



Notes ~ Topics & Time Stamps

"Q&A" LIVE With Pearl & Serene! ~ September 1, 2023

Your Questions Answered Here.... How much is too much exercise... and more.

<https://www.facebook.com/groups/trimhealthymamas/posts/10059981400741587>

.55- Update on the vein procedures.

3:24- Pearl on the rebounder!! Pearl explains a bit about rebounding. Rebounding is twice as effective as doing cardio. 15 minutes on the rebounder is = to 30 minutes of cardio.

3:32- Pearl shares that she is going to do some Rebounder Videos for the Trim Healthy Membership Site!!

4:57- Serene on the rebounder!!!

5:11- Question: From Michelle - What is the difference between a rebounder and a trampoline?

Pearl explains the difference and then shares that you jump low and not as high as you do on a trampoline. Rebounding is good for your lymphatic system and your bone mineral density.

6:00- Question: From Lindsay - I would really love some clarification on sourdough!! Can we use white whole wheat flour? Plain whole wheat flour? Does it have to be whole grain, and if so, where do you even find that?? Pearl & Serene answer below...

Must be whole grain or whole kernels that have not been stripped of the bran, in times of budget Serene has used organic whole wheat. Serene prefers rye and ancient grains. Pearl mentions the Bavarian Bread that she uses, and Serene mentions her Sourdough Bucket Bread recipe videos that she just recently shared with us in the group.

8:37- Pearl asks what everyone thinks about Serene being on Facebook and in the group!

9:06- Pearl explains a little bit about what the “Treasure Hunters” group was and explains how they actually got started with doing Facebook LIVES in that group!!

10:31- Question: From Michelle - Where is the best place to have gut health tested? Do doctors do this or is there a company that will?

Pearl & Serene explain their experiences with different gut health tests.

13:51- Mention of H.Pylori.

13:37- Pearl shares the company that she has used for a Gut Health Test-

Diagnostic Solutions GI Maps

<https://www.diagnosticsolutionslab.com/tests/gi-map>

14:51- Question: From Karen - Best exercises to tighten up the belly when you don't really need to lose weight?

Serene mentions the Trim Healthy Workins Program, as that is good for diastasis, or any other rehab program for the inner core. Pearl: if you are younger work on rehabilitating your core but also mentions belly fat and suggests getting your hormones tested especially if you are older and in your “pause” years. Could be a lack of estrogen or a hormone imbalance where your cortisol is too high. Serene mentions that our “sugar habits” could also play a part in this “insulin belly.” Pearl mentions that sometimes our diet can be “dialed in” and that there could be genetic markers that push one's blood sugar & insulin up. Mention of GLP-1 Peptide Therapy, semaglutide. The peptide therapy was a game changer for Sam, Serene's husband. Pearl cautions to keep your protein fuelings up while on this therapy and to have 4-5 fuelings with 25 grams of protein in each meal. Mention of using Essential Amino Acids to help achieve that amount of protein.

20:00 - Question: From Tiffany - Thoughts on optimizing hormones after hormone-positive breast cancer.

Pearl speaks as a layperson and gives a wonderful explanation and mentions a book called “Estrogen Matters” by Avrum Bluming MD. Pearl suggests reading/studying the research for yourself as there is a lot out there and mentions a website called “World Link Medical” ... they are known for advanced training in Bio-Identical Hormone Replacement Therapy

<https://worldlinkmedical.com>

22:17- Question: From Aishia -Can you share some helpful store-bought kids snacks for school?

Serene suggests Cuties & cheese sticks, her Homemade Trail Mix of goji berries, walnuts and dark chocolate and that she provides her children with her Sourdough Bucket Bread Sandwiches with butter and honey. Pearl mentions the “Snatch Em Up Chicken Tenders” recipe from Trim Healthy Table, page 238 would be a good protein option for kids.

24:21- Question: From Aishia - What tips do you have for kids when they face peer pressure to eat sugar and candy?

Serene mentions using home training (kid brainwashing), educating them about sugar and what sugar does to our bodies, and finally the “Sugar Rule”- Ages 13 and under do not get to choose whether they are going to eat sugar.

27:46- Question: From Chantelle - I was trying to make my overnight oats hit “protein nerd level.” I added Creamy Dreamy to the mix, and I didn't love it. Oats, Greek yogurt, what else can I add? I do love Creamy Dreamy in every other thing I've tried.

Pearl mentions that she had the same thing happen when making overnight oats with Creamy Dreamy/OPP, she suggests using cinnamon and that enough cinnamon should remedy that musky taste of the Creamy Dreamy/Optimized Plant Protein. Serene suggests having your overnight oats the way that you like them and having your protein on the side, you could even utilize some Essential Amino Acid with them. Pearl also shares that quinoa goes really well with the TH Optimized Plant Protein.

29:09- Pearl shares “Serene’s Oatmeal Trick Recipe!”

“Serene’s Oatmeal Trick”

3 Tablespoons of Creamy Dreamy or TH Optimized Plant Protein

1/3-1/2 cup of unsweetened almond milk

1/2 doonk of TH Pure Stevia Extract Powder

Instructions:

1. Place those 3 ingredients in the bottom of your bowl.
2. Cook your oats and put the hot oats right on top of the mixture in your bowl.
3. Top with cinnamon, TH Gentle Sweet, and TH Mineral Salt.

30:45- Question from Allie -The podcast this week speaking on magnesium was SO interesting to me! I've been taking beef liver, magnesium citrate, and raw cod liver for a prenatal this pregnancy. Very curious on your honest opinion!

Serene mentions that she also has taken the non-defatted beef liver, the cod liver oil and that she used Magnesium Glycinate if taking it internally or she has used the Magnesium Chloride if she did it topically. **Ancient Minerals** is Serene's favorite brand. Pearl mentions that Magnesium Citrate can make your bowels loose for some people and that it is not very absorbable. Magnesium Glycinate and Magnesium Malate are more absorbable.

31:43- Question from Christy - Which rebounder would you recommend?

Pearl answers that they have the Jump Sport Pro.

<https://www.jumpsport.com/rebounder-trampoline>

32:49- Question from Raini - How much exercise is too much?

Serene shares that there is a point where too much exercise can backfire as it can raise cortisol and it can give you LEA (Low Energy Availability.) We need to learn how to fuel properly before and after exercise, we need more carbs. Pearl mentions that hormonally as we age and enter the "pause" years, both peri-menopause and menopause our estrogen goes down and estrogen deals with stress, cortisol deals with stress. If your estrogen goes down your cortisol will go up. Too much cortisol puts weight on your belly, stops you from losing weight, and makes you insulin resistant. You have to find the beautiful balance. You need more carbs in your diet to help with this!!!

35:34- Question- What does Pearl & Serene think about fasted workouts?

They think that a fasted workout is the worst thing that you can do. Why, because you do not have any fuel. Have fruit or a serving of Essential Amino Acids prior to working out. Serene mentions that she sips a bit of whey with her green drink while she is working out. There is a mention of strength training 3-4 days a week. Stay away from long sessions of HITT. Serene does Steady State. Pearl says just walking in between workouts is best! Serene shares that running is detrimental because it is not building muscle and it can deplete the bones. Jogging can be catabolic if doing it for long lengths of time. Sprinting...short sprinting is brilliant. There is a difference between sprinters and long-distance runners. Pearl shares a story about a friend that started training for a marathon and since then her metabolism has never been the same. Mention of kisspeptin receptors, females have twice of what men have. Serene and Pearl share their current exercise routine. Serene does 3-4 heavy weight workouts per week and the other two days she walks. Some of those walks may be short and then she will do some hill sprints. Pearl does 3 heavy weight workouts per week and then does her walking.

42:42- First mention of “The Noddy” or is it “The Naughty”??

Pearl explains that they have amended the Nitric Oxide Dump Exercise. She shares that this is such a powerful tool and mentions **NEAT... aka (Non-Exercise Activity Thermogenesis)**, which means the number of calories you are expending without officially doing exercise... such as walking around the house or simply fidgeting. Pearl shares that they do this routine a couple of times per day. This exercise floods your body with oxygen, and it only takes two minutes, it was invented by Zach Bush, it turns on the **BDNF (Brain Derived Neurotrophic Factor)**, it puts you out of insulin resistance, raises your metabolism, and burns fat. Do each move 10 times each and repeat the whole routine 2-3 times. It is just fantastic as it raises the thermal burning in your body. You can do this 2-3 times per day.

44:53- Pearl & Serene demonstrate the moves for “The Noddy” It is called “The Noddy” for Nitric Oxide Dump with the added “long e” sound at the end like... “The Poddy!!”

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