



## Trim Healthy Podcast with Serene and Pearl **Episode #315 – Danny Takes Over The Podcast!**

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

D = Danny · J = John · L = Lesley

### **Speaker Key: D=Danny, J=John, L=Lesley**

S This is the PODdy with Serene

P And Pearl.

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

D What's up people, it's the Trim Healthy Podcast but this time not with Serene and Pearl, it's just me, I know crazy... like a historic moment. But please don't go anywhere, I'm not going to talk about aliens, I'm not going to talk about Sci-Fi. It's really weird because I'm looking around a room and there's no one here, except the crew. Say hi crew.

00:00:29

Crew Hey, woo.

D Shall I look at the camera? What should I do?

J Danny I'm just going to be that voice off to the side.

D Producer John.

J When you need it, I'll be on camera if, you know, we need to clear the room.

D Shall I talk to the camera though?

- C Talk to them.
- D I'm going to talk to this plant. Is that in the shot? Okay, why are you all all quiet, if you guys are quiet it's going to make me nervous. To be honest I'm a little bit nervous, the gal energy is gone. When I first got here it was a bunch of males but then Lesley came in and saved it. But listen guys I promise you I've got some goodies, man, I've got some soul stew, okay. So I did bring notes because I'm a little nervous, but there's some things that I think are super important post "What If You Could", Danny. And this is what I mean by that.

00:01:25

- D Like, here it is, I wrote this book, right. Look at this, I'll show it to camera. This book "What If You Could", there's a picture of me leaping into the wind, leaping into my destiny. And I left something out of this book that I think is super important. And don't worry this is not a book commercial, I honestly at this point it's been like three years, I don't care if people buy this book. I actually have more joy giving it away. But here's the outline for today. Is someone creeping on me?
- J Danny's book is available on Amazon and at [Dannyvaldes.com](http://Dannyvaldes.com).
- D Yes, thanks John. All right so here's what I want to bring you today, all right, let's get down to business. All right, number one I want to talk about the balance that I failed to add to my book, something really important that I actually had to learn the hard way. The second thing I want to talk about is how my failure, it's not just adding it to the book but it wasn't a part of my life at the time. And how that like dramatically affected my health, the lack of balance in what I was doing and what I was pursuing. And what it literally did, I mean I was in the doctor, I was diagnosed by like, I went to like five different doctors diagnosed with like PTSD, anxiety disorder, so it really affected my health dramatically. And the third thing I want to talk about is the one revelation that will lead you to the greatest adventure you will ever experience on this earth. And I know that sounds like a big tee up here for like yes, that sounds like clickbait. But this is something that I learned in the years after this that just radically changed really everything and I almost wish that I could have had like a whole section of this in there, because to me this is so much more important than what I wrote about in here. And so, oh and I also have a show and tell for you today. Oh, it's a surprise we're not going to look at it yet, okay we'll get there. Okay so this is going to be fun. Okay so this book, right, so What If You Could, it was a book about a carpenter, who was me, and I had spent most of my career providing for a wife and four children. This is so weird not looking at the camera or like a person, who am I supposed to look at?
- L I'll just sit here and listen.
- D Les, get in.
- L I'm just, shoot, I'm just going to sit here
- D Oh hey girl.

L But not talk, because it is weird, it's weird watching you not look at anyone.

D Is it painful for you as well?

00:04:08

L Yes it's painful over there.

D Yes.

L John, okay I got it.

L This is a balanced story.

D Oh, do you guys feel that?

L Yes.

D Do you feel it?

L I'm going to be checking my Instagram what you do when Serene and Pearl are talking.

D Well when the camera cuts to you you better show up. Okay Les this is good. Man your hair is red today.

L And I think both of our curls are on point today too.

00:04:36

D Thank you. Okay, did you read my book Les?

J Oh.

D You sad little...

L I didn't...

D Treasure trove.

L You know what, and I didn't read John's and I've not read any Trim Healthy Mama ones either, so.

D Fair, I don't read anybody's book. I read half of John's.

L No I mean I'm so sorry I'm not a reader.

J Thank you Danny.

D I read half of John's and then ADHD kicked in hard and I went I'm onto the next project.

J Yes, my book had a lot of pictures though, so.

D You had a great picture book.

J Yes, you could just look at pictures and do half the book.

D Okay, feel this, we've got a carpenter, right. And I was providing for a wife and four kids and I was sort of living this like I'm like Jesus dream, like it felt spiritual because I was a carpenter and, you know, I dropped out of school in the tenth grade and carpentry was something that I found to do to survive and pay bills. Les.

00:05:30

L I'm concentrating.

D Focus.

L I just realized I was sat back like I said I wouldn't.

D And so I was at a place in my carpentry career where things weren't working, financially things were really falling apart. I was not doing what you would call providing for a family and I felt super, I felt like a failure, I felt like a loser. And I had a friend, long story short, ask me what if you could be anything you wanted to be though, like what would that be like, what would you feel. He got me into my emotion around this topic and I got back in touch with what I wanted to do since I was a kid and that was be an entertainer. I wanted to be an actor, I wanted to be a host. It was a lot of how this came about, how me being on this podcast came about. And I wrote a book to encapsulate this, not that I ever thought that I would sell a million copies or that this would be some big product on a shelf. In fact I often shy away from talking about it and rarely do, but I felt like I wanted to capture something that so many of my trade industry friends were experiencing. And that was that life of struggle, that life where it seems like there's, like there's just no way out, like you're trapped in this thing. And I feel that so many of my friends were trapped and that's what I wanted to do. It was almost like I couldn't call on my friends individually and so I wrote a book to like give to them, really, and now it's for sale. And so...

L Did you sell it to your friends or did you give it to them?

D I actually just gave it all to them and then other people...

L Okay that's good, I'm just checking your moral compass there, just keeping it real.

D Thank you.

L To sass you.

D Yes, good on you Les.

L Yes.

D I'm glad you're here.

L Thanks.

D Okay, so here's what I wish I would've said in this book is that yes, you can rewrite your character, you can create anything you want in this life, you can be anything you want to be, you're not trapped, okay. But to really like, for the leopard to change his spots, right, to be something that you've never been and to do something you've never

done I wasn't prepared and couldn't have been for the cost and what it could cost people listening. To really make huge catastrophic changes in your career or in whatever it is.

00:08:03

D During my writing of that book and then afterwards be trying to live that out and break into the movie industry and potentially, you know I had these ideas of hosting a Tonight Show. You know, it's like I'm going to go...

L Big dreams.

D Big dreams. Like I'm going to go from the guy in small town and I'm going to get a call or something. And I went about sacrificing so much to build that. I stayed up late, I was the guy, have you ever seen the movie where the dad's not present at the ballet dance for the daughter? I mean I was literally that guy. And when I watch those movies I remember thinking come on Hollywood, don't dog the hardworking man. You know I don't know if it's this way for everybody but for me the hardworking man, the guy that was going to do it and pull it off for his family was a hiding place for me. The reality is I didn't have any parental download into me as a child and so once my children got past like age three or four I didn't really know what to do with them. I didn't have a deposit to give out to my family. And I was a bit of a lost soul in the world, even after publishing a book.

00:09:41

L So we're talking in the talk that I know, like not current Danny because I'm sure we're going to have some sort of revelation here.

D Not current Danny but post-book Danny.

L Post-book Danny.

D Yes.

L Which was, I knew that Danny.

D You knew that Danny.

L And that was pre or post-dressing gown Danny? Do you remember that, that was a dark moment.

D During and post.

L During and post.

D During and post. And I would say a lot of this, not even, only in the last six months have I really got it.

00:10:13

L That's awesome.

D I'm glad you're asking.

L Can I intercept?

D Yes, please.

L That's so funny because I feel very similar, like I'm a massive dreamer and I thought once upon a time the biggest dreams, you know like the landing the biggest tour or travelling to the furthest farthest away place was the goal, was the success.

D Yes.

L It could not be further from the truth or where I'm at now.

D Yes. Because you were touring with Def Leppard.

L Yes.

D Like you were at the pinnacle of...

L Well I mean yes, my, yes.

D JB let's say it.

00:10:53

L Ben is in the background saying Justin Bieber.

D She was a "belieber."

L And at that time he was probably the biggest pop star on the planet, like it was stadium tours and I've never been more unhappy. And that's nothing against JB.

D Biebs.

L It just when I got to the top of what I thought the top of the hill was it was probably, you know, it was the saddest place I've ever been. And so my point is that I didn't know what the Danny takeover was going to look like today but I'm glad you're telling me this story because I can relate more than you know.

D Yes.

L Like right now to me, to be home with my family with the barnyard of mutts, that's it.

D Yes, that's so good Les.

L Yay.

D Well I'm so glad you shared that because you know I was out there on my tour, so to speak you know. I was building these things that I, see that's the thing.

00:11:55

L You manifested hard in that.

D Hardcore. I was telling the world, and specifically my trade industry friends, I was like guys we can break out I've found the door. I've found the door, you've got to believe in yourself, you've got to rewrite your character, you've got to stay up, work hard. But man, if you don't do that in balance and you don't do that soberly and if you have the wrong images out in front of you that you're chasing and that you're trying to get you're going to lose the most important things. I want to show you this.

L Okay.

D Okay, this is embarrassing.

L This is only for us video. This is only for the peeps watching.

D Yes but I'm going to talk it through for you listeners too...

L Okay.

D On the podcast.

L Maybe producer John here can somehow figure out this to be the.

D Well no here's the secret go to our YouTube channel, Trim Healthy Mama.

L The PODdy page.

00:12:46

D Yes, go to Trim Healthy Mama, we're posting all of our podcasts on YouTube now and you can see this live. This is supper embarrassing...

L Can I just for the people that aren't watching, like Danny showed up with like what's supposed to be, like a storyboard, like he printed pictures, I mean beautiful pictures of his kiddos and there's Mrs. V and I'm not going to say what it is. But they're all black and white and they're like...

D Okay enough, it's a secret.

L Okay, sorry.

J Danny we'll get some images of that.

L He came with a show and tell.

J I'll put it in the podcast.  
D I'm going to hold it up for the camera too.  
L Came with a show and tell, if I did just ruin that we can edit it out.  
D Hey can you check and see if this is in camera. Hi guys behind the scenes here comes Jay. Run Jay run.

00:13:25

L And Danny, I've also called him out a few times for being diva, like he wanted a plant in the background and now he's asking Jeremiah to check that...  
D Look at that bonsai.  
L His poster is in the shot.  
D Okay, hold on. Is something...  
L Did I really ruin it?  
D If I hold it here, okay. Okay here we go guys, it's time for an exercise in deep vulnerability. This, okay, is this in?  
L Oh, it's double-sided. Will we get, okay.  
D Is this in? Down. Okay well the mic's in the way. Here can the mic be up here? How's this? Does this work?  
L Have you ever. If this is not incentive to go watch the podcast I don't know what is.  
D Okay. And John can you hear me? Okay.  
L Yes you're right there. Oh.

00:14:07

D I know he can physically hear me. Okay guys.  
J Oh Lesley.  
D Vulnerability time.  
J Oh Lesley.  
D So as I'm trying to pull this off, right, as I'm trying to get my family out of poverty and I'm trying to reach my childhood dream of becoming an entertainer it was popular at the time to create a vision board. And on the vision board...  
L A vision board is what you brought.  
D I brought my vision board. On a vision board you put the things that you want to see actually come out of the vision board and be in your life, right, okay. So let's...



L That's epic. I can tell this is the Hollywood side, this is the dream.

D This is the wrong side. This is so vulnerable. And no I didn't blackout things I said, some of that was just because I got an old crusty board from the carpenter's shed.

L Right, yes.

D I didn't go buy a board. You know these kids on Instagram they get their trendy vision board, I'm like man you guys got money, don't you. You can like decorate it...

00:15:08

L Yes, this is a piece of old plywood or whatever it is, quarter inch.

D So you know different things here. These rockets and so they represent things to be personally but on my vision board I've got a beautiful house. I feel like I'm, yes, he can hear me okay.

L You're good.

D I've got this beautiful house with a swimming pool, you know. I wanted that, what selfishly, no, for my family. This was for us to have friends and parties over and live that dream. For some people it's like land and horses and they want to live on a farm or whatever, a lot of women want that farm, yes.

L Yes.

D Well this is my Hollywood version.

L Right.

D Got Morgan Freeman here saying be the...

L He's hanging out at the pool with you, or just?

00:15:47

D He's poolside, yes.

L Oh no, he's just like...

D Yes because that's what I was going to manifest.

L He's just telling you what to do. You were going to be friend with him.

D Oh Morgan was coming, yes. Jim Carrey my childhood...

L I can so see that right now.

D He's my childhood hero and I wanted to do...

L You all are as annoying, I mean like equally amazing but loud and annoying at the same time.

D Thank you.

L No amazingly annoying.

D No, I feel that is accomplished, yes.

L Yes. Mission accomplished, you and Mr. Carrey.

D Jim Carrey was...

L God imagine them in a room together.

00:16:20

D I acted like Jim Carrey until I was about 35.

L And.

D Serene and Pearl actually told me off, they were like Danny just like be yourself, like talk to us like the Danny we know.

L Amazing.

D Because I was like I wanted to just be a performer.

L I am now concerned about your microphone too, you know.

D Leave it alone.

L You know? Do you not think it's close enough?

D We have a...

L He hears mic, can you hear.

J Yes we're good, it's picking up and it's in the show.

D Let's go Les. We've got a red Tesla, I wanted black, couldn't find a black Tesla picture we put red. These...

00:16:50

L Were Teslas a thing five years ago?

D Oh that hurts.

L Am I sad?

D Yes.

L I don't know.

D Yes, they were more a thing then, yes. I'd still do a Cyber Truck.

L Okay.

D But this is what I wanted to make happen. For me, for my family, right, this was the dream. And what I didn't realize was that while I had these things out in front of me I

was missing really what mattered the most. And I was missing, maybe not ballet, but things my kids were doing I couldn't be there because oh I got a call and there's this music video being shot and they need an extra. And if I'm not an extra then I won't be a leading character in a smaller project, and if I'm not a leading character then I'm not going to be hired for a bigger project then I'll never be on TV.

D So I can't come to the family stuff, you know, I can't be there. And that led to so much, like it cost me in terms of my kids as they were becoming teenagers just needed their dad and I wasn't there, I was making the dream happen for them. We were having behavioral issues in my family, I was starting to fight and argue with my wife a lot, she would just be like could you please be with us for dinner. Meanwhile I'm on the podcast, right, telling people to like be the breakthrough. And I'm not showing up in my family. And it was in my household years of hell. And I want to show you the other side.

00:18:27

L Okay.

D I got my act together and I got some sense and I just had a big ball fest in my office one day where I just got the magic and the revelation, or something, of what my vision board should look like. I want to show you the other side.

L Aw.

D Like when I got my vision board right, I'm not saying, I don't have a pool out back, you know, I'm not...

L Friends with Morgan Freeman.

D Morgan's not over. Jim Carrey, although Jim Carrey I almost got to interview him. He turned it down, he didn't know it was me, it wasn't personal. But Jim Carrey rejected me.

L Forget him.

00:19:23

D How's that for full circle.

L That's why he's not on your vision board anymore. I love your vision board, Danny.

D This is me and my wife, these are all my kids.

L Gorgeous.

D I took all these photos. And what I realized is when you make your family your dream

you can live your dreams today.

L Yes sir.

D And you don't have to wait and waste your life chasing fantasies. And it's not that I don't want to be in films, it's not that I don't want to do cool stuff in my career, but I realized that I'm in a season where I have a higher dream, I have a better calling. And that is to show up in their life. Like, this is the dream.

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

S Serene.

S Hey, Pearl here and I'm so excited to talk about a new air purifier, EnviroKlenz, cleanse with a K, K- L-E-N-Z. If all home air purifiers are the same why then did the US Department of Defense select EnviroKlenz to protect and purify their air on board our navy ships? I'm going to tell you why, because EnviroKlenz advanced mineral technology it goes beyond ordinary HEPA filters to destroy airborne illnesses causing colds and flu viruses, including that C one that everyone talks about, right.

00:20:59

S EnviroKlenz is the new science in air purification and now you can order one for your home. This is how you stop colds and flus from attacking your whole family. This is how you destroy allergy inflaming toxins and mold from the air your family breathes. In fact, this hospital grade technology is so powerful that it promises far fewer colds and allergies and better sleep. Visit EKpure.com and use the code trimhealthy for 10% off your EnviroKlenz home air purification unit. You'll also receive a free air quality monitor plus free shipping, that's \$150 savings. So that's EKpure.com code trimhealthy.

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

J Hey Danny.

D John, come talk to me.

J You sparked something and you triggered something in a good way.

D Come on.

00:22:02

J My wife and I were actually having this conversation because it's tied into another thing, I do a lot of writing that has nothing to do with Trim Healthy Mama just stuff on the side. And one of the pieces that I am working on is, it's centered around the idea of how we as a modern society think about vacations.

D Yes.

J And it was sparked by a conversation that my wife and I were having about later in life and this ties into what Lesley is saying earlier. Is like later in life the thought of when people go on vacation there it's almost like they're escaping the other side of your vision board. You know, when you flipped your vision board around and it was your beautiful family and your home and that, I see a lot of people treating vacations as an escape, getting away from that.

J And we were talking, my wife and I were talking about how most of the time when people go on vacations you just go and you sleep in a hotel or you sleep in some sort of other room and you eat at restaurants and you go and usually see a landmark, some sort of, you know, touristy landmark or two. And that's people, we use that word vacation it's like it's a, it's an escape. I think some people even refer to their vacations as an escape. And to me it's an interesting phenomena that we work so hard as a people to save up money and take a little slice of time to escape the other side of what your vision board represents. Does that make any sense?

00:24:04

L Totally.

J And I mean to hear like I count both of you as dear friends and I've known Lesley longer than there's been a Trim Healthy Mama company, you know. And I've watched everything she's said, I watched it happen, I watched it happen to my friend. And to think that she went from, I watched her. She was the first side of your vision board, every time I'd want to check in with Lesley she's in Morocco or she was in Spain somewhere, just doing all these things that most people would go oh that's so awesome to do. And I'm sure it was awesome at the time.

L Yes and here's the thing, just to interject for one second, there is a season for it and it's not an unhealthy thing to experience. Like I hope that when your kids are of age if they're so inclined before they meet their family, before they do that, if they want to do a road trip across America or they, like if that's what they want to do. And I think it's actually, I think it can be very healthy, it can shape you. I'm not saying that everyone should be shaped like me because I am a very confident, travelled, like I'm a certain kind of woman that that side of your vision board shaped and created. There's nothing wrong with never leaving your home town, like I often think I was like what if I never left my home town. Like not what if you could but what if that, you know, and it's not even worth thinking about because, yes.

00:25:54

J It's like we are, as a people, we are pre-programmed and conditioned to want to escape. You know what I mean? Like people refer to their vacations and escapes and if, you know, like Lesley was saying a lot of people think yes I've got to grow up and get away from home, I've got to get away from where I'm at. And everyone's trying to

get away and be somewhere else other than what about on your couch with your spouse and your kids and your pets.

D Yes, no that's huge.

J You know, why is that not the goal?

D Well and that brings me to the second thing I wanted to...

J Anyways I didn't mean to hijack the conversation.

D Not at all. I'm glad, yes.

J But it was a, just your vision board like just ticked that box for me because I'm literally writing about that exact same, just from a completely different angle. So anyways.

D Yes, no dude I'm so glad you shared that.

J No worries. I'm going to go back to my spot now.

L Is it ready for part two? I have a question.

00:26:58

D Oh no.

L Is it part two.

D We can get to part two. Part two's...

L I just want to let everybody know that Pearl has texted me. She's checking on us, how's it going. I'm like we're good.

D Yes, text her back, tell her we're going to be here a couple of hours.

L It's happening.

D We're going to dig deep today.

L So she's...

D Well and you're right, Les, like totally there's a legitimate time to make those things happen. And that can be with children too, the point is that make sure you find out what it's going to cost you. To me it's not worth missing my daughter's presentation at school, ever. I mean there's got to be a sometimes, rarely because daddy has to, that's there right. But man, there's so many men who, and I was raised thinking this way, the man is just gone, doing it, pulling it off for his family and then the man will get mad when that's questioned. Who's going to provide. And it's like so many men are hiding behind this idea of this bankrupt, survival, life or death fight or flight approach and they're handing that DNA down to their children. And their children are going to grow up and scream out at their children, well then who's gong to pay the bills. And dude, like I understand there is a thing where you do got to just get it done but man, what kind of like, are we so powerless that we can't. Like we can build anything, we

can create, we can pull it off and farm until midnight and pay those bills. But why can't we also create something that doesn't look like that, so where we are in balance and we're there in these critical times for our families.

L Man it takes, I mean I love that. I'm trying to, what would Serene and Pearl do. Like what are the women listening going to say... well I need my husband to have this job and I don't mind that he's not. You know what I mean?

D Of course.

L Just on the flipside of things.

D Well okay, let's...

L Pearl and, my spidey sense is like Pearl and Serene want to say something. I don't know what it is because I'm not them.

00:29:04

D Yes, well they can comment in the YouTube video. And stop going out of town.

L Yes they can, Pearl send your comments to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

D And I won't hijack the podcast anymore, all right.

L Yes, they're just so, this, Danny does have Serene and Pearl's blessing.

D Do you want to go to Mexico...

L We didn't just like break into the podcast.

D Or you want the pod. No, I'm kidding, I love you girls.

L No come on, like the flipside right. Like okay so you don't want to, you have decided now balance, I'm never missing the ball game or the ballet or the presentation unless there's going to be that 1% time that has to be.

D Yes, life happens.

L And you want to create this balance, you have created a lifestyle, a job where it's sustainable, you're not living the Hollywood dream but there's food on the table.

D I'm living a way better dream.

L Way better.

00:29:55

D I'm living a way better dream. There are people in Hollywood pounding pills.

L Oh yes, miserable.

D Dreaming of the life I have.

L But what about.

- D And the not me, I'm not, you know what I'm saying.
- L Sure, but what about our listeners, our women that are listening that have husbands that have those jobs? Soften the message.
- D Okay well let me harden it first.
- L Sure.

D Okay and then we'll soften it because in counting the cost, you know a lot of these men are suffering in their bodies too. And this is the second thing I wanted to et to about how this affected my health. And your body has warning indicators and they speak to you and it's not like they give you solutions, they tell you that something's out of balance and something's not right. And so while I was doing this, if you remember, some of that, I'm showing up in my wife's robe with death on my face, no product in the hair. I remember sitting here and just feeling terrified. I would sit in this podcast, I would intro the show and then hope I never had to speak again. And I was quaking inside, I had, it felt, I described it as a spear in my gut of fear and anxiety. And I was convinced, not I thought, I knew 100% I was dying of colon cancer.

L Oh yes, I remember it.

D I knew it. And unless you know you're dying of cancer or something else, whether you are or not, you don't know what I'm talking about. It is a horror, it made me, I would faint. Like when people get so scared they faint I would faint at noon, you know. Because all the signs were there, all the checklists on the internet told me I had it and I was convinced. I couldn't eat, I was down to 100 and like 15 pounds. Really skinny, very unhappy with the way I looked. You know women get unhappy with the way they look physically on the opposite end of the spectrum, they get big, I was unhappy with how scrawny I was. When I tried to eat I would just get more sick. The stress in my life was shutting down my appetite, it was shutting down my digestion. And so all of these gut pains all over. So I was literally mistaking an anxiety disorder for cancer. Because I didn't think that fear could be this powerful.

L And I don't think anyone can hands on their hearts say that they have not, not to the point that, you know, but I think it's very easy to feel some symptom, go down some rabbit hole, and have yourself all kinds of tripping because oh what's happening.

00:32:49

D 100%.

L So that's relatable for sure.

D Yes.



- L You know.
- D Yes, it may not be a specific like gut issues or whatever, but you're right, so many people can relate to that where they have some sort of manifestation of their own neurosis. Is that the right?
- L What is the solution for those, the people that are there right now? Well not solution what is your advice?
- D Yes, well.
- L Because it's got to have a happy ending.
- D Yes it will. You know, so there are some practical things you can do to flip some switches in your brain, because we all have different personalities and I feel in society we have too quickly diagnosed those personalities. What we do is we diagnose the weak side of a certain type of personality.

00:33:36

- D So some people are super creative, super inspirational, can improvise, can fix on the spot, right, these guys end up often being mechanics. You know, women I see so many on Instagram female artists that you just see what they come up with. Well those same people, almost all of them when you say at your weakest what's your symptom and it's anxiety or depression. A lot of the art community is known for taking their life, even. And so these are real things, real chemicals happening in the brain. A lot of those switches can be flipped through some basic things like waking up at the same time, eating a breakfast, you know before you take pills wake up, eat breakfast, work out. It's so hard to do for creatives because you want to sleep in and you're a night owl.
- L Hate breakfast, I drink coffee.
- D Yes and so you can get into self-abusive cycles that you don't picture as abusive. There's also a lot of psychology in there when you don't believe in yourself and then you are depressed you can sabotage yourself. Sleeping in can be a form of sabotage. And so fix it, just get up, it's hard but you can do it, get out of bed. Do practical things. Oh, I'm real indoorsy, I don't have many friends, yes fix that. Just get weird and go get into a group. You know me and my son just signed up for Brazilian JiuJitsu, MMA.

00:35:13

- L Of course you did.
- D Because him and I are similarly wired and we can tend to lose our stuff. You know, we want to fight people around us, we want to argue, we want to sass our mother or sass our wife depending on the age. And so, oh you like to fight, dude go fight, go get in a fight class. And man, I didn't want to go, I don't want to meet these strangers, I don't want to deal with that, I don't want to start over with relationships. What do you do for a living, who cares, I don't care what I do for a living, I don't care what you do

for a living, let's fight.

L Right.

D But you've got to go through that work. And it fixes it. When I'm in fight class all my anxiety's gone. When I'm sitting at my desk wondering what I'm going to do for work it's like the devil's got a spear in my gut.

L I know, and I know that, again, tapping into Serene and Pearl here that they would say that yes to what you sad but that lifestyle and that the way that you eat and treat your body it would be a huge...

D Major. I tell you something else, 5-HTP.

L Balancer.

D I'll let Serene and Pearl edit this out because this is an herbal, I don't know if it's a herb, 5-HTP?

00:36:20

L Never heard of it.

D 5-HTP it's not an herb, it's like found in your body.

L Is it our sponsor today?

D This episode's been brought to you by 5-HTP. No one owns 5-HTP, it's a mineral or something.

L It's an abbreviation.

D It's naturally found in the earth. But certain personalities will be low in certain chemicals. My personality type, the creative, the spontaneous, the hyper-anxious can be low in certain chemicals that 5-HTP fixes. I have terrible sleep habits so when I think I'm sleeping I actually test nine out of ten on sleep apnea. So I think I'm sleeping because in the morning I'm like oh, I slept so hard I can't even get out of bed, actually barely slept. And that sets me up for psycho town all day where I don't want to eat. 5-HTP has been very helpful for me to regulate...

L For Danny Valdes.

D For me personally, good girl. For me personally, I know I'm sitting here on their podcast recommending supplements and so I'm feeling weird about that.

L Oh it's just in your opinion you like that.

00:37:25

D But I'm saying research and solve some of these. So there are some practical things to get out of that. Food's a big one, you know, cut the sugar. I can't do sugar, I can't

do coffee. Some people can, they think they can do coffee but they're manic.

L And that is all...

D You can't do coffee.

L Yes, Serene and Pearl are always preaching that the women are the CEO of the household and that you know, okay so maybe your husband does not want to eat the asparagus, the broccoli, the okra, the things like that but there are ways to help them.

D Well, so having my eye on the wrong prize broke my health down mentally, physically, spiritually. I mean I was like there just can't be a god.

L I love that, I had my eye on the wrong prize.

D Yes, seek first the kingdom.

L That was, what do they call you? Cousy Prof Ben.

D This is ancient wisdom, you know. And get off this trip about like I don't believe the bible, it's like fine don't believe the bible, believe the ancient writings, call it like. And sure people have potentially misrepresented it and everything but like there's ancient stuff there, you know. And yes, my health fell apart, my spirituality was falling apart, I remember just weeping in my window looking out my window like what is God. I'm abandoned on this planet, I'm completely abandoned, there is no one coming to save me, no one coming to help me.

00:39:05

D I'm supposed to pull this off for this wife and these four kids, sure I made that decision to have four kids or whatever but like all in faith assuming God was going to provide and I wasn't going to be miserable my whole life and poor. What is this, this is crazy. And I heard a guy say you're not going to find the gold unless you face the dragon. And man, those low times, those deep anguished moments of suffering and questioning everything, they have given me all the good things I have right now. I don't have anything, I mean I do. Just the best things that I have are a direct result of that very hard time in my life. And you know, there's people that you might think I'm just, this life is terrible. I mean there's people, they're days away from leaving, I mean they're days away and they have kids. For some people, and I've been there, the only thing that even kept me here was my kids, not my wife, love my wife, everybody knows it, it was my children. I can't do this, I can't give them that. But that was it.

00:40:25

D But man, and thank God for that, thank God that there was some token in there to prevent me from doing that. But man, it's not unreasonable even, you're not crazy for thinking, you know, like I want to get out of here, I want to check out, this is stupid. There's a lot of stupid down here. But man, so much of it is our own neurosis, like often it's our own creation and that's part of facing that dragon. That dragon's inside and that's what I had to overcome. When I wrote that book I thought that it was like

this message for the world, it was actually an exercise to exercise my own demons. You know, this book was to say all right, go out there and make it happen with your Tesla and your poolside Hollywood life. Like yes, go for it. Let's go see how, you know, Jim Carrey on side A of my vision board said I wish everyone would become as successful as I am so that they could see finally that this isn't it.

L Right, I love that.

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

S Serene.

P Get incredible deals on premium cuts of meat from Butcher Box. Deals this good are hard to come by at the grocery store. Listen, I love some really good grass fed meat but if you go to the grocery store you're not going to get fully grass fed, you're not going to get grass finished. It's going to say grass fed but at the end typically they are fed with grain and the prices on it are even more expensive than what you can get at Butcher Box. And then you get fully grass fed and grassed finished high quality beef and other meats and seafood that you can trust.

00:42:21

S Butcher Box takes the guesswork out of you finding high quality meat. 100% grass fed and grass finished beef, as I mentioned, free range organic chicken, pork raised crate free and wild caught seafood. I am in love with their wild caught salmon. I find our frozen salmon hard to deal with, it gives a bit of frozen taste, right, you can taste that difference. But there's something about this wild caught salmon from Butcher Box, it bakes up incredibly for me.

P Humanely raised, no antibiotics, no added hormones, get what you want delivered right to your doorstep. Free shipping for the continental US and no surprise fees. Choose from a variety of box plan options from curated to customized and change your plan whenever you want. You can enjoy a range of high quality cuts that are hard to come by at the grocery store at an amazing value. And that's what Butcher Box is all about, giving you quality healthy meats but not taking all your bucks. Get in on the exclusive member deal so you can save big on your favorite cuts.

S Butcher Box has a special offer running for our THM listeners, use code trimhealthy to get \$20 off your first box. Sign up at [butcherbox.com/trimhealthy](http://butcherbox.com/trimhealthy) and use code trimhealthy to get \$20 off.

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

00:44:47

D All right, so here's the third thing. I talked about the one revelation that will lead you to the greatest adventure you'll ever experience on earth and I'm going to deliver it.

L Is this the third and final land plane in...

D Final.  
L I love it, I'm excited.  
D You're a good host.  
L And I'm...  
D Do you feel the interview energy?  
L I do.  
D Yes.  
L I feel a bit Barbara Walters-ey. I feel a bit 60 Minutes-ey.  
D You're killing it.  
L But I also know as co-producer Lesley that we have to land the plane now.  
D We've got a show to...  
L Bring it, bring the meat and potatoes.

00:44:20

D Okay, what is heaven, okay? When we think about heaven, you know, people it's a beautiful place, right. God's there, oh, I'll be with my family, there'll be a banquet.  
L Of cheese.  
D Cheese.  
L Crackers.  
D Crackers. Goat cheese.  
L Right.  
D Grapes, turkey but salted, not the dry. Beautiful heaven, right. I was sitting at my dinner table the other night, I'm going to pause to let the audience just get it on their own here. Okay, pause over.  
L Oh right, I got it. It took, I did get it, as audience.  
D I was sitting at my dinner table.  
L With your family.  
D I lifted up my eyes and it hit me, I'm in heaven. I'm in...

00:45:24

L Nice Dan.  
D Heaven.

- L Yes.
- D You know.
- L I feel that every day. You know I'm Psalm's over here, but I feel that every stinking day I wake up I love the morning, I love it. I love my life, I know I'm fortunate. I love my job, I love my farm, I love you Dan, all of y'all. That's my best British y'all.
- D Look you can build the American dream if you want to.
- L I did.
- D You can build it if you want, just remember what it's going to cost you.
- L Right.
- D But I propose that you build the heavenly dream and you enter into heaven right now, okay. It is such a trap, it is the carrot on the stick dangling out in front of us Americans and the rest of the world, and we've got a lot of world friends here, the Canadian dream, the African dream, it's a worldwide podcast baby.
- L The English dream.

00:46:21

- D The English dream. I'm not, okay we're done, you get it. You can chase that carrot if you want to or you can open your eyes and faze for a minute out of what you see around you that you're calling earth and that you're calling temporary. And we've sort of bene trained to do that religiously, like eye on the prize right, that oh this is hard and bad but when I die I'm going to go to heaven. And it's like dude you don't even know what that looks like, first of all. We all have our ideas, right, of like whatever. But they're all like earth type of concepts, you know, and the reality is no eye has seen, no ear has heard, it's not even entered into our minds what that next reality would be like. But what if you could be in heaven now. Like have you ever seen golden hour on planet earth, have you ever seen an orange sunset where the earth bakes in an orange glow, where it's like you're on this other planet. Have you ever sat and ate food with people you love. Like grab your child's face, look into the eyes of God. Stop going to some religious place, some building somewhere to try to like find God. Grab your daughter by the ears, look into the very face of God. Look what heaven looks like in practice. And you'll do that, if you will open your eyes and you will accept this truth that heaven can be real, that it's not a religious fantasy, it's not for the future, but it is upon us, it is amongst us. Like this is it.

00:48:36

- L Serene and Pearl would love this message. Would they not?
- D Hey, let me end with, you know, this idea, this religious idea that I've had of heaven my whole life until the other night at my dinner table it was really another grandiose distraction. Another Morgan Freeman by the pool, this putting off of entering in now. And I want to quote the goat here in a minute. But if you can...

L Wasn't GOAT banned this year?

D We did ban it.

L Yes we did.

D I'm bringing it back.

L Okay. Just for this one time.

D Because it fits.

L Okay, got it.

D Just this once. If you can be, you made it dude, like you made it, you're in heaven and there's golden sunsets and banquet tables and children and life and your loved ones are here. And that's not to take away from this upgraded next reality or anything, I'm not taking away from that I'm just saying like why wait. It's just a perspective shift and you can make that shift. And you know, like the fact that we're breathing again and we're here again and we woke up again, like if you can grasp that reality everything else in your life will be heaven. And I want to quote the goat. Your eye is the lamp of your body. When your eyes are good your whole body will be full of light, but when they are bad your body also is full of darkness. See to it then that the light within you is not darkness.

L Nice, Danny.

D Bye.

L Bye, awesome.

00:50:33