



## Notes ~ Topics & Time Stamps

### Taking Your Questions ~ August 25, 2023

<https://www.facebook.com/groups/trimhealthymamas/posts/10016601518412909>

1:50- Ideas for E Meals! Mentions of oatmeal, quinoa, sweet potatoes, roasted carrots, lentil and barley-based soups, and sourdough & sprouted bread sandwiches.

6:29- Pearl's Blended Cottage Cheese Recipe is mentioned and that it will be in their new upcoming book. Pearl shares how she makes her afternoon snack with this cottage cheese. The recipe is described as a "Deconstructed Cheesecake". The Good Culture and Nancy's Cottage Cheese brands are mentioned as they taste good and have a good microbe count which is good for your gut!

#### ***Pearl's Blended Cottage Cheese Recipe***

##### ***Ingredients:***

- 1 cup Good Culture or Nancy's Cottage Cheese (low-fat; blended up until nice and creamy; Pearl uses a handheld stick blender.)
- 1 Lemon (juiced, use the juice of 1 lemon)
- 1 doonk of [TH Pure Stevia Extract Powder](#) (place this doonk of stevia into the fresh lemon juice)
- Nuts of your choice for a topping

##### ***Instructions:***

1. In a bowl, blend the cottage cheese until smooth and creamy.
2. Juice one lemon and add 1 doonk of stevia to the freshly squeezed lemon juice, stir to combine.
3. Pour the stevia-sweetened lemon juice on top of the bowl of blended cottage cheese, do not stir!
4. Top with your choice of nuts for an S snack, or an E Granola for an E snack.

##### **Other Add-In Options:**

- ✓ Add [TH Baobab Boost Powder](#) to the blended cottage cheese.
- ✓ Add kefir to the blended cottage cheese.

**9:14-Question From Rose:** Wants to know more about the varicose vein procedure. Pearl & Serene share a bit about what they have been doing.

**10:44-Question from Kayla:** What are the Super Foods that Pearl & Serene Use Daily?

Pearl: (Baobab, Kefir, Optimized Plant Protein, Huge Salad, Salmon, Goat Cheese, Organic Blueberries, Liposomal Vitamin C, Black Cumin Seed Oil, **Essential Amino Acids**)

Serene: (Baobab, Kefir, Greens Powder, Desiccated Liver Capsules, Liposomal Vitamin C, Black Cumin Seed Oil, **Essential Amino Acids**)

**16:58-Question From Linda:** What is better? Changing up the Pattern of Fuel Types Often or Sticking to a Routine? Pearl and Serene answer!

**19:24-Question From Lori:** Going a whole day without healthy carbs, how will that work while doing a Fuel Cycle?

**23:33-**Explanation about the **Optimized Plant Protein** and the bio-equivalence of the protein using Liposomal Leucine.

**24:44-**[TH Optimized Plant Protein](#) is coming back in October!

**25:01-** Bulk Supplements Company EAA's are mentioned, an explanation about the new [TH Essential Amino Acid](#), and the benefits of taking them for times of Peri-Menopause or Menopause when losing Muscle & how they can restore muscle. How to use the **TH Essential Amino Acid** after a workout.

**36:37-Supplements for Perimenopause & Lab Suggestions for Perimenopause Are Mentioned**

(Serene mentions Royal Jelly, Desiccated Liver Capsules, X-Factor Gold Butter Oil, Virgin Cod Liver Oil, mention of helping fertility.)

(Pearl mentions Ashwagandha, Omega 3's, Vitamin D3 & K2.)

**Lab Suggestions for Peri-Menopause-** Estradiol, Progesterone, Testosterone, DHEA-S, Free T3, Reverse T3, Free T4

Mention of the XX Brain Book by Lisa Mosconi.

**55:24-Bread Question Answered-** Pearl shared the [Bavarian Organic Rye Bread](#), mentions of Sourdough, Autumn's Gluten-Free Sourdough Bread using Teff, & Sprouted Breads.

[Click here to watch more videos!](#)