right, because she is now soaring, she's left her bondage behind.

D It's like a mix between a butterfly and a person.

P Yes, that's right.

S Well, that lady in the soaring butterfly wings, she's the Danny of this week, she's up in the blue sky, and that's fantastic. But do you know why she's there, because she got her joy out of having hope in the dark struggle. In the dark struggle. I just did a little Google on the scriptures on joy and I'm just going to run down a few of them.

[00:05:52]

S Romans 15:13, May the God of hope fill you with all joy and peace and believing. If you need to believe in something, you ain't got everything. If you need hope, there's something you're still going towards.

P Right, so the joy doesn't happen at the end when you've got it, the joy comes while you're still there waiting, right.

S Yes, yes, it says may the power of the Holy Spirit fill you with you as you are bound in hope. As you hope, as you are in a dark cocoon and you hope for the blue skies. It's the joy of that hope that's going to get you out. The next one down, rejoice in hope, so the joy comes in actually, the joy that you get in hoping, be patient in tribulation was in the same verse. And then James 1:2, count it all joy when you meet trials of various kinds. Rejoice, and it goes down to Philippians 4:4, rejoice in the Lord always, and again I say rejoice, always. So, that's talking about all the times, the hard times as well. And I love Proverbs 17:22, a joyful heart is good medicine. If you need medicine, you aint got it all going for you, right, obviously you're down, because you need medicine. So, it says that's when you have the joyful heart.

S So, it sounds like, but it says a crushed spirit drives up the bones, so like a joyful heart is something that you choose, right. And it goes on and on and on, I could just mention about 56 here. And I also love it where it says, the hope of the righteous brings joy, but the expectation of the wicked will perish. So, it's what kind of expectation do we have, is it hope, is it optimistic, because that's what brings joy.

P And I think when you relate this to the Trim Healthy Mama journey, you can relate it to so many things in life, but okay so it is a journey and a journey has some perils, a journey, you know, let's just say you've got to shed these 50 pounds. You are actually are not going to get there without joy, because joy's the strength to get there. When your hands are finally in the air and you get on that scale and it's, like, 50 pounds down, you can't get there without joy, because joy is going to keep you on track.

S Yes, if you don't have the joy, you're going to fall off. You're going to give up or you're going to stay in a rusted out done-deal car at the side of the road.

[00:08:28]

P And joy is a mindset and joy is a choice and we're going to talk about how to train your mind to choose joy. But Danny, you had, you've got this look on your face, like may I interject, please.

S But can I just say one thing before Danny comes and interjects, just because you said that joy is a choice. The joy of the Lord is your strength, where does that come from, Pearl?

P The Lord it says.

S The Book of Nehemiah

P Oh okay, yes.

S Right, the story actually is when they want to wail and groan and cry and mourn.

P Oh

S Yes, they've just come out of exile, they've rebuilt the wall of Jerusalem and they found the Lord again, they found the words of...

P The Hebrew people

S Yes

[00:09:04]

P Okay.

S They found the Lord, they found the written word again, and it's being read by Ezra out loud and they're weeping at what they wished they knew, at what they wished they could follow, hearing the words again, they were weeping. And Ezra's, like, uh-uh, no, we're going to choose joy, we're not going to weep, we're not going to groan and cry, the joy of the Lord is our strength.

P That's where that scripture comes from.

S We're not going to look back at the past and what we didn't have and what, you know, it's great that we've got conviction, that's awesome, but actually the bigger thing than the conviction, which we're glad we have, is the fact that God is doing a good thing. So, the joy of the Lord is our strength, we're moving forth in joy, not condemnation. That's where the scripture comes from.

P I didn't know that.

S So, in that instance the joy of the Lord is your strength, it was a choice, they had to choose it, because what they really wanted to do was do a big cry-cry.

## ADVERTISEMENT

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

S Serene.

[00:09:59]

P I want to say just a few things, simple things, why is Simple Contacts awesome. First thing, convenient, there are a million things demanding your time and contact lenses shouldn't be one of them, I mean, that's just stuff you just want to get done easily. Hey, it takes less than five minutes, you take the test, a very short test, a real doctor reviews it, writes your prescription. Yes, it costs \$20, but, hey, your normal experience is, like, 200 or 250.

S Now, this isn't a replacement for your periodic full eye health exam, it's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with, so you don't have to shop around or worry about, oh will they have my favorite, they will have it.

P The main thing that we all care about saves you money. The vision test is only 20 bucks, compare that with an appointment.

S 200, I reckon it could be about 200.

P Probably without insurance, around 200, and these days insurance hardly covers anything. You've got to know, this is not like a full replacement for periodic full eye health exams, you can go to your full eye health exam with your doctor that you love. You still need those occasionally, but do you hear that word occasionally?

S Yeah.

P The contact lens prices are unbeatable, standard shipping is free and best of all we are offering a promotion to our Trim Healthy listeners.

P Get \$20 off your first order of contacts at [simplecontacts.com/trimhealthy20](http://simplecontacts.com/trimhealthy20) or enter the code Trim Healthy 20, that's 20 at checkout. Save yourself time and money and headache, [simplecontacts.com/trimhealthy20](http://simplecontacts.com/trimhealthy20) or just enter the code Trim Healthy 20 at the checkout.

S This is the PODdy with Serene.

P And Pearl.

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

D I am normally the guy that my entire life has been able to choose joy, but for the first time ever I felt like I faced horrors that I was not able to generate self joy. And that weeks ago would have went against what I would have told anyone else, even my kids, hey man, change your attitude, choose this, you know. But I think there are horrors that the inner strength of man fails. I remember I went, I locked my office door, I was crashing, I think, who knows, the detox or whatever, I don't even know, maybe it was spiritual, who knows, I still don't know. But all I know I was living in a horrific reality, I was fearing death and leaving my children and all these horrible things. And I was...

[00:12:54]

S Leaving your children because you were dying not wanting to run away right.

D Because in my mind I was dying, right. I was dizzy, nauseated and you know how things when you're dizzy will, kind of, go black, like the light fades and it's almost like you're phasing into, like, about to pass out.

S Well, it was spiritual Danny, let me tell you that, because whenever there's fear involved, that's the spirit.

D It was deep, deep fear and I was blacking out and stuff. And I've never faced that and it was of course coupled with some of the things in my head I thought were happening to my body, like I thought I was really dying, like, for real, and I was getting my affairs in order, you know. And, man, I was out of strength, and I've never in my life been out of strength, I've always been the source.

P Well, I love that you said you needed to get to the bottom of your human thing, because it says, what, your joy is your strength?



S No, the joy of the Lord is your strength, we can't drum it up ourselves, but we can choose to receive His.

D I went and I sat on the skateboard in front of a window and I opened the window, because I couldn't, oh and I couldn't breathe, like I was, I couldn't take a deep breath and I was getting short of breath and I thought there's no oxygen coming in and this is what it feels like to die.

S A classic panic attack.

D Total panic out, freak out, and I opened the window and I just sat there crying as a man, like, someone save me. And I just, I remember I closed my eyes and I was just, like, oh God, consider your servant, I'm, like, are you thinking about me right now or are you gone, are you not real anymore. Is this, was this all, did I create you and you've left me. I mean, it was bad. It was like a blast of just head to toe, I don't know, I don't know how to describe it, just filled with, my symptoms just like... Have you ever watched a movie and it's, like, the climax and you get goosebumps all over?

S Yes

P Yes.

D I was flooded, it started at the top of my head and just flowed down my body and I was...

P Think this was a supernatural God visit.

[00:15:08]

D Yes, like everything, all the blackness went away, I started to see clearly and the, I'm not making this up, you know, I've been on this podcast for two years.

S No, I know why you're not, because you're anti.

P You're anti super spiritual.

D Oh I hate it all.

P You're scared of churchy stuff.

D Yes, keep the preachers, they can stay home and leave me alone and let me connect with God. And I know you disagree.

S No-no-no, no because you're so burnt, I feel like there might be a little healing where you can actually go to church, but...

D Yes, maybe I'll visit yours, that's about it, I trust your Dad and that's about, he's one of three, maybe.

S Yes, but coming from you, you see, everyone listening can know that this is not made up, because coming from Danny, he's burnt by made-up stories, so he doesn't make nothing up.

[00:15:49]

D Yes, right, yes if you've listened for a while you'll know that. If this is your first episode, you're like, oh this dude's all into the spiritual stuff, and I'm just not.

S Well, you're into God and that's spiritual.

D Yes, I'm into the real. So, I'm, everything literally, like the saturation on the grass outside of my window and the trees all was dialed up, like, I saw everything in clarity. And then at the same time, and I don't, they may have been chirping already, but I didn't hear them, but it felt like all these birds were just, like, going off, like in a symphony or something. And then I heard this phrase in my mind, look at the birds of the air, they don't sow or reap or store away in barns, yet your Heavenly Father cares for them and takes care of them. And how much more are you worth. And I was like, because I felt worthless to God, I was like, why don't you hear me, why are you letting me for weeks just suffer like this.

S And wear your wife's robe.

D And wear my...

P You're like one of those prophets that had to go through some wailing. But you know what, it reminds me, I love that scripture, you know, call unto Me and I will answer. And you were in your depths, Danny, and you're, like, in the whale, you're like Jonah, calling, like, hey, remember me God. And look, He did, He said I will answer thee and you know what it's amazing, what an amazing story that we could in our despair call...

D I'm all about mindset and generating a force from within and I've preached it for years. But there comes a time when the strength of man dries up and you must have God pour something on you and give you something that you can't generate from yourself.

S It only goes so far, I mean, it's all great, oh positive thinking, the power of positive thinking, great, great, but that only goes so far. It only goes so far and it totally can be used up and then there's none left.

D It's a great tool.

S It's a great tool, but it's...

D It's one of the most powerful tools in your toolbox.

S But it's not a supernatural tool, it's not miraculous.

P I know.

S And so when we talk about the power of the mind, I think we're talking about something that's way...

[00:18:12]

P There is a law that positive people are healthy, there is a law that positivity would get you through life, I mean, there is a law. Look at how lovely friend and co-producer Lesley Psalm, she's one of the most positive people around I know.

S Positive Polly.

P Positive, and it works for her, she lives her life, not even as a Bible believer, showing wonderful, wonderful fruits from positive thinking and positive living. So, it is a law in this world, because God created it to be.

D Yes, but you know what...?

P But sometimes when you come to the end of yourself... What I'm saying is, only God.

D I never fought those ferocious lions, that's the difference, is I got humbled because I realized there's people out there who've suffered in ways that I can't relate to. And so far in my protected little experience, that's been amazing, for the most part, I just never fought those lions. And so my strength was almost

sufficient, in a way, my positivity was sufficient. But when you, there are places you can go that you can't do it by yourself.

00:19:21

S Well, Dan, you couldn't shut the mouths of the lions, it was only that it was an absolute miracle, it was God that shut the mouths of the lions. And, yes, I totally can relate, you've all heard my story a billion, trillion times, I don't even have to bring it up, it probably gets old at a certain point.

P Well, I don't know, there's new people in the room every time.

S Well, just for new people in the room, because I don't want this story to ever get to the point where it's just like, you know, but it was, you know, my moment where I, because we grew up very sheltered, Pearl and I, you know, pastor's kids. We grew up just...

P In a positive home

S Yes, like, my mom and dad were wonderful parents, they did cartwheels to show that they loved us, they did, you know...

D That's a unique form of love.

S If we showed, you know, a picture we drew, it wasn't like, uh-huh, good honey, run off and play, it was like, you are an artist, you're amazing, like just encouragement. We really were watered upon as we grew up. But only that goes so far too.

[00:20:21]

S And so, you know, when my, my children, when life came at my children, the unfairness of life, sickness, when the fallen world came upon my children, yes, that was a part where Serene Christmas Campbell, I named my middle name Christmas because I just love, you know, celebrations and holidays and all that stuff, she couldn't drum it up either. I remember some nights it was, it was only the Holy Spirit just kept the breath in my mouth, you know, as I'd go to sleep, it was only God, it was only, it was, and I knew it was His gift.

P And for the new people in the room, she doesn't like to go there, but this is when her son had stage four cancer.

S Yes and another son was in a coma at the same time and all that stuff. But I knew it was a gift, because I would be not even able to take a breath to even fall into the rhythm of sleep. And then I'd just be calling out to God and this, the peace was, it was almost like a perfume. I can't describe it in words, like you said Danny, you couldn't describe it in words. But I know it was the Spirit, because when I finally fall asleep I'd wake up to go to the bathroom and my spirit was singing songs, incredible songs of peace, of joy, like, I was at my, the inner man inside of me was actually singing songs. It was amazing. So, yes, I mean, Pearl I know you too, just barely walked through.

[00:21:44]

P Yes, I went through a low time in my life and it was, you know what it was Serene, I think after our second book, you know, when we were, we'd written and we were, like, up till one in the morning, getting up at four and I was physically, physically very worn down. So, you know, you can have symptoms of that, Danny as you went through, and then you get fear and so, I've shared this before, but I was tormented by a spirit of fear. And I'm talking major torment here, like, I grew up, like Serene said, in a positive family and I knew the scriptures, but every time I woke up, and it was torment, and I believe, you know, we don't get real spiritual on this show or whatever, but I believe that I was, you know, I think that the enemy was trying to take my mind and just I think was trying to take my body and my mind and just lead me into depression and in a dark, dark, dark place. It was bad. It was like night terrors, thinking the same thing, that I was going to die and that, you know, I would have to leave family and then I'd picture, oh what would they do without me, because I know that breast cancer's going to take me.

S You would wake up in the night with your heart going a million miles an hour, just pounding and you were sweating.

P And it was a decision for me, because I realized that it was spiritual at this point, but it was a decision for me to go to war against this and I did. And it was with the scriptures, it was only with the truth of God, it was only God that got me through, and, I mean, I overcame it.

[00:23:20]

P But then it was also a practice, you see at first it was a decision and it was God showing me, hey, I've got the tools for you, you know, I realized it was spiritual, it wasn't just I'm an anxious person and this is escalating and maybe I need Prozac. It was, hey, this is actually spiritual too and here are the tools, I have said this, I've given you this promise, I've given you that promise, now speak

them. And so every time I would wake up with a terror, instead I would speak the promise and so it became a practice, until now the promises are in my soul. So, for me it was a walk, a journey and it was a choice, even though it was a supernatural gift from God, it has been a choice.

S Well, it's always a choice, because He hasn't made robots, you know, all of these promises are ours, we can write a check on everything that God has done, because it's there, it's in the bank, He's paid for it. But it's up to us to write it, it's up to us to go grasp for that. And so it's interesting, Pearl, you said that it was spiritual. The number one, well it's actually number two, because the number one reason I believe is because of the indwelling, you know, I feel Him, I know God. But, you know, people say, oh that self talk, that positivity, that joy, that everything, that's just gobbledygook or whatever. But when you know, when you've felt the spiritual on the other side, fear, darkness, depression, things like that, that shows me if there is such evil and darkness out there to bring those feelings on...

[00:24:56]

S And when you here about atrocities happening in the world, you know there's a devil, there cannot be no devil, when you hear about the atrocities and beheadings and Isis and psychopaths and all that kind of stuff. And then when you actually experience the oppression and torment that can come of fear, or just even the things that you guys described, it makes you know that there is another side, that the joy is real as much as the fear is real. There's always a flipside.

S That the light is real as much as the darkness is real and that the saving is real as much as the failing is real, and so whenever, you know, we'll hear about things going on in the world I'll say to my children, that's awful, but that doesn't that make you even more want to keep on the side of life and light and joy, because that proves, that proves that there's two camps out there, right. And let's just err on the side of love and life and light. So, there is a choice where you want to align yourself, it's not like, oh well, this is all getting a bit spiritual and new agey or gobbledygook and, oh self talk and all this and joy isn't really... You talked about a supernatural joy. It's so real, because how many billions of dollars is being spent on Prozac and all the other crazy stuff. The other side is real, so that means the joy side is real too. And just like you can choose to give into depression, you can choose to allow for joy.

[00:26:27]

P There are a lot of people listening, we've got to be careful, because they say, hey, listen I have a chemical imbalance in my brain, you know, what are you saying, I'm afflicted by Satan because I need Prozac. No, we're not saying that, I hope, I hope it doesn't come across with that. However, there is a spiritual influence and a choice to everything. There are chemical imbalances in brains, for sure, and sometimes you might need some medication to help you out, there is nothing wrong with medication, you see. You see, medication's just one way of moving forward too, there are many ways of moving forward.

S It's all fighting the evil of sickness. It's on the same team. Okay, sometimes the chemical medications can end up not being so good for you, but the premise behind trying to take something to get better, is not, is not an evil.

P Yes, doing things to get better is not the bad thing here that we're talking about.

S But I have read a book about depression recently though and it was very interesting and it wasn't trying to say anything against people that are on medication or against the medication itself. But saying how it only culminates, what happens is once the chemicals, whether, did it get imbalanced first by certain ways of thinking, or by certain chemicals, it depends on the different situations, but they are for sure that patterns of thinking keep the chemicals imbalanced.

[00:27:44]

P Absolutely, and certain thoughts...

S And changes of thoughts will start to balance out the chemicals.

P Yes, certain thoughts release different chemicals. So, it is patterns of the way of thinking.

S And I do want to say this, and maybe it's controversial, but I believe all sickness, whether it's in the mind or whether it's in the body or whether it's cancer or whatever it is, it's not of God. And it doesn't mean anyone's done anything wrong, but it's a fallen world and so where the devil's come to steal, kill and destroy. Whether he wants to come and steal from our mind or steal it with tumors on our body, I believe it's something that we're to fight against and it's not something that we want to say, well I'm this and this is my cross that I have to live with for life. No, it's something that we...

P Or this is my cross I have to bear.

S We resist, because it's not of God.

[00:28:27]

P Because God brought health, God brings healing, God brings life, God brings joy and so, yes, we don't want to blame God for a lot of stuff. But, Danny, you want to say something.

S I'm not blaming people either, my son didn't have cancer because he sinned, you know, people aren't born blind and deaf because, you know, their parents sinned when they were pregnant with them. No, nothing like that. It's a fallen world that God has come to redeem and we're to claim those promises and do what we can to fight against them, whether it's medicine or herbs or whatever.

P Hey, we've got a good Super Food Spotlight today, but to round it out we've got... Serene's looking at me, like, we're not done here. Well, I know we're not done.

S I feel like we, kind of, rabbit trailed.

P We did rabbit trail and we're going to get back to the choosing joy to get to the feeling of joy. But I love what Danny brought in and that joy just can't, well it can be a choice and a daily thing, it does come from God, who is the originator, and sometimes you've got to fall back there and then there's nothing you can drum up.

S And call out.

[00:29:35]

P Yes.

S Right, exactly, because you can, I feel like the joy that comes from humanity, from humans, from all sources, is the feeling joy. But the joy that comes from God doesn't have to have any circumstances back it up.

D And again, mindset training is a fabulous tool, but it won't shut the mouths of lions. That's what I found.

P Well., no you're right, but you know the way I shut the lions that were coming against me, and I felt like they were lions devouring my mind with fear and stuff, I shouted back at them with God's truth and scriptures, it's the only way I could it. Because I would have these constant thoughts, like whenever I woke



up with night terrors about that I was going to be taken by this disease or that disease or, you know, something would happen. I would have to speak scriptures, it was the only thing and...

S Well, it's a two-edged sword, it's actually more, you know, it's interesting as we've been talking about powerful positive words, there's a certain vibration and our producer, John here, Here being his last name, our producer John here, he showed us an incredible video about certain words spoken in vibration in sand being above the speaker, I can't explain it all properly, he would be able to.

[00:30:51]

S But it caused these beautiful patterns, but the vibration of the words of God are on a whole even different plane than that and they do bring... So, that the word of God is, it's more than just a tool in our belt, like positive thinking, it's an atomic bomb to fear.

P Yes, it's an atomic bomb to fear, that's what I found. But the joy thing, okay, so we were saying, you know, you're not going to get to that place where your hands are in the air, I've dropped my 50 pounds, with the attitude of misery. Okay, if you wake up in the morning thinking, oh man I've got to do this again, I've got to, I want to eat Pop Tarts for breakfast and get on the pity pot, right, but I have to eat eggs.

S Or I'm not going be happy, because I'm still 80 pounds overweight, why should I be happy, I'm only going be happy when I at my goal weight. No. No, choose joy.

P So, that is when it is joy, it's like today I get to eat those eggs and veggies, yes.

S We had a friend who was like, well I'm not going to go buy any nice clothes, I'm not going to dye my hair, I'm not going to buy that nice new eye shadow, until I'm at my goal weight, because that's when I'm perfect. No, you're perfect now, because you're perfectly ready to be loved by you, because you're loved by God.

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

[00:32:21]

S Serene.

P So, I open my box from Grove and the first thing I pull out is the Method Daily Shower Cleaner. It's the Method brand, right. And I have this huge glass shower in my bathroom, which my husband and I, we built our house, we were so proud of, it's like, oh this is a big shower, isn't it grand.

S Okay, after the first week all of that glass got this soap scum on it and since then I walk into my bathroom and all I would see was soap scum. I tried so many things to get this, it was this film, I would scrub it and nothing would take it off. I used a whole bunch of different cleaners, I even used, like, toxic cleaners, I was desperate.

P And it wouldn't go and I thought, I'm left to look at soap scum forever. I took this Daily Shower Cleaner in there and said, right, I'm going to try this and you're actually meant to just spray it on every day after you shower and not even wash it off, but I sprayed it on and then I just got my cloth and I washed, I just started rubbing and oh my goodness, the soap scum came right off. My shower is glistening, the glass is, like, Pearl, you made me for a reason. I'm so happy.

S Grove.co.

P Let's get down to the basics, why are we talking about Grove, because they make shopping for your natural products easy.

[00:33:41]

S And not expensive, you go and buy your natural products at a regular retail store, you're paying for that retail space and they, it makes you think that, oh I can't buy natural products, because they're expensive, but if you buy them at Grove they're actually, they're affordable. Listen this is just all about who we are, you don't want toxic chemicals in your house.

P No, I'll tell you why you don't want, because if you want to get off of smoking, what do you do, you put a nicotine patch on your skin. If you want to, like, maybe help your hormones, what do you do, you rub bioidentical hormones on your skin. If you, topical things are straight away affecting your blood stream.

S Yes, so if you're using cleaning products like dish soap and your hands are in the sink and it's not natural, all you're smelling, it's the opposite of aromatherapy, it's like killimatherapy.

P So, why do that when you can go to Grove.co and get these natural ones, it just doesn't make sense, what makes sense is to go natural. When they might be just, yes they're quality, so they're a little bit more expensive, but this place is making them actually affordable.

S I can I just talk to you about another serious thing?

P Yes, but this is going long.

[00:34:44]

S Yes, but this is important, Pearl, listen, you might be thinking, well, you know, I can handle a bit of chemicals, you know, but happens if your six year old wants, or your toddler says, mummy can I help you do that. And they're putting their hands in these chemicals and little bodies concentrate things. And it's just not okay.

P So, try Grove now before this exclusive spring offer runs out. For a limited time our PODdy listeners, you're going to get a three-piece cleaning set from Mrs. Myer's Spring Sense, a free 60-day VIP membership and a surprise bonus gift just for you, when you sign up and place an order of just \$20 or more.

S So, check out Grove and our special offer at [grove.co](https://grove.co/trimhealthy), that's [grove.co\trimhealthy](https://grove.co/trimhealthy), that's grove.co, not com, right, \trimhealthy.

**Announcer:**        ***Trim Healthy Mama Super Food Spotlight.***

D Excuse me, I was just clearing my throat.

P Was that a goat sound, Danny?

D I guess.

P Today our Super Food Spotlight is goat cheese, so thanks for that introduction, Danny.

[00:36:04]

D Let me know when you need another.

S Well, Pearl's just had it on her salad that she was munching the whole entire time and so we thought, hey why not. Goat's cheese... Oh my goodness, Pearl, I just made the most delicious dessert recipe, so simple, with berries and goats Chèvre, like, the soft unripened goat's cheese from Aldi.

P Oh, can we talk about Aldi's goat cheese. Even though Aldi's has not called us back.

S Why do we keep pushing them when they don't call us back?

D Pony up, Aldi.

P I know, you'd think they would, right. But yet still we're kind enough to keep promoting them.

S That shows the Christian heart.

P I mean, it shows that we're forgiving and even though we're a woman scorned, we can learn to forgive. But their goat's cheese is rocking my world and it's less expensive than other goat's cheese. I buy those little four ounce little packs. Have you see them?

[00:36:52]

S Oh man, they 're good and I tell you what they're also good for, besides from this wonderful, you know, salad idea Pearl had and...

P Yes, it's on my salad today, I have, I want to say something though.

S Yes.

P I want to show you how to eat a salad without, like, going to cray-cray and making it so heavy that's like calorie abuse, because we love our fats on Trim Healthy Mama.

S Oh that's cool to have that occasionally, but not every salad.

P This is how a salad with nuts and cheese and berries, like, on the salad, just tons and tons of finely diced romaine, I dress it with balsamic or apple cider vinegar and a little Gentle Sweet. That's my dressing, I don't put the olive oil on, I put olive oil other dressings, because I'm getting my fat in other ways. I'm having some goat's cheese, I'm having some spicy nuts and I'm having a few berries. Now, you're going to say where's your protein, well I had that in my drink, I put some collagen in my drink. But anyway, that's the way I do it and it's delish. Go ahead Serene and Danny.

[00:37:47]

S Okay, I half thaw out, like, a berry mix and then I juice fresh lemons and I squeeze that over the half thawed out berries and I put some Baobab and some whey protein and stir that around and then stir in some goat's cheese, the Chèvre, and it makes this tangy creamy cheese over the tangy berries and I throw in some Trim Healthy Chocolate Chips and then a little bit, a dash of toasted coconut.

P That sounds like a recipe for our book.

S Oh my goodness and maybe your favorite, chopped nuts, if you want.

P You know what it sound like, it sounds like Cheesecake Berry Crunch, but without the...

S With the goat's cheese, now, goat's cheese is great, we're not against any dairy and we're not into this, you know, jumping on the bandwagon of this A2 casein thing, you know.

P What is, a lot of people are saying what is A2 casein thing, Serene.

S Well, some people say that say that the A2 beta casein it's called, that that's the only kind of casein that you should have and that other...

P They're saying that most cows in America, and this is what Dr. Gundry said in his Plant Paradox book, which we haven't done a PODdy on yet.

[00:38:53]

S Well, people have been saying it for a few years.

P Yes, it's not just him. People say the reason why dairy's inflammatory to most people is because it uses A1 versus A2 milk, right Serene.

S Yes.

P Now, actually Serene, I thrive on A1, I do well on A1. Some people don't.

S Well, they're just saying that this is only one, there's one kind of species of cow that has a safe A2 casein and all the other... I'm just, like, you know, it's just too complicated and God made those other kinds. And I know there's been breeding in of different kind of, to make different variations of cow, but, you know, we thrived in good old New Zealand on good old whole steamed dairy.

P That's A1.

S I think a lot of the problem is the pasteurized dairy and the grazing on...

P Now, goat is A2, that's why goat cheese and goat milk is usually non-inflammatory for people. However, I like to include it just for balance.

S It is the A2 casein.

P I think it's a beautiful balance.

[00:39:51]

S And if you're on that horse, on that A2 casein thing, goat's cheese is it, you don't have to worry about it.

P And if you're not, if you're like, well I like my cow dairy and I'm okay, I still think it's good to change up here and there.

S Yes exactly. And it actually has more calcium per ounce, you know that, goat's cheese, than cow's cheese.

P It is more easily digestible for most people.

S The fats are easier to digest.

P And Danny, that's something for you.

D I will look into that.

P The fats are smaller.

S And because of that it is one of the first little foods that I give to my tot, like, my year old baby, I start to give them little bits of goat Chèvre.

P Oh, that's a good idea, I can tell Meadow to give that to Warren.

[00:40:27]

S It's such a beautiful and just.. I like good fats for babies. And so it's noticeably rich in Vitamin A, K, riboflavin, folate, niacin I mean, it goes on and on and on, it's so good for the bones. Goat's cheese, the thing I love about it is, you can get it in all different varieties of course, but that Chèvre, that's just from heaven. Isn't it delicious?

P Absolutely, it's like you want to say, Danny, you've got something to add?

D I do, I have some fun facts about goat's cheese for you.

P Oh right

D Did you know the goats actually flavor the cheese, they don't mean to, but it depends on what they eat?

P Really, so that's that, you know how goat's cheese has a stronger flavor, which I love.

D Yes, a little more pungy.

P Yes, it's more pungent.

S It's more creamy too, goat's, because I do goat's kefir and cow kefir and goat's kefir will have more of a creamy texture. My husband's calling in, shall I take it?

[00:41:16]

P Yes, you can take it in the other room while Danny keeps going with the facts.

D See you, Serene. Hey, another thing, the goats are, fun fact...

P You're new at this, you're new at contributing to the Super Food Spotlight. You're baby stepping.

D They're more, so you know goats are more independent than cows, right?

P Yes.

D But they respond to personal care, more than cows. So, while goats roam, they're more affectionate, they're literally the cats.

P So, you're saying goat's cheese has more love.

D They're the cats of the milk producing farm.

P That's a fact about goats.

D I'm just letting you know.

P So, those were just Danny's facts.

D And we're done.

P Okay.

D Good night.

P Good night America.