



## Trim Healthy Podcast with Serene & Pearl

### Episode 344–OhThe Shame!

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#### Quotables

- *“Change is as good as a holiday.”* -Traditional Proverb from Serene
- *“I only want a riot or a revival.”* - Nancy, Serene, and Pearl’s Mum
- *“We want ancient wisdom AND cutting-edge science. These things can operate symbiotically. They’re meant to operate together synergistically.”* –Serene and Pearl
- *“We should stop shaming ourselves for things that there are answers for!”* –Pearl

#### Tips on Enhancing Your Water and Hydration, Magnesium and Ashwagandha

- Danny wants to know... is magnesium citrate helping him absorb water?
- Pearl says: Add a good pack of trace minerals.
- Serene says: Toss in a pinch of our Himalayan salt, especially after a workout.
- What about electrolytes? We have concerns that most of the ones on the market are just full of sodium... generally, the wrong sort of sodium that just drives people’s blood pressure up.
- *“We get on like a house on fire.”* –British saying from Serene.
- The general population is deficient in **Magnesium**.
- Magnesium oil and Epsom salt are great topical solutions for magnesium absorption.
- It is good for helping people who are trying to lower their blood pressure... Helpful for arrhythmia – not a cure-all (but can be helpful).
- [“Ancient Minerals” Brand](#) Topical magnesium chloride oil is a recommendation.
- Serene says it may be the right thing for preterm contractions—it worked for her.
- Be aware that magnesium helps with constipation...but may help more than you need.
- Magnesium malate/glycinate (or a combo of the two) are good options for oral use.
- Magnesium is required to make DNA, proteins, and ATP... in other words, the functions of the body *need* magnesium absorption to thrive.
- Natural sources of magnesium... meat, avocado, greens, beans, nuts, cacao.

- Taking it in the evening helps sleep. Serene takes 600g of magnesium glycinate.
- Magnesium threonate is good for the brain!
- **Ashwagandha** is an adaptogen ... which can be stimulating.
- Ashwagandha is good for male enhancement.
- It doesn't always do the same thing in the body.... It's a great fit for some.
- It is known to cause anhedonia or emotional numbness. They're not feeling normal emotions and "don't care" ... Danny takes it for anxiety issues, so it helps relax him.

### **Serene and Pearl Addressing the HRT Controversies for the Die-Hard Crunchies:**

*From Pearl:* We want to correct the record... and to speak to something more deeply. Hormone issues have been the BIGGEST questions that we've received over the last 10 years. It's the biggest area of need in our interaction with mamas. The reality is that hormones tank for women over 35-40... It causes metabolic issues... Sex hormones and thyroid hormones... the whole gamut.

How are we going to navigate all of this?? We have decided, considering that Serene and I are both in menopausal and premenopausal seasons respectively... that we are going to replace what we are losing. In other words, replacing our bio-identical hormones. For the record, we are third generation "crunchies", and we have lots of listeners who fall into the same camp. And we want *natural solutions*. But sometimes we crunchies can harm ourselves. We want to be so natural that we refuse to look at solutions that we don't *perceive* to be natural.

*From Serene:* "We have had to answer our own questions... What is our approach to hormones? Is it really natural? If God has made these hormones, then aren't they natural? I don't want to shame anyone! The natural degeneration though is that eyesight goes away! We never question whether someone should get glasses or eye surgery. The same thing goes for our dental health—most people need crowns. No one questions whether that's natural enough. In my personal estimation, hormone replacement therapy is just as natural and beneficial as reading glasses or dental work.

To be clear, there's no shame in having another perspective. We have had to work through our process and we're just being honest about how we've come to our conclusions.

So, in addition to bio-identical hormone replacement therapy, the thyroid issue is a big one. Thyroid (T-3 hormones) plummet for women over 50. Replacing thyroid hormones, in the natural form, is exactly what your body makes...it's a natural replacement... *We must have this honest conversation*, because after my (Pearl) hormone doctor helped me with my thyroid—and I have gotten rid of all the terrible side effects! We have decided to be *contenders*. But we don't want people to feel shame if they don't feel that it's the right thing to do... at the same time, we must invite you into our mental process and life process.

What about the risks to HRT? First, let's state the obvious: There are risks to breathing if you walk outside. There are risks to not doing HRT too. Some side effects can absolutely happen if you don't do it in an optimal way, but the cancer concerns have been fully refuted. For clarity though, we aren't about synthetic, we're about natural. In conclusion – the *reward* is far higher than the *risks* (generally speaking).

- Less risk of dementia
- Less deterioration of bone density
- Less risk of heart attack and stroke
- Less risk of breast cancer

Preventative and optimizing *medicines* can be greatly beneficial. We don't want to be so CRUNCHY and NATURAL that we must revert to walking everywhere instead of driving cars and riding in a plane. We can be significantly limited. We want ancient wisdom AND cutting-edge science...These things can operate symbiotically. In fact, they're meant to operate together synergistically. As an example, Tirzepatide and Semaglutide can also be used in a beneficial way—but people are using them in ways that aren't helpful. If they're used rightly, however, these are simply replacing the GLP-1 that the body naturally produces... and production of the GLP-1 shuts down or decreases with age for many people.

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