



Trim Healthy Podcast with Serene and Pearl

Episode #311 – Q & A: Hormones

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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!***

S = Serene · P = Pearl · D = Danny · L = Lesley · J = John

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D It's the Trim, Healthy Podcast, Podcast, Podcast with Serene and Pearl. And I'm Danny.

P Are you doing that because you've just come off the plane and you're a bigwig where you were? Hollywood Danny. You were Hollywood Danny.

D Yes, I just flew in, not from Hollywood, but Denver Dan.

S Denver's as good as Hollywood these days, Denver's a real... It's a hip place.

D Denver's great. It's super cold.

P Right now?

D Marijuana is legal in Denver.

P Do you smell it everywhere you go yet?

D Not as much as LA.

00:00:37

S Yes, but can I just tell you about Dan? It was super cold in the coolness of hip Denver. But he's still wearing his down special REA 200 buck jacket.

D Yes. Three.

S In Tennessee, and it's quite sunny today. And he's still got his glasses put in the V of his shirt.

D Yes.

S Yes, he's big time, man.

P So yes, so you just jumped off the plane. And Serene and I just jumped off of a three day meeting.

S Yes, nine to five all day. When we got home, we had research for it. And it was just super, super...

00:01:14

P Friday, Saturday, and Sunday. I mean it was an exciting topic, we were planning and mapping out our whole process for our new Trim Healthy medical clinic where we'll be dealing with hormones.

D Like a physical building?

P Yes, we were with our precious doctor, Doctor Kay, who's going to be overseeing, our head doctor for it.

S She is incredible. And Steve, good old Steve Lamar. And he's our head honcho for that.

D Oh, Steve's back.

S Oh yes.

P Yes. So this is rolling out, man. And...

D Steve Lamar. If these people could...

S Because he's an excellent pharmacist.

D If these people could just hear Steve Lamar talk. Danny, my brother, how are you?

P That's it.

S Oh my goodness, that's perfect.

P Oh, you just know how to... Oh, that's so... That's so Steve.

S What was that word when you... What do you call it when you channel? You channel him.

00:01:55

D He'll call me like once a year.

P That's precious, Steve's a precious, man.

D How are you doing?

P Oh, that's so him.

D I'm just like, dude. I always feel like he's pretending.

S That's how good of an...

P It's his heart. It's his heart.

S That's how good of an actor Danny is, because you probably... You know, you're busy, Hollywood Dan, you're not thinking of Steve every day. But you just could pull him out of a hat.

P You channelled him then, man. Because we were with him for three days, and that's exactly the way he says it. He's so authentic though, that's him.

00:02:21

D Yes. I wish people knew the people we knew, because I just do impressions for the podcast.

P Yes, I know. But they actually can't appreciate that because they don't know Steve.

S So, why we said all this, Danny fresh off a plane. Pearl and I fresh out of Joe Versus The Volcano office with fluorescent, blinking lights. So we've got nothing for you.

D No, we got it all, kids.

S No, I'm just teasing. That's why we've got something for you. Because sometimes when you're unprepared, that's when the fun begins.

P That is the best. No, but literally...

S Danny's like she's got no teleprompter, yay. We're here to PODdy.

P No, we didn't, we didn't because we came from that. And then, Serene, we had a video, we had to do videos this morning. Then we had to go to your house and answer questions. And then we came from there to here. I don't know what to talk about, people.

D I got more questions for you, actually.

S Okay.

D Yes.

S Bring questions.

P Give me some Q's and A's.

D Go now?

S Yes, Danneth.

D All right. And I can take any of these, right?

P Just tell me...

00:03:16

D I mean, these are approved, right?

P Well, I'll always just block them out if we don't like them. I'll just say, Tim, edit that out.

D You'll tell Tim, edit. Okay. Well, I'm going to take a question from Melissa who I think has three kids based on the rest of her name. We'd like to hear more about fitness do's and don'ts, and any other relevant hormonal info for Mama's 50 +.

S Okey doke.

P Serene's like, I was about to tackle that one, and now I have to let my jolly sister do it.

D Because you're not 50.

00:03:43

S I hate it when my sister...

P She isn't 50.

D But you're not 50.

P Yes, I am.

D How old are you?

S Hey, Dan, you said to Pearl, but you're not 50. But you looked at me and said, and you're not 50? You are fired.

D No, no. You...

P Yes, fire him.

D You heard it that way. That was your choice.

S I'm telling you, a woman knows how to take it the right way.

P Nothing wrong, hey.

D No, a woman knows how to take it the wrong way.

P Girl, don't you down the 50's, I'm 51.

S Oh, I know, but you...

D You're 51.

P Yes, man.

D You don't look a day over 38 by half.

P Ah, Dan.

S Fix it with me, Dan. Fix it.

D I never broke it.

00:04:11

P Danny, Danny is my favourite, a man, lover.

D You're Celine Dion, what are you talking about.

S If you were my hub, you'd be in trouble.

P Hey, stop downing the 50's.

D No, I wouldn't be, because Sam wouldn't...

S No, I'm not downing the 50's. I'm not. It's the way that Dan worded the whole thing. I'm downing the Dan.

D He didn't... Play it back.

P No, you did it, right?

00:04:28

D She heard it wrong, right? See?

P And Danny did well.

D Les has a higher testosterone than you do. She can reason a little bit.

P Woo.

D Woo, indeed.

S He's just getting worse, isn't he? He's getting in it, he's stepping in it.

P No, so...

D This is how Lisa does me, right here. This is familiar.

P Let me answer. Let me answer this because I am of the over 50 age.

D You answer it, and Sam and I are going for drinks.

P You got to do it differently, Melissa.

P You got to do it differently, Melissa. It was Melissa, right?

D Wait, what was her question? We'd like to hear more about fitness do's and don'ts.

P I know the questions, Dan.

S Okay.

D I don't, I've lost it already.

P Okay, so fitness, you got to do... I mean, I would... Actually, I said differently, but I'm approaching it differently. Because I was always in the mindset of do what you love, just exercise, move your body. It's a brilliant thing. Don't be inactive. And then I was, for the last several years, because Serene created the Workins program. I was doing that. And that was fantastic for me. It healed my inner core.

But I never did the kettle bells in it with Serene, at first. I just did the little bands, and I was all about little bits of body strength training. I was never about lifting weights. I like to go on walks. I never understood the importance of muscle. And muscle is our longevity organ.

S You preach it.

P Muscle is an actual organ. When we lose muscle, we lose our metabolism, we lose our immune system, we lose our health.

S And that's when we start gaining weight, when we lose muscle. Because muscle is the hungry organ that says, give me the fuel, I can take it. Muscle burns calories at rest.

00:06:10

P Yes. I will burn, yes, that's why men lose faster than women. Muscle.

D I have been with you this long and did not know that.

P Yes. So now, over 50 what happens...

S So you get insulin resistant when? When you're getting older and you're losing muscle.

P Yes.

D Pearl gruffed when you interrupted.

P I did.

D She's...

S She's like, huh, I'm the one over 50 here.

D She stopped talking. And I just heard a gentle mm-hmm.

P It was a harumph.

D It was like fussy old lady humph. That has nothing to do with 51, by the way.

P No, I know, it doesn't. You can do no wrong in my book today, Danny.

D Okay, yes. You've crossed those bridges.

P The 38 is just such a lovely thing. No, so, I was saying, yes, so, muscle releases these things called...

S Cytokines.

P Psycho minds. What do you call them?

D They can't be psycho minds.

00:06:57

S Well, I don't want... I don't want to get in trouble, so you can just...

P C Y, C Y K... No. You tell me if you know the name.

S Yes, but you just go for it.

P Oh, she's not letting me sound intelligent. She's just letting me hang out there. I don't know. But they release these substances that actually lower inflammation in your body too. And when you strength train and when you actually tear your muscle during an exercise, what happens is Interleukin 6, which is an inflammatory hormone in your body, that if it's in your bloodstream and in the rest of your body, that's bad. You'll get things, arthritis, like pain, like just inflammation. When you strength train, it actually takes it from the rest of your body and puts it to that muscle where it needs to repair. The muscle gets inflamed, and it stops inflammation in the rest of your body.

00:07:42

D Pearl, let me testify.

P What?

D Just real quick. That makes so much sense.

S You're not over 50 so, shush.

D No, I'm well under, thank you, girls. So, I have pain all over my body now if I don't work out.

S You old man.

P Yes, Danny. No.

D If I don't work out.

P It's truth. And my son-in-law, Kendall, has the same thing. If he stops his workouts he gets pain in his body. Starts them, he doesn't.

D And that's... What? Say what is this.

P It's the Interleukin 6.

D And that is what makes you feel the inflammation.

P Yes.

D Like in parts that seem unconnected.

P Yes. If you have pain in your muscles after a workout, if you're strength training, maybe you did push-ups, Danny, or maybe you lifted weights. Good. That's taking inflammation from the rest of your body and using it to actually repair the little tears in your muscle. And it's pulling it systemically out of the rest of your body where you feel pain.

00:08:31

D And of course, you don't mean bodybuilder. And especially for women, you don't necessarily mean the same type of workout there.

S Yes, we are.

P Well let me talk about that.

S We're talking about that.

D Okay.

P And that's what I didn't realize. I...

S But we don't have to use the same weightage as those huge bodybuilders. Because obviously we're not going to be able to do it without hurting ourselves. But we slowly go up as heavy as we can. Pearl, take it away.

P Yes. I know this is your pet subject, Serene. And honestly, I will have to give you credit. You have inspired a lot of this for me. I remember when I was going through menopause, and I was not strength training like I am now. And I was doing all my diet tweaks. I was eating more E meals. And I didn't get... And I was like, Pearl, you've done it. You didn't get the menopause valley. You've figured it all out. And you know what you said to me one day? Pearl, you look skinny, and it's not the right skinny. It's that skinny fat. You're looking like a little, weak, old woman. Is that what you want? And she got in my face. And I was like, but hold on, I haven't put on all this menopause fat. And then I realised, I was just fading away. And what I needed to do was to strength train. And so since that day, and I didn't want to hear it, and I kind of got mad at Serene. I went and I studied.

S That's what sisters are for. To make you mad.

P Yes, and then I realised, no, I need to restore my muscle or I will end up losing my bone density. I will break a hip. And that's how most people, women die.

D Does your Mom work out?

P Our Mom?

D Yes.

P Well she lifts boxes, her Above Rubies boxes. And she goes on hard walks, and she carries a weighted vest, which is really good for bone density, yes.

D Oh, she does?

S She works, she holds her weighted vest on pretty much for eight hours a day. She wears it while she's on the computer. I'd like for her to work out more though.

D Wow.

P Yes. So women, when they're over 50, here's what you have to do. You have to lift heavy things. If you don't, you will lose your muscle mass and your bone density. And why, because when you go through menopause and even perimenopause it starts happening. You are losing muscle at such an accelerated

rate, especially for women, while men are slower.

00:10:27

S And that's when the aging happens, when you lose muscle.

P That's when you lose your metabolism, that's when you can't, you know, you can't lose weight. That's when all these things happen.

S That's when that Hamburger Pie, (Cheeseburger Pie S) casserole, you can't do that anymore because your muscles aren't there to handle it.

D Okay, I have a theory too, and you can just deny it. It's just been in my head for a couple weeks. I feel like when I'm doing push ups, my jaw line is stronger. Why does my face look better? I feel like my face is more muscular.

S Well, it's just... Well I actually think when I do push ups, my face is set a certain way. I feel tension in my face when I do push ups. I probably shouldn't.

00:10:59

P You don't even realize all the muscles you're using when you do a push up. It's full body.

D Because the neck muscles get engaged, which are connected to the face. So I wonder if there's some sort of defined... There's something... Something happened.

S Oh, I agree. But I do want to just say, hey guys, it doesn't have to be scary. It doesn't have to be all freak out, because you've got to go out and lift and heft some heavy things. No, you're going to take it slow. You're going to just realize that resistance exercise is a big bang for buck. Some people ask me, hey, do you want to come for a walk with us this week? And I say, sadly, it's not a very good thing, sorry, I don't have time. Do you know why? Because our life is busy. And I really love walking. But...

P We still walk, but...

S But I walk on Saturday, that's the only day. Because my life is so busy during the day. Weightlifting is the most bang for the buck I can do in a certain time. And it will give me hours, and hours, and hours of...

P Calorie burning afterwards, yes.

S Calorie burning, even afterwards. And it does more for my body in the small amount of time for it to really get a useful walk. I have to walk for over an hour to feel like I've done anything, for me.

P Yes. I know. And you can burn a few calories when you walk. But when you strength train, you're burning more calories. But what happens after for hours after, it's like your metabolism is up 400%.

S Right, and so even while you're sleeping you're burning. So, you're going to start safe, and you're going to start at something that feels that you can do for 15 reps.

00:12:30

P Well let me get practical about it.

S Yes.

P So when I first decided to start bringing my muscle back, because I realized, no, I have lost a jolly lot of it. I still did our Workins that you designed, Serene, but I started using the kettle bells. I started with 15, then I went up to 25's. Then I realized, and I do recommend if you haven't done any strength training, start with our Workins, because that will heal your core and it will teach you form and how not to ruin your stomach.

S Right, because if you do the wrong form while you're lifting weights, you're going to injure yourself.

P You could do it for just maybe three months even. It will do a lot of healing to you.

S Just start with Workins because you're going to be doing a lot of the movements people do with weightlifting, but you're going to be doing it with body weight.

00:13:07

P Yes. It's body weight. But I needed extra heavy things to actually restore my muscle.

S We're asking, we're inspiring, say, do the body weight, but progress.

P Now Serene and I, we're filming a whole new workout series, and it's a... Women Lifting Heavy-ish we're going to call it.

S And don't get afraid. We have been watching inspired learning from women who started in their late 60s.

P Yes.

S That were overweight, that were out of shape, and now they look like they come from a circus ring they're so fit.

P Yes. And so... We don't have that available yet, so there's a What Can I Use Right Now? on YouTube. It's pretty intense, honestly.

S Yes, but even Cal, our wonderful Cal Calculator who works for us, and he is so about weightlifting. And he's over 50. He's all about... He's like, Pearl, that lady, she's tough, she's... That's a bit crazy. So don't scare them off.

P Well I've been doing Caroline, Caroline Girvan, her Iron Series. I don't really so much into her other series. But iron is lifting weights, just free weights, just what you have at home because you don't need to go to a gym. And you could take it at your own pace and take longer breaks. She only has 30 second breaks. I

recommend going a bit longer. But doing her workouts with her has restored so much of my muscle.

S Right.

D Do you think there's a mentality that makes people wither away too? Like...

P It's actually hormones and happening, but yes, it's real.

S Hormones and lack of lifting.

00:14:31

D No, it's happening, but it sounds like if... Like has anyone... Like no one's telling people what you're saying. Why isn't this every doctor? Why isn't this on TV?

S Well maybe it's a mentality that you're meant to wither away and be frail, and it's okay.

D Right, that's what I'm saying.

S It's not okay.

P Well, you know what? When my husband...

S I mean it's okay if you want that. But I don't want that.

P My husband has had arrhythmia in his heart for a very long time, even in his late 30's he had some arrhythmia.

00:14:56

D What is arrhythmia?

P It's when your heart skips beats. But it got worse as he got older. So one time we were looking into getting him an ablation. So I went with him downtown Nashville there.

D What's an ablation?

P It's when they stop the heart and then put it back on, and then... Yes.

D Oh, to reset the timing.

P Yes, reset it.

D Timing belt change.

P So, I went into this place, this heart place. We were sitting in this waiting room. And do you know what I saw and it broke my heart? Little old ladies everywhere bent over, and a lot of them were on walkers, because they'd broken a hip. And they had heart conditions. And they were all stooped over, and they were little...

S And you know what happens though.

P And they were fading away.

S Can I just say one thing and you keep going with that description, but heart conditions, the biggest cause of heart conditions is your loss of hormones as a

woman.

P Yes, it is.

D Wow.

P And hormones, of course...

S The leading cause of female death over 50 is heart attacks. It's all lack of estrogen.

00:15:52

P And I looked at every... and every... All the ladies were so frail. And I realized this is what Serene was talking about. I could have been going in this direction. I will not. And I will not. And I will be the one carrying my groceries, thank you. Not the boy, not the boy that says, hey ma'am, do you need a little help? I'll be like, no, I got it, because I want to get it for as long as I can. And how we got it is we strength train.

S I remember our mother, in the days when I had a few babies in pushchairs and we'd be walking home, and like...

P Strollers, yes.

S Mum, come and, come and walk home with me. We'll talk about this and that. And she'd always be fighting us to push the babies up the hill. You give me a chance. And I'm like, no, this is my workout mum. And she's like, well what about my workout. And she'd pull it off of us and push the babies up the hill. Because she didn't want to be that frail person either, and she's not.

00:16:38

P No, she's not.

S But a big reason she's not is two, she got on Bio-Identical hormones, and that's protected her heart, and it's protected her bones.

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

S I'm Serene. Did you know, and I didn't know, and it's making me mad to know.

P Okay.

S That only 9% of plastic actually gets recycled no matter how much we put in our recycling bin.

P I heard something like that, but I didn't know the actual percent.

S It makes me mad. It really makes me mad. Because I jolly well recycle everything. And my husband says, it won't get recycled in the end. And I said, doesn't matter, I'm doing my part. But anyway...

P Well at Grove, they've gone beyond that. They know that only 9% will be recycled, so they've done something. They believe it's time to ditch single-use plastics for

good.

S I am proud of Grove. And you know the other reason I love Grove is because I know there can be good, healthy, quality cleaners at the supermarket. But you have to search for them amongst all the chemical ones. And you have to hold your breath while you're looking for the good ones.

00:17:42

P Well, you do, because you're kind of...

S No, the chemical aisle stinks. You almost get a headache. Do you get a headache when you walk in that aisle?

P I could imagine myself getting a headache.

S Sovereign John gets a headache.

P Yes.

S I get a headache. And I have to look for the right one. Is this good enough? And does this have phthalates, does this have all the chemicals in? And I have to breathe in that time. It takes too long. And then I know I've breathed in chemicals, and then...

P You mean they're leaching out of the plastic bottles into your system.

S Oh, they are. Yes. You can smell it. But see Grove has done all the work for you. They only have all the best healthy cleaners at their collaborative. And you just get to choose the scents that you like.

00:18:18

P Yes, and they have a new year in asking us to join them with commitment to those who really care about our family and our planet, both. The health of both. And so if you've been wanting to make more sustainable choices for yourself and for your world, start today with Grove Collaborative. Like Grove Company's concentrated cleaners in refillable glass bottles. They're friendlier to the planet and twice effective as other leading natural brands.

S Look, Grove carries hundreds of products aimed at replacing these single-use plastics across your home and personal care routine. And this is their proposal. And I'm so excited. By 2025, Grove plans to be 100% plastic free. And I want to get behind something like that.

P Yes. So join over 2 million households already shopping sustainably at Grove. Go to Grove dot com slash Trim Healthy to get a free gift set worth up to \$50 with your first order. Plus shipping is fast, it's free. That's Grove, G R O V E dot com slash Trim Healthy.

S This is the PODdy with Serene.

P And Pearl.

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

D But working out can fix the hormone problem?

S No.

P No. Not when you've lost them. When you're past menopause you lost the hormones.

S I mean you can say early peri, maybe for a guy more than even a woman. But women, little bit, you can just tweak your diet to more fat soluble... Sorry, more fats like your vitamin A, and your vitamin D coming from sources, animal sources that can really feed and nurture your hormones. And exercise of course turns on testosterone. And even estrogen a little bit, lifting can. But at a certain point, you have lost them. You can't build what's lost.

P Well, if you're postmenopausal, once you've lost your female hormones, you can't bring back hormones. Your ovaries have done their job, they're resting now for the rest of your life. So if you want them back you need to restore them and optimise them through Bio-Identical hormones.

S And can I just touch on that? We may have touched on this before, but I'd like to touch on it. Is that natural? Let's talk about it. Well, the first... There's A and B answers to that. For A, first, is that, yes, they use natural Bio-Identical, we're talking about Bio-Identical hormones, not the synthetic. So the ones you'll want to get, if you're interested, are natural. They're sourced from plants. And God put those hormones in there for us to isolate. He put them in there. Why? He put them in there for us to find.

00:20:54

S And I just read lately, and I'm going to bring it one day, in on teleprompter to the PODdy. But the scripture that says, what I've hidden, I've hid to reveal. Like He loves us to find things. He wants us to be treasure hunters. And He's hid things. There's revelations for us to get, and He's put things out there. And so maybe they didn't know about it 200 years ago. Well, that's okay. We're just hunting out the facts now. But anyway, so these are natural. They're identical to your body. Your body says, I identify with these just like the ones I was having in my prime. I will know what to do with them. That's A. Now B, is it natural? Well, Danny, we would all sit here, probably, if we didn't think it was natural to help our teeth out we'd probably have three or four missing by now. The Darker Ages, remember you go down those alleys, I don't know, we never did. But in the movies, the Dark Ages, they were all rotten teeth.

D Yes, the pirates, the pirates.

S All rotten teeth. Pearl, you've had your teeth capped.

P Yes.

S I've had root canals which aren't that healthy. But then I got them changed out, and I've got implants, and I got teeth work done, right?

- D Yes.
- S Do you go for whitenings?
- D I haven't been to the dentist in so long.
- S You go for cleanings? Okay. But, yes, but normal people go for whitenings and they get buzzers all over their teeth.
- 00:22:02
- P Well what about your eyes? We all start to lose our eyesight. What can we do about that? Well some people get the little laser, or some people wear glasses. You better not do that because that's not natural.
- S Yes, don't put a contact in there, that's not natural, right? The concept is, is just... Like don't get in a plane. Danny, you shouldn't have got in the plane because it's not natural, because when we were... When the world was first created, there was no planes in the sky. There are some great revelations that are for our benefit, and for our health. And don't wear shoes because you weren't born with none. They aren't natural, Danny.
- D Yes.
- P So many people, even when they have thyroid issues or all these sex hormone issues after menopause. They say, but I just want to go natural, I think that's the way to go. And so they try all these supplements which actually are not Bio-Identical to their bodies. There's nothing wrong with supplements. But if you need estrogen, or if you need your thyroid, it's what you need. I don't care if it comes from a prescription pharmacy, it's Bio-Identical, it's far... Your body is screaming for it rather than something that goes around, around there, and it's kind of called natural. What is the most natural is replacing your lost hormones.
- S Right, like a gardener. If the soil needs amending, he doesn't think, well, it's natural to just leave it alone. No, he jolly well goes out and gets the lime and gets whatever's needed to amend the soil, and he puts it back in. When we have a cold do we think, well, it's really... I just want to stick with natural, so I'll eat 50 oranges today. Why don't you just pop a healthy Vitamin C? Maybe isolated, maybe food based. Let's make it from the food, like it's a whole foods vitamin C. Not the brand Whole Foods. But, yes. But it feels natural to... If we need to replace, if things are lost, find them and put them back in, right?
- D Yes.
- S And so I'm just really... I was at the crossroads, is it natural? I just want to go natural. But I am sold, you know what I mean? And my husband couldn't even read if he didn't put his glasses on. And then he had this weird pterygium grow over his eye, because he grew up in New Mexico. And it's like a real dusty, dusty place. And they say people that grow up in those outdoor places with lots of grit in the air. And then he became a concrete worker, and he'd sand concrete countertops, and all that grit went in.
- D With no mask.

S Right, and so, yes. And so, anyway, so, natural would just to let that pterygium grow over. Natural is to let babies die and don't caesarean sections.

P Yes.

S You know what I mean?

00:24:28

P Yes, I know. I just think it's in a mindset that just it hurts so many women because so many of us crunchy types too that want to be natural. We hurt ourselves. Because we don't understand that some of the things that are not thought of as natural, they're actually the more natural way to go.

S Natural is to say, sitting on this couch, how it's comfortable, and just let our bodies slowly age. You have got to get up, you've got to heft some iron around. That's actually doing something different. It's actually saying, I'm going to stop the course that would normally take place here.

P Yes, because I talk to a lot of women, like... Let's talk thyroids for instance. And they're like, there's so many supplements for thyroid. Okay, so if your thyroid is lacking, and let's say you go get tested. Please don't just get a TSH and a T4, they're showing you nothing about your thyroid. If you need to get your thyroid tested, you need a full thyroid panel. And let me tell you what the most important one is. It's your Free T3. That will show you your active thyroid hormone. Okay, so when you get a T4, all you're seeing...

00:25:32

S It's bound, right? T4 is bound.

P Is a hormone that can do nothing in your body. It cannot convert, it has to be converted into T3, and we don't know yet if it can be converted. But if you have... So, if you're going to get tested you need a Free T3. That's your main one.

S So if you get a test and the doctor says your T4 looks great, your TSH, your thyroid stimulating hormone looks great.

P That's not even a thyroid hormone.

S That doesn't mean that you're even... Yes. That doesn't even mean that you got active thyroid, which is your T3.

P It means nothing. So let's just say you get your thyroid panel and it does come back a little low. Your Free T3 which means the thyroid hormone your body can use is a little low. Most people, a lot of crunchy folk, and I put myself in that camp, but a lot of us will like, well let me see first what can I do that's natural. I really need to get this going. Okay, so I'm going to look up online, I'm going to Google all the things that will help me get my Free T3 up. My conversion going. My T4 needs to convert to T3, oh my goodness. So I've got to get my gut in order. Okay, great. My diet needs to get in order. Okay, great, those are foundational things.

But now I'm going to take all these supplements, okay. I'm going to take... They say I need Selenium. Okay, I'm going to take Selenium. They say I need Zinc. Okay, I'm going to take Zinc. They say I need Iodine. Well I don't know how much to take. And then I start reading about that. And is it dangerous, is it not? I might overdose. And then I start taking all these things...

00:26:56

S Which Pearl did, she overdosed and hurt herself, and got Graves' Disease.

P I did all these things, you see? I did all those things. And my T3 was still not optimized. And then you know what I did, I found an amazing doctor who said, oh, Pearl, you need some thyroid hormone. Let's give it to you. And do you know what happened to me? I stopped feeling cold all the time. I had energy. My metabolism went up. My body was crying for the real hormone.

S The real thing.

P And we run in circles sometimes trying to be natural when we should just be direct.

S Right. I love that.

P That's my rant for the day.

S Oh, it's so good. So we went from the weightlifting to the hormones. But that's what Pearl and I are very passionate about right now in this season of our life. Which is like once you pass your prime. You're 35 and above.

00:27:46

P I am not past my prime.

S No. We're at prime. We're prime plus.

D Prime rib.

P We're prime ribs.

S We're prime plus, right. Which plus is always better.

P Yes, that's right.

S If you want a Happy Meal plus...

P But why did you... Excuse me, was that past your prime a mistake?

S No.

P Why did you say past your prime?

S It was a mistake, forgive me. Forgive me. Okay.

P Get on your knees.

D She meant older than 35.

S Yes. But when you're older than 35...

P Okay.

S Past your peak hormone stage.

P Yes, there you go. There you go.

S That's what I was trying to say.

00:28:11

D Is it the same for males, by the way, peak hormone stages?

P It can be, but...

S Yes, andropause is a very real thing as well as menopause. It's the same thing, it's just a gradual more...

D What?

P I'd say every man on 50 should start testing their testosterone. If you're 50 and above. It doesn't go down as quickly as women.

S Yes, but sometimes in the late 40s they still need it.

P They can.

S And my husband, because we're still... We still want to keep that window open for some miracle baby. So he's taking Clomid which works for a man to encourage his own testosterone. And it's gone from, what was he? Like 300 to a 1000.

P He was 300. Yes, he's at a 1000.

00:28:44

S Yes.

P Have you ever tested your testosterone, Danny?

D Not officially.

P I've heard you say that Spanish men don't ever need to test their testosterone.

D They don't, no.

P But maybe as you creep up to that 50, you should reassess.

D My grandfather was wilding out till the day he died.

P Yes.

S But I just want to say though, let's just track back to what I was saying. After that peak, hormonal peak, if you want to care about anything about health after that hormonal peak, these are the things you think about. Gut health, keeping your sugars low, but keeping good, healthy carbs in, because that's two different things, and then strength training.

P Yes, protein of course.

S And then getting an understanding of Bio-Identical hormones so that when you get to that stage you've got your plan in action, because every month past menopause is stealing from you, certain things from your body.

P Oh, absolutely.

S Because it's not just that the hormones are gone, your bones are depleting, your brain is depleting.

D Oh no.

S Yes. Your heart is at risk, your breasts are at risk. So many things are at risk.

00:29:49

P One day we'll come on here and do a really in depth PODdy about that, all the myths about it. So sad, so many women being put off because they think it causes breast cancer when really it protects you against breast cancer.

S All I want to...

D What protects you?

P Getting Bio-Identical hormone replacement.

D Ah, the hormones. Okay.

P Including oestrogen, which women are so fearful of. It's so sad.

D Hey, is this a plague of modern times though? Like 1000 years ago, if people were eating protein plants, there wasn't options. There was no Hamburger Helper.

S No, because I could probably eat protein plants all I want, Danny, and I'm still going to enter menopause. But they did have it longer.

00:30:24

D But... Okay.

S Like the men back then in David's time were apparently, I don't know how they did the testing, but I've read books about it. If you read about David and his mighty men, I mean you just read some of the things that they did with their bodies and how many... Just the way that they were, they were like Navy Seals Plus. There was a lot of testosterone back then that I believe was...

P But is your question, did women go through menopause?

D No, it was...

D Once we start menopause you're saying that you're at... And your hormones go down you're at higher risk of breast cancers and all these things.

P Yes, you are.

S Yes.

D I wonder if you think that would have been the same when women were doing more muscular activities coupled with better eating.

P Oh.

S No, because when your hormones are gone you need hormones.

P But if you can't do hormones there are things you can do to keep your strength and your bones around.

S Yes.

00:31:08

P Which is strength training. You'll be far better doing strength training.

S You will be far better, but I'm just saying if you can do both, and if you're worried because you think I can't do this because there's breast cancer history in my family. There is still a way around that.

P Well I would always... Personally, and I'm speaking for myself here, even if I had breast cancer history in my family, I'd want to prevent that, and I would go on hormones. Now if you are currently experiencing breast cancer at this time, you don't go on hormones during that time.

S During the treatment, but...

P And some doctors want to wait five years. But there's a certain amount of studies. There's 14 out of 15 studies show if women directly after their cancer go right back to hormones actually live longer and do better. But I never want people to say, well Pearl told me to go right back on hormones after breast cancer.

S Right, but you could find the doctor who can work with you and those studies are very telling.

00:31:57

P I recommend you read the book Estrogen Matters.

S I mean, say you had cancer, Pearl, and you had just gone over treatment, you'd get right to it. I mean just personally.

P Yes, yes, I would. But that's personal.

S Personally me too.

P So, I recommend the book Estrogen Matters by Doctor, I think it's Blume, Arie Blume I believe. But it's called Estrogen Matters and it looks into the studies about estrogen and cancer.

S It's a good book for people who have breast cancer...

P Excellent book.

S And are worried about the whole subject.

P Excellent book.

S And this is something. Oh, I'm worried, I'm scared about getting on Bio-identical hormones. Well I would be most scared...

P To not.

S To not.

P Because the thing, these are the three things that kill women, okay. It is heart disease, it is hip issues because you break a hip...

S Osteoporosis.

00:32:41

P This is what they say in the hospital; break a hip get pneumonia and die. Women that have hip breaks, they have far more heart attacks and strokes. And what they write down on their death certificates was heart attack or stroke. But it's usually precipitated by a hip break.

D Why is that?

P Because you're in bed and you're lying down, and the recovery is so long, and you lose more of your muscle.

D Oh, so it's...

P So the recovery from a hip break is just very traumatic for most older women.

D Because they're laying down, dormant, and that is when the immune system's weaker.

P Yes. And they get pneumonia, their lungs aren't moving. Or they get a heart attack, or they stroke because of their laying down and no movement.

00:33:15

D Oh. So it's the dormancy, it's not the break that...

P And the clots.

S Yes.

P Yes. It's the dormancy.

D It's correlated, it's just they could have broken a toe, but if they're laying down for the same...

P Well the hip is just such the hardest break for a woman to heal from. And that's what happens to older women when they break a hip.

D You guys should wear airbag panties.

S I just want to say this too...

P Oh, but I wasn't finished with that. So I said it was...

S Yes.

D Right.

S Just taking the Bio-Identical hormones, it's easier than airbag panties.

P I said it was heart.

D Okay.

P Serene said it was heart. I said it was hip, and then it's brain. Alzheimer and dementia. Now breast cancer I believe, I looked into this, it's less than all the other seven ones that kill women together.

S Yes.

P So, yes, breast cancer is a concern. But that's the main one we think about when we should think about these other ones that are killing women.

00:33:58

S And actually, when you look into the studies, it's quite a myth about the breast cancer.

P Well it's an absolute myth that Bio-Identical hormones cause it. What caused it in the WHI study, that big 2002 study, was it was...

S Which was totally that it was...

P It was a synthetic progesterone that they used with the oestrogen.

S Right. And it wasn't even a synthetic oestrogen. Even though we don't believe in that, it actually wasn't that. It was the synthetic...

P No, they used PremPro, a horse estrogen at the time. And they said well that can contribute to it. And they've come back and said it was nothing to do with that. Even the horse estrogen, even the crazy horse oestrogen that they used in that study...

00:34:33

S That's so yuck.

P Was actually protective against breast cancer.

S Right.

P All it was was that synthetic progesterone which was very harmful.

D Do you check...

S And as we're talking to... You go, Dan.

D Well do you check for breast cancer once a month?

S No, I don't.

P No, I recently don't.

D Okay, because that... There's this idea for men too to be checking once a month. That puts me in a weird state, like I get anxious.

P Me too.

D It's like, oh, I'm checking, I've got to check. It's like, I don't want to live...

P I have this thing for my life, and I'm not telling anyone to do it. But I read that book, what was it called? Over Diagnosed. I read this book called Over Diagnosed.

S Yes, I read it too. Guess why. Because you yelled at me across the plane and told me all that was in it.

P I told everyone in the plane.

00:35:09

S We had a long plane flight, and she kept turning around and quoting from the book. So I...

P Well my thought process is, if you dig you find. Right?

D Yes.

P We all have little cancers in our body.

S Everybody.

P All the time, that our body takes care of. We just take care of them.

D Oh, okay.

P And even, who's it? Christine Northrup, she's like one of the biggest menopausal doctor, respected doctors. And even she says, I don't recommend women get all these mammograms every year like they're supposed to because...

S We could also squeeze the cells too which can make the cancer spread.

00:35:39

P So many women get diagnosed with these stage zero, stage ones when the body would take care of their own. Now, hear me people, some women get breast cancer. And maybe if there's a history, maybe you've had that before, you do you. You do you and go get your screenings if that makes you feel better, or if it's protective in your mind. I do me, and I eat healthy, I exercise, I do all the things, and I don't have...

S You take your Bio-Identical hormones.

P I take my Bio-Identical hormones, and my body doesn't cancer. I mean I just, you know, I tell...

S And that's what you say every day, my body doesn't cancer.

P I say that. That's what I say. So, I mean, Danny, we're all different in our approaches to life, right. My mother's never had a mammogram. I don't have it in my... I don't even have a history cancer.

S And our mum is so straight up and down. There's no curvature of her spine. And she's been on Bio-Identical hormones for 15 years.

D Do you mean her physical spine or her philosophical spine?

S Oh, there's no curve in either. There's no curve in either.

P No. No, there's no room.

S And she's running around like an 18 year old, like she's just hot to trot.

D You can't pop her back.

S That's the other thing I do want to say. It saves marriages, Bio-Identical hormones. Yes.

P Let's just talk about that, please.

00:36:48

S It's a very real thing that late peri to menopause, the libido tanks.

P Tanks.

S And there's situations that just make it very painful, physically painful.

P Yes, you lose your oestrogen and you lose your vaginal moisture.

S Lubrication.

P Things can actually shrink down there and dry up. And so many women are in pain. And now if they could get Bio-Identical hormones and get over the fear of them, and also there's a lack of proper... It's not out there. Women don't know who to trust that's... We don't this to be an advertisement for what we're doing. But it... We started talking about it. And we didn't mean to.

S Hey, I'd like people to go to where they can get now.

00:37:25

P Me too, but where can they go? We have someone here that Serene and I started with. Her waiting list is a year out. We have so many friends and families who are like, well Pearl, tell me where I can go. And we're like...

S That's why we started this thing.

P We're like, I don't know where you can go. I wish I did. Now there's a lot of pellet places where you can go and get pellets put inside you. I tell you what, it might be better than nothing, but...

S It's what our mum has done because she's going to do ours when it comes out. But she's like, this is all I can get, it's better than nothing.

P But on the whole, be careful. You can get great pellet prescribers if they'll give you enough...

S Estrogen.

P Estrogen, but a lot of times a lot of them are scared of oestrogen and they just give you a bunch of testosterone...

S Which will bring your libido back, but you might be quite, like, leading your whole

household into...

P Well Serene, it doesn't, sometimes it doesn't bring their libido back. Estrogen is a huge natural libido enhancer.

S Yes, it is. And more of a female libido.

P Yes. Sometimes it just makes people really rage-y with a real aggressive libido and it doesn't feel normal.

D Testosterone does.

P Yes, for women. Yes, testosterone's necessary for women, but too much, too much is not great for us women. It thickens the belly, it can tend to cause insulin resistance, so on.

00:38:33

S But no, but we're not against testosterone.

P I love it.

S We replace it. But we're just saying we don't replace it as high as the pellet people.

P Yes.

D Yes, so maybe you guys need some endorsed local providers that are in your network that subscribe to what you're talking about.

P Well I wish we knew of them. But we're going to be to all 50 states.

D Whoa.

P Yes.

00:38:53

S But in the meantime, in the meantime...

P Yes. With Telemedicine we're going to be.

S Yes.

D Oh, so this is like you'll be able to do Zooms or something.

P Oh yes, that's what it's all going to be.

D And then send...

P We're going to be empowering patients to know exactly what their levels are, to know what...

S We're going to do a course, like a mini course with the program. It's free. Totally free. Where they will be able to be in the driver's seat. So that they can read their bloodwork along with the doctor and not be in the dark.

D So they can send it in from wherever they are...

P Well it will be all on a portal. So it'll be very automatized, is that the word?

D Automatic, or whatever.

S Automated.

D Automated.

P Yes. Automated.

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

S Serene. New Year means new things, right? New year, maybe it's time for new kitchenware with Caraway. Start your year the right way with non-toxic kitchenware, so you can ditch those chemicals and make healthier cooking a piece of cake.

00:39:47

P And with our exclusive discount, you can now save on the full suite of Caraway products, including food storage, tea kettle, and mini cookware. Their internet famous cookware set is a staple for any home and comes in multiple colours to fit with any design aesthetic.

S Oh, they're so trendy. Caraway Homes non-toxic kitchenware are all designed for the modern home and feature a chemical-free ceramic coating so food can be prepared with peace of mind that no hard to pronounce compound will leech into your healthy ingredients. Toxic materials like PFASs, and PTFEs, and PFOAs, and all the other hard to pronounce boo-gaga stuff. It's Caraway will never have them.

P All sets come equipped with easy access storage solutions so that no stacking is required. Gone are the days of misplacing your lids. Ceramic's naturally slick surface means minimal oil or butter for slide off the pan eggs, and easy cleaning.

00:40:44

P But let me tell you something, Pearl speaking here with a personal experience in ceramics. I have had several ceramic pans. Caraways is something completely different.

S I know the ceramic pans that you buy and they're non-stick once.

P Yes, then they're suddenly non...

S Not Caraway.

P Not so non-stick or they get scratched up, and they feel very lightweight. When you hold a Caraway pan, ah, there is a difference. And when you cook on it there is a difference.

S Visit Caraway Home dot com forward slash Trim Healthy to take advantage of this limited time offer for 10% off your next purchase. This deal is exclusive for our

listeners. So visit Caraway Home dot com forward slash Trim Healthy. Or use code TrimHealthy at checkout. Caraway, non-toxic cookware made modern.

S This is the PODdy with Serene.

P And Pearl.

S Get it right, it's P-O-D-D-Y. There's so much hope for this beautiful season of the life, Pearl. I'm so looking for... I'm actually so looking forward...

P Yes, you're looking forward to menopause.

S Because we've been on...

D Yes.

S No, I'm just looking forward to jumping on the Bio-Identical hormones.

00:41:53

P Yes.

S I could jump on right now, but I'm trying to have a baby. You don't want to mess with your hormones...

P Yes, while you're having a baby.

S Yes.

D Okay.

P If you're actively seeking to get pregnant.

S Yes.

P However, women can replace testosterone if they want to. And then as soon as they get pregnant, they just stop.

00:42:09

D Hey...

S Yes, but if the testosterone gets too high, it can kind of thin your period down too much.

P Yes, no, no, just replace it to a nice level.

S To a nice level.

D While we're here, I hear about warnings of over 40 year old people getting pregnant. Is that not a concern for you?

S What? Who warned you?

D Just everywhere, the internet.

S Well that's junk.

D Anecdote, friends who were like, yes, we had our extra baby over... Our accidental baby over 40, and it was a big problem.

S I ain't got no extras. Every single one is planned.

D No, I don't mean extra, like...

S Meaning like I want all of them.

D Well like there's a higher risk for mental handicaps and...

S Oh, that's... No. All my...

P No, guess what, there's higher risk for Down Syndrome. Serene would love a Down Syndrome baby.

S I'll take any baby. But I do want to say this though, guess what though...

00:42:54

D What?

S We have, our cousin, our beautiful cousin has our beautiful little, not little anymore, our niece, she's what, 21 now.

P Is she?

S Yes, but that was her...

P She had her in her 20s.

S Her third baby, and she had her in her 20's. And that was Down Syndrome. And we love Jana. And then our other cousin had her first baby, Down Syndrome. So I've actually heard that...

P They went on to have other babies that weren't.

S Yes, I've actually heard though that it seems so... I don't know how to explain it properly, but my mum told me. It seems like it's a large demographic, like a larger number of down syndrome babies born in this particular age range. But it's because they're all having less babies too. And it's the way that it's tweaked. That it's tweaked.

00:43:35

D And maybe people are paying attention more too. And they're looking for... Is there's a problem they'll look for markers.

P Right.

D When if you were 20 years old, and the same thing happened...

S Look, I'm telling you, I know so many people who have had babies in their late 40s, even babies in their 50s. And their babies are like... Their pregnancies were their best pregnancies. Lovely, incredible births.

D Yes, yes, their body's ready now, it's like just in the groove.

S Yes, look, just think about all the people who aren't of my mindset, which is like, you know, have a large family and love all of it. But they've just had careers and they start late 40s, and they get on invitro for it, and everything.

D True, true.

S The Hollywood people are having babies now in their late 40s.

P Yes, they are.

S And rocking it.

D Yes.

S Strength training all through it and getting on the red carpet two months later.

D Yes, it's so true.

P Yes, they are. Yes.

00:44:21

D That's cool. Yes, good to know.

S Yes. But I hate fear. I'm not...

P That's the way I do it. I think that's what it comes to, we don't live our lives in fear. I used to and I'm just so... I'm so done with that. I love my life, living it without fear. Oh, it's epic.

D I got set free from fear at the Trim Healthy Podcast.

S Yes, we don't fear aging, people, because you can be graced with more years and wisdom. But you do not have to...

P And there's tests you can take. I love taking tests just to monitor. See where I am, see where I can optimize.

S Like your hormone tests.

00:44:50

P Like you don't need to put your head in the sand and never test your body or anything. But I think it's just smart test, show where you can...

S Like you test your hormones and your thyroid all the time.

P Yes, to show where you can go from strength to strength, now if something comes up in your body where you really have to test and go get this checked out...

S Like you've got a huge lump the size of a grapefruit underneath, then get the biopsy, please.

P Well, you know, things... Sometimes there's reasons, and we have beautiful oncologists and there's wonderful people. And Serene's son went through...

S And I'm not afraid. I'm the crunchiest, crunchiest granola there is, right. I'm sitting here like a big, old organic oat, right? But, hey...

D I'd say you're a moderately sized trim organic oat.

S But I was humbled in the fact that, you know, my son is alive because of God, but conventional medicine is part of his healing. And I thought I would never say that.

D Chemotherapy?

P Yes.

S I'm telling you, it had to break the back of the aggressive form of cancer he has to give all these herbs a chance, to give natural a chance, and to give time for our journey of faith to come to its full end.

P There's a beautiful balance of both. But there's a beautiful... I'm so thankful for mainstream medicine. I'm also so thankful for the other side of medicine where doctors start specialising in Bio-Identicals. There's a beautiful harmony. And I just want to take the best of both for my life.

00:46:05

D You're right, it's not a fight. It doesn't need to be doctors fighting against each other.

S It's not.

P No, shouldn't. It shouldn't.

D The MD's hate the chiropractors, and...

S As much as conventional doctors may go overboard in their arena.

D Sure, oh yes.

S A lot of alternative... What do they call them, Pearl?

P Holistic.

S Holistic doctors go overboard in theirs and don't treat direct sometimes, Pearl, like you were saying.

00:46:26

D Yes, and will advise you to not get treated directly, which can be poor advice.

S Right.

P Yes, it's true. And there needs to be wisdom for all of us to, I think, say, hey, it's not one side is not bad, one side is not... It's not just like that.

S So we're not going to run out to get the first antibiotic at the first little hour of earache, right. We're going to do the garlic, the colloidal silver. Do it all. Get the early nights, do all the stuff. But hey, if we need to get an antibiotic to save our hearing, we will.

P Yes, that's right.

D Yes, sure beats not hearing.

S And we don't shame ourselves like, oh man, I had to go and get a mainstream medicine and all of that. I mean I just...

P That's why some people are scared of the Metformin.

S Yes.

P And they would really do well on it.

S Metformin meaning the... It's a medication, but it's actually a life extending medication. Metformin, it lowers blood sugar and it helps. And there's many medications that are actually fantastic.

P Right.

S And some aren't. But some are. So we shouldn't put things in boxes saying...

00:47:25

P And some actually approved by the good old FDA...

S You know with Armour, you know some people, oh, I feel bad I'm on Armour, or I'm on a thyroid medication that you can actually pick up at a pharmacy. But thyroid is just.. Sorry, Armour and thyroid...

P I do have to say though. If you're on Synthroid, which is a T4, that medication is not bad. All I'm saying, if that's all you're on and you're not feeling optimized. All it is in your body is something that can't do anything right now.

P So you're getting that medication, nothing wrong with it. It's going into your body and it's like, let me work. But your body can't convert it to T3. Remember I talked about Free T3. And so you're not getting any help from that, then that medication's useless for you. You also need some T3 in there.

S Right, some Cytomel (liothyronine).

00:48:10

P So that's why when doctors just test TSH and T4 and all they give out is Synthroid, it does make me a little frustrated.

S Right, but we've talked to people that have tried everything. They can't lose weight, and they know that they've got thyroid issues. They're even hypo and everything. And they were like, well I just don't want to take the Armour my doctor's prescribing. But Armour is actually natural.

P Armour it's...

S It's a desiccated porcine actual thyroid.

P Yes, NDT.

S Right, yes, natural desiccated thyroid.

P Yes, exactly. And it's the same with NP and these things that are a combination of T4 and T3. And then some people need...

S Actual T3.

P Actual T3 as well.

S You're probably going to go home and pop a T3.

P Oh I'm definitely popping a T3.

D Oh, let me get one.

S It gives you a little extra energy in the afternoon.

D Ah, I'd love that.

P Yes. I love to pop a T3 in the afternoon.

00:48:56

D Is testosterone... T is for testosterone.

P Yes, T, testosterone is just usually T. But T3 is the little tab of actual thyroid hormone you can take along with maybe your other thyroid medication. And it's direct into your bloodstream. It will give you the pep...

S Pearl and I do not have hyperthyroid and we don't have a hypothyroid. But we both take thyroid medication.

P Yes.

S Why, because we can burn through food jolly well amazingly right now.

P And we optimise. As you get older...

S Because we've optimized our thyroid. We got them checked and they were slightly, like slightly, like you could hardly see it, but slightly not optimized. And we're like, well, we're going to take optimisation. So we both take. I take 60 mg of Armour and 5 mcgs, right, of the T3 every morning.

00:49:43

P And then I take 60mg of NP, which is a natural desiccated thyroid, it's a combination of T4 and T3. Then I take two pure T3s in the morning and sometimes I pop one in the afternoon as well. So that's what I do.

D So let's say we've got a 45 year old woman whose never heard of anything. She's just been suffering in her life. Has never considered hormones. Just thought she's losing it, she's cracking up, she's older now, she's sad, she's disappointed about everything, whatever. Where does she need to start? Is the first step hormone profile checking?

S Yes, but if you go to a regular doctor they're just not going to be able to read those numbers properly, and they won't prescribe you the right.

D What does she need to know? What does she need to say?

P Well first of all, are you assuming that her diet's kind of dialled in and she's not on sugar, and things like that?

S She's crunchy. She is crunchy, or?

D Let's say she's 50/50. She's...

S Crunchy people start feeling like crap at a certain stage sometimes. Sorry, I swore.

P I know, but I want to know who this lady is that Danny's describing.

D She's conscious of healthy eating, that's why she's listening. But it's new, and I'd say half the week is mac and cheese and chickee nuggies.

S Well she ain't crunchy then.

D But the other half of the week is sauerkraut and pickles. A pickle is just a cucumber with an identity crisis.

00:51:00

S Well I'd say dial in the diet as much as you can while you're looking for an excellent Bio-Identical hormone doctor, which you can't get into right now.

P Why do you think we're bringing this, because women don't know where to go.

D So this is just a resource that...

P No, what she can do, if she's desperate right now, here's what she can do. She can go online and buy her own full hormone female panel test.

D From Amazon?

P From, no. You could go to Life Extension.

S Life Extension.

P Or your could just Google female hormone test online.

D Okay, and is there markers that it needs to say on it?

P You want to test, here's what... And she's 45?

00:51:33

D She's 45.

P So she's probably peri-menopause. She hasn't gone through menopause yet. But some of her hormones are depleting and then others are going super whacky. It's just the seven years before menopause. And it is interesting for us women. Ooh boy.

D Because that's the change that's...

P But she needs to get her thyroid tested too because that's going to help so much as she goes through peri-menopause.

S Tell her what thyroids she's going to ask for a Free T3.

P Okay. I will tell her what to get tested. And then, well once she's got this test she's

going to like, well where can I go to get help?

S Well...

P Where do we tell her to go?

S Well most doctors, if you ask, will... Will they prescribe it? Sometimes they won't even prescribe it if they jolly well are happy with the T4.

P Okay, I'm going to... All right, we're going to go... All right, here's what she's going to do. I'm going to tell her how to be the steerer of her own ship. She's going to have to turn into a beast. All right? So she's going to get this panel done, and it's going to look at testosterone, estrogen, which is estradiol, okay. Progesterone. She's probably going to look at DHEA too. Get your DHEA because even taking care of that can help, Serene.

S Hey, if you're 52 you can do these instructions too.

00:52:40

P Yes, or if you're postmenopausal, whatever. Then I do need you to get your thyroid checked because it's going to help you with your sex hormones until you're postmenopausal when you lose them all. It's actually going to help you sort them out.

S Right.

P Like I said before, get a TSH, a Free T3, and I'd love you to get a Reverse T3, but you won't know what to do with it until you read my book. So just get the Free T3.

S Okay.

P I can't explain that all here, Serene.

S Okay, I'll release you. Keep going.

P Okay, so then if it comes back, and let's look at your thyroid. Let's look at your Free T3. If that is less than a 3.5, you could use some help. You could be optimised. You could get a better metabolism. You could get sharper thinking. You could not be so constipated, you could not have such dry skin, or your hair falling out.

00:53:28

S Yes, or cold in your extremities. Yes, and your eyebrows, that last quarter of your eyebrows will come in and grow thicker.

P I don't really care so much about your TSH. If it's over...

S Your eyes will stop sinking in.

P Yes. If your TSH is over four, you've definitely got a problem. But even if it's like a two or something, it's probably... If your Free T3 is lacking, you've got a problem. So you could go to your doctor. And you can say, look...

S So you're going to do this test in the morning.

P Yes.

S Okay, am, before lunch. Does it have to be fasting? No.

P And you... No, it doesn't have to be fasting.

S Yes, not if she's not doing glucose.

D I wish there was a link from you, like click here and buy this.

P Well that's what it will be at some point. But not yet.

S Yes, but first, keep going, keep going.

P I'm trying to help her where she is in her Podunk town. I'm just... With your doctor.

S She might be in LA, and we're the Podunk people.

D I didn't say she was in...

P Well I live in a Podunk town. So I've done this before.

S Okay, okay. Help her in her Podunk...

00:54:17

P Before I found really good doctors I went to just a regular doctor and did stuff like, help me. My hormones, there's something wrong with me.

S Keep going, bell, back to where you were.

P Okay. So you're going to say to your doctor, look, look at my Free T3. I listened to this podcast with these two weird down under ladies, and they said that I could feel better.

D And they've anecdotally told me to do all this, from the internet.

P Please give me...

S This is where you're the beast.

P Please give me some natural desiccated thyroid, NDT that has T4 and T3 in it, I think it's called Armour, or I think it's called NP they said. Could you give that to me? It is a medication. Please, I'll take responsibility. Just could you give it to me?

00:54:53

D Because they can prescribe this.

P Yes.

S And then are they going to ask for some Cytomel (liothyronine), some T3?

P I doubt that their doctor will give it to them. But at least they could get some NDT. If your doctor's very kind, well first of all you start on NDT. If you don't get high enough...

S Which could be called Armour too.

P Yes, NDT is Armour or NP.

S Yes.

P I'm really confusing people now.

S NDT is natural desiccated thyroid.

P You'll also need to get my book coming out next year which is so in depth and you're going to be such a hormone expert.

D It's the hormone book?

S Expert, yes.

P Oh, this year. This is coming out this year.

D It could come out this year?

S Oh we're in 2023 now.

D How soon in 2023?

P I don't know.

00:55:30

D But it...

P It's dropping... We're in 50 minutes.

S Hey, keep going.

D Do you have a name for the book?

P Okay, bell. Yes, it's Trim Healthy Wisdom.

S Trim Healthy Wisdom.

D But it's about hormones.

P Well, a large part of it is.

S Everything about... about everything for 45 year old women and over. Keep going.

00:55:43

D You got to call it Trim Healthy Hormones.

P No, because it's wisdom about a lot more things.

D TH Squared.

S Okay, keep going Pearl.

P So then you're going to tell... And your doctor's saying, look, I only give T4. And you're going to get up from your seat and you're going to...

D And revolt. You're going to beat your...

P No, I'm just kidding. And you're just going to say...

S You can say, I am a beast.

P Your little fingernails are going to just come out and you're going to turn into a werewolf. No, you're not. You're going to be classy and you're going to say, well thank you for your time, I shall go seek another practitioner. And you shall seek another practitioner. And you shall seek until you shall find.

D And you shall seek in King James.

P And you shall Google, and you shall look up in your area, and call pharmacies.

S And you preferably want one that's going to give you T3 as well, right?

P Yes. And you'll find out from the pharmas at compounding pharmacies who in your area prescribes that. You can call a compounding pharmacy and you say, look, I'm looking for a doctor who prescribes NDT, natural desiccated thyroid and T3, do you know of any? And then you're going to look at your sex hormones and you're going to realise, oh my goodness, my progesterone is less than 15. I could use progesterone because my periods are whacky. And you're going to ask your doctor, and you can just say, please, doctor, would you give me Prometrium? It's just a standard medication. Could I take...

00:56:49

S So Prometrium is not a compounded one, but it's an FDA approved one. But your insurance can cover it. And it's just Bio-Identical.

P Yes, that's what I'm... I'm trying to help her.

S Yes.

P And with standard medications. But it is Bio-Identical progesterone. And I did this to my standard doctor here in Podunk. And I'm like, please give it to me, I want to try 100 mgs every night because my periods are so heavy. And I'm losing iron, and I can barely get out of bed, and help me. And they're like, oh.

S And you'll sleep beautiful because oral progesterone, oh my goodness, it's amazing for sleep.

00:57:19

P She's like, I guess I can do that. And so she... And I was able to... So, so, there are things you can do. You can get progesterone. Now they're not going to help your testosterone. But if you look at your levels and it shows that your DHEA is less than 250, you can go online and get your 5 mgs of DHEA. And those are just things you can help yourself with right now, without our company coming online.

S And you take 5 mgs every day in the morning. And if you feel like you can slowly go up...

P And we're not... Hey, Serene, we're just suggesting here.

S Yes, suggesting. And maybe you could suggest to go up one more five. And if you ever show signs of acne, just go back to the original five.

P Yes. Are we going to get in trouble, John, because I suggested.

S I'm just suggesting.

P Yes.

S Yes, and then Pearl friend, and then the estrogen...

P I'm just suggesting how to be a beast.

S And then the oestrogen, what could they do on the Amazon for their oestrogen?

P Well, I would wait till I was postmenopausal. If you are desperate right now, and you are hot flashing all night, there are Estriols...

S Talk to them, postmenopausal, what they can do about their estrogen until we're up and running.

P Serene, it's a bit dangerous for me to do that.

S Okay.

00:58:20

P I'd rather not.

S Okay.

P I'd rather leave it when they don't have oestrogen until they are under the cover of a doctor, because if they have a uterus, estrogen has to be with a progesterone.

S Well they're on progesterone.

P Oh, they are?

S You've got them on Prometrium.

P Okay, but they were perimenopausal, they weren't post. Danny's person was peri.

S No, I said they could be 52 and listening.

P Oh, okay, I'm going to help you a bit further.

00:58:42

S So now you're talking to the 52-ers.

P Now you're 52, you've jumped up from 45 to 52 and you're postmenopausal. And you asked your for thyroid and they did what you wanted. You asked your doctor for Prometrium, which is standard. And they did what you what you wanted. But you're hot flashing. You don't have oestrogen. There's something that you can do. It might not be optimum until Serene and I come out and get you under the care of our tele-med doctors. But you need oestrogen so bad. So you might need to take it into your own hands and go to Amazon. And there's Estriol creams. E S T R I O L...

P Which is the weak estrogen. It's very safe. And it's mixed with a little bit of Estradiol, which is the FDA allows you to have that much. That's why it's on Amazon. It's a small dose. So if you...

S It's not enough. But it just might help you with your hot flashes.

P It's not enough to help your brain, it's not enough to help your bones.

S You're going to want to come along and get it proper. Yes.

P It's not enough to prevent dementia and protect your heart. But it is enough, probably, to help you with your hot flashes.

S And you're going to put it on...

P Yes, you're going to put it... Just go with directions.

S Okay.

P And I am only suggesting.

S Yes.

P And so that's... If you're desperate, and you're in those situations, those are things you can do now.

00:59:52

S Yes.

P I don't know how we got onto hormones.

S Oh, I love it. I'm so glad we got onto it.

D I suggest we wrap this podcast.

S Yes.

01:00:09