



Trim Healthy Podcast with Serene & Pearl

Episode 346– Appetite Ain’t Bad!

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Quotables:

- *“I never feel so strong as the days that I have to battle and slay dragons.” – Serene*
- *“Food is NOT just fuel. Food is comfort, excitement, pleasure, joy, creation, and meditation. Food brings people together.” – Pearl*
- *“Contend for the natural passions in life because it’s a sign of health.” – Serene*
- *“Desire isn’t wrong–It’s holy.” – Pearl*
- *“When the appetite is properly focused, it ends up being your natural healer. Food becomes the medicine that nourishes and blesses the body.” – Serene*

Appetite and Desire:

Focusing on appetite, and personal desire, it needs to be said that God has put dreams into the human heart (and we should not be ashamed of that). The Latin root of the word *desire* means “of the Father.” And being created in the image of God, we are formed with *desire*. And these God-given desires naturally bring forth newness.

On the other hand, if we look at desire as a bad thing, we become fruitless, infertile eunuchs. When passion is decapitated, we don’t bring forth anything in life. Before someone passes away, for example, their physical appetites wane and disappear. Thriving young children (on the other hand) have healthy appetites! If a child’s appetite isn’t voracious, one suspects that they might be sick. Likewise, *appetite* is a key indicator of an adult’s health and vitality.

Culturally (and historically), there is a certain negativity that is cast on our natural appetites... The mantra is something along the lines of “*Food is only for fuel.*” Think about the folks on social media who have all their fuels set aside meticulously and they seem to be in control—but it almost seems automated, like it’s not the normal way to function as a human. It’s almost as though there is a “controlling” fad for people to seem so even-handed and balanced with their food that they’re more like a robot than a person.

But food is NOT just fuel. Food is comfort, excitement, pleasure, joy, creation, and meditation. Food brings people together. All you have to do is look at the first food that people access...

breast milk... because God didn't make us to come out of the womb and have to suck on some hard, metallic tack for food. No, it's warm, welcoming, soft, gushy, and comforting for the child. It's not just a nutritional transaction; it's for *relationship, warmth, and comfort*.

And look at Jesus. He also came into the world feasting and drinking. And so much of what He did was around a meal. He would feed the people as He told them important things. So, food is so much more than feeding the body—it also feeds the soul. We can embrace the appetites that God has given us for their healthy expression, including sexual appetite and food appetite. Because what God has intrinsically put inside us is good, not bad. But the enemy has come to sabotage the beauty of what God has given. God called it “very good” but the enemy calls it “very bad.” Desire isn't wrong—it's holy.

“Food noise” is different. Every human being absolutely needs food to survive; in other words, we're “addicted to food,” because thirst and hunger can't be escaped. But let's talk about the difference between *healthy appetites* and *distorted appetites*.

We have so many foods that distort our appetites now—highly processed foods that God didn't create for us—and those foods create cravings that aren't God-given. Society is starting to eat in a way that is not the way He created us. Refined white sugar (as one example) has warped our desires... It throws off hormones and healthy appetite signals. And once you detox from those unhealthy foods, you can properly taste *earth food* for the first time... And then you'll learn to crave healthy food.

Food noise is different though— it's when people are obsessively or anxiously thinking about food (not normal food planning, which is healthy). There's no shame in talking about this food noise because a lot of it is caused by hormones or other triggers in your system...and something is genuinely broken.

GLP-1 Focus:

For those who experience “food noise” and who've done their due diligence in correcting their eating patterns and embraced physical fitness, considering *peptide therapy* to correct it is a totally legitimate approach. Semaglutide and Tirzepatide, for instance, are peptide therapies that will “level the playing field”, and they can actually help reset your system for good.

A normal appetite is when you eat and you feel satisfied, but often, if your body has diminished in its production of GLP-1, you don't feel that healthy satisfaction. GLP-1 peptide therapies mimic the natural prompt in the body for the release of GLP-1, and that will help your system feel properly satisfied again. It can be a real game-changer for those that use it.

There are, of course, potential pitfalls with these therapies, but when used to correct the distorted appetite they can be a very helpful tool.

Bio-Identical Progesterone Note:

Bio-identical Progesterone supplements will help release GABA, which helps calm and relax the nervous system (GABA or *y-aminobutyric acid* is the chief inhibitory neurotransmitter in the nervous system). Studies also suggest that CBD also increases GABA in the brain. Relaxation is the reason why Trim Healthy offers Chillax CBD in both cream and a tincture.

Scripture References for Deeper Study:

Matthew 11:19, John 10:10, Deuteronomy 32:10-14

Special Gift That Pearl & Serene Received

- [Thrive Brew Kombucha Co.](#)



Trim Healthy
Product News & Notes Spotlight



[TH Chillax Cream & Chillax Full Spectrum Hemp Formula!](#)

Trim Healthy Chillax Cream & Chillax Full Spectrum Hemp Formula Tincture are designed to nurture your endocannabinoid system, which is involved with mood, energy, sleep, the nervous system, the immune system and so much more. Chillax may be that much-needed support for any member of your family who needs to chill and relax!

Chillax Cream:

- ✓ Chillax Cream is a proprietary, patent-pending cannabinoid-infused cream. Its unique aloe-based, uptake formula is infused with herbs chosen for their calming and de-stressing benefits.
- ✓ **SUGGESTED USE:** Rub 1/8 – 1/4 tsp into areas of body such as shoulders, under arms, décolleté, face, inner thighs or stomach twice daily or as needed.
- ✓ **STRENGTH:** 300mg 5mg/ml
- ✓ **SIZE:** 60ml (2oz)

Chillax Full Spectrum Hemp Formula:

- ✓ Chillax Tincture is a full spectrum hemp formula infused with herbs chosen for their calming and de-stressing benefits.
- ✓ **SUGGESTED USE:** Place a few drops to one full dropper under tongue and allow to absorb for a minimum of 30 seconds. Take once or twice daily or as needed. Potent, yet gentle. Use under adult supervision.
- ✓ **STRENGTH:** 300mg 10mg/ml
- ✓ **SIZE:** 30ml (1 fl oz)

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