



Trim Healthy Podcast with Serene and Pearl

Episode #341 – Pearls Book Club Part 3

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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

00:00:01

S This is the PODdy with Serene.

P And Pearl.

S Get it right. P-O-D-D-Y.

D Hey, what's up, guys? It's me, Danny, with Nancy's favorite kids, Serene and Pearl, and we do a podcast together, right here in Primm Springs. I noticed you have a book.

S This is the weirdest introduction.

D No, it's the best.

P Who knows Nancy? You assume that people know who Nancy is.

D It's your Mommy.

P Yes.

S Yes, but...

D But you are her favorite, right, can we be honest?

00:00:28

S No, we're not.

D She has a lot of kids.

P Serene is her favorite.

S No, Uncle Steve... Steve is her favorite.

D I've never even heard of Steve. See?

S See? No one's heard of Steve, no one's heard of Nancy and no one's heard of us.

P So, let's get into the PODdy.

D That was the best intro we've done. I think a tag team intro moment happened.

00:00:46

P We are doing a Part Three of my book club.

S Yes.

P Because last time I came we only got through one book, the book that I didn't have but we still talked about. It's called The XX Brain and it was incredible. You should check that PODdy out, people. So, as you guys know, I'm a nerd. I read health books for passion, for...

D It's like your sport.

P Yes, it's my sport.

D You're like the Olympic level. You dogear every page too, which is really interesting.

P Yes, and I write on everything.

D Once you've dogeared every page, do you just un-dogear them all?

P No, I keep them.

S She passes it to me and that's her way of leading me and guiding me through.

D Footnotes.

S Yes.

P My dogears are so special to me. Sometimes I go through my books, pat, pat, pat, pat, and I just go looking through my dogeared pages. It brings back good memories.

00:01:37

D You have a relationship with your books.

P I do. It's when you get to Geekville status. No one can really attain the Geekville that you feel yourself in. You're so proud of your Geekvilleness. Your dogears mean so much to you.

D Do you even want, though...? I'm always afraid to markup books because I'm like, man, I want my kids to read this and then they're going to have to...

P But that's the pride.

D You like that.

P You see, I actually have some problems with my pride of my dogears and my marking.

S Because you think when my child reads this, they saw the aha moment I had with this paragraph, this exquisite paragraph. They'll know that I'm switched on.

00:02:17

P Danny, when you walk through the Kroger or the Publix and your cart is full of vibrant things, there aren't no beige boxes in there, right?

D Not anymore.

P You just look at your berries and your fresh proteins and you feel a little bit superior.

S It's like I feel superior right now with this in my hand. Do you want to know what's in it?

P A dogeared book makes me feel superior.

D I see.

S What's in this thing is... I'm actually going for a bit of a build because I'm training with weights.

D Thank you for putting the microphone after fully talking for five minutes.

S Yes. Well, no, it's just that I was eating and I didn't want the swallow to be on the microphone while I was doing this.

D That's fair.

S And now I'm doing this.

D Okay.

S So, I didn't ferment this. This is goat's milk that was this morning milked from Gypsy, the goat in my backyard.

P Gypsy. You named her Gypsy?

00:03:09

S No, it already came named.

D Do you take the teat...? It's teat to jar.

S Teat to the jar. No, I filter it before it gets here.

D Filter.

P You're not the one who milks Gypsy, right?

S No, my son does. I have milked to show him how.

P You taught your son to milk?

S Yes.

P Do you like doing the squeeze of the udder?

S I really like doing the squeeze.

00:03:26

P Have you ever squeezed the udder right into your mouth?

S I like to filter this milk through a parchment so that if there's a little bit of hay.

P Or feces.

S No, there's no farces. You wipe down everything and it's not near the bum. The udder's not near the bum.

D When you first said that it was like a fraction of a second I was like eww but it was replaced with today, could we?

P It's good.

S So, I have raw cacao and a very, very, very great quality raw green banana flour.

D So, you made chocolate milk with your...

S So, there's resistant starch in here.

P So, it's a good old crossover for building...

S Yes.

P But I take back my ugh. I take that back. That was wrong.

S I have some protein in here added too.

P Because we shouldn't just be like people that can only get our food from a plastic bag.

S You'd rather ultra-pasteurize with some heat-treated carton?

P It was wrong.

00:04:19

D Do you treat it at all?

S No.

D Just filter through a cheesecloth?

S No, it's just straight... Goat milk has incredible microbes.

P You usually culture it but you're doing some raw milk because she's trying to build.

S I usually ferment the heck out of a bit, double ferment, and I still have... I've got my double-fermented one in this bag right there.

D That's great.

S But I want calories right now.

00:04:36

D No, because even me... I've known you guys for decades and I'm all down from the earth, swallowing egg right out of your chicken.

S Right out of the chicken.

D And even me, it hits me, like should some sort of professional treatment be done. But this is the way the world was lived for thousands of years.

S When the Bible says enough goat's milk for the freshening of the maidens...

P You're a maiden.

S Yes.

D You're the maiden in this.

S I don't think He meant for it to go through a machine and a bunch of stuff first.

P No.

S I'm all fine if people want to do that mass marketing because you never know where it's come from.

D Yes, if you're in a huge factory.

S But it's in my back yard. I'm just taking it right from the udder, mate. I'd squeeze it in there.

00:05:17

D Man. What if everybody could, even if you lived in the city, have a goat and some chickens and that's how you did lunch?

P A lot of third-world people do that. So, Dan Dan, they do well.

D Well...

P So...

S Enough about pride.

P Yes, enough about pride and being prideful of our choices. But I do want to discuss this book because this is the latest one that I got. It is called Cheating Death. All the books that I read are all about health and longevity, just because it's just so interesting, by Dr Rand McClain. And the reason I thought I would talk about it is because I found this one full of amazing information that I didn't know. I heard this guy on a podcast, Dr Rand McClain. He was on... I listen to this podcast called The Thyroid Fixer By Dr. Amie Hornaman, I think her name is.

00:06:11

S From California.

P Yes, she's very Californian.

S With a Californian accent.

P Yes. But she is a rock star when it comes to thyroid. I don't agree with all of her ideas on nutrition. She's a keto, she's a low carber, she promotes fasting sometimes. I don't have to agree with that. She knows her stuff about thyroid and she has really interesting guests on. I always listen to podcasts when I work out. I know you don't, Serene, because you're so into your workout.

S Muscle and mind connection. I can't connect with any speaker.

P I'm obviously not connecting with my muscles enough.

D You don't do music or anything?

S I can do music but certain words... If there's too much words going on that are making me think, I don't like that.

P You only want to be thinking about your muscles that you're moving.

S Yes.

P I like to not think about the muscle that I'm moving. That's why I don't get the same results as her, probably.

D Yes, you like to distract.

00:06:59

P Just take my brain off the pain, yes, and let me just get through it like I didn't even know I was doing it. Which is wrong, Danny, but I'm just a baby stepper in the training.

D Yes. You'll grow up to be a big girl.

P I will.

S He looks concerned for you. He's like, you'll grow up and be a big girl. I wonder if she will, he's thinking.

P This book, okay, so this guy's really interesting. He has a practice in California.

S Have you ever underlined, in these awesome antiaging, body-hacking books where it says, muscle and mind connection?

P No.

S Have you ever clipped the page and dogeared it and patted that?

00:07:38

P I might have, I don't know. I don't recall. But I brought it here because there's such fascinating info in here that I hadn't heard anywhere else. Let me tell you his story, because everyone's got a good story or why would you write a book?

S Yes.

P So, this guy was born with and endured some chronic health issues, man. He's a doctor and he went through some really, really rough times and now... If you look at him, I believe he's... Look at this guy.

S I've got to see.

D Look at Rand.

S He looks fantastic. How old do you think he is there?

P I don't know. I think he's 60-something. He might be.

S Break the sixth realm and show the people.

D You can show the camera something. That's fine.

P I'm allowed to do that?

D I'll let you off with a caution.

P So, he has had prostate cancer and I was just blown away with all the things in here. It's called Cheating Death, so he goes through all the things and what we can do to cheat death. Now, obviously, we have a certain time on this but to contend to make our lifespan here better. And not just longer, because that's what he talks about, in many...

00:08:49

- S Because it is longer these days with medication but it's not a better longer.
- P He's saying a lot of my patients come to me and are like don't make me live longer if I feel this way and it's not lifespan anymore, it's health span, living the longest but vibrantly.
- D That's interesting.
- S Health span is a great word.
- P Yes, health span.
- S I love that word.
- D Yes, it is a good word.
- S I'm going to dogear that and pat it.
- D That's a big mindset shift from just I don't care how miserable, may I not die.

00:09:16

- S Yes.
- P So, he goes with all the latest things that if you're into the body biohacking world, you'll know about them, rapamycin, and the things that turn on your autophagy. What do we know about autophagy, Danny? Okay. So, Serene, you know about autophagy.
- S Yes. Cell death.
- P Well, yes, autophagy helps your bod clean up all your old, decrepit cells and things that do it are... The fasters really promote it because fasting turns on autophagy.
- S Exercise turns on it more.
- P Yes. Senescent cells are the ones that are old and they stop functioning as they should and they can turn into cancer and things like that.
- D Exercise turns on autophagy?
- P Yes. The studies show they do it even more effectively than fasting. Now, fasting does do it.
- S And they probably do it more effectively when you put your mind with the muscle.
- P Yes, probably.
- D I'm looking for alternatives to fasting.
- P Yes, you see, that's me.
- S Well, the thing is fasting turns it on but there are side effects to it.

00:10:15

P Yes, you lose your muscle.

S Exercise turns it on with no side effects. So, it's a better way.

P And you gain your muscle, so it's a double win. And he talks about it. He's not a faster himself which I was so interested in because most of the longevity people are. He says I'd rather not do that, so I've found other ways. So, he's a strength training guy, he's a rapamycin guy, that's the way he uses it. It's kind of interesting. He's a peptide guy. He's a bioidentical hormone guy, of course. So, all these things. He says I'm not interested in living longer if I'm just some decrepit person who does not have strength. I'm interested in living longer but stronger too.

S So inspiring, isn't it?

P I'm not going to tell his very extremely simple and mind-blowing approach to how he cured his prostate cancer, because you've got to... I'm not going to deny him some book sales but I'm going to talk about how he did it. I'm not going to give the amounts. So, just something as simple... He talks about polyphenols and how they're underestimated. The polyphenols we know.

S Green tea and...

P Yes, and he talks specifically about green tea.

S Do you want a sip of my fermented goat's milk? It has a raisin or two in there to help with the double-ferment.

P Oh, this is your double-ferment.

D I'm glad you prefaced that because if you're like here's some goat's milk and then you get some raisin-like object in your mouth.

P But there's no sweetener, there's nothing.

S No sweetener, nothing. That's just the kefir. There might be a raisin. Don't think it's a turd.

D And a goat turd at that.

S I put the raisins in the second ferment because I just want to keep that bacteria teeming. And so a little bit of something in there to feed those microbes. This is to longer and stronger, right? Live longer but live stronger.

D I bet this inspired Coca-Cola.

S Yes, there's a Schweppe to it.

00:11:58

D Because there's a... It gets you. I think part of the... I'm holding on to it.

S It's fine. You can take a double sip.

D I think it's part of the fun of back in the days when I was on Coke. My Coke habit. That was part of the fun, was it gets you.

S Yes.

D This gets you.

P All right, so let me get back to this, if I may.

D One more?

S Yes.

P If I may, Daniel.

00:12:22

D Dude, it's your podcast.

S It feels like communion. God's blessed it.

P The people that love our rabbit trails right now are like, yes, love this rabbit trail. The people that hate it are like...

S Do you know that I am...? We are toasting to longer and stronger. It was a moment. So, those people that don't like rabbit trails, they're having a Selah pause moment. Live longer and stronger.

D Can I walk to one of your houses and get some dash-gummed kefir, please?

S Yes, you can.

P I mean, you always want us to do it for you, Danny.

D Truthfully, yes. If you would just bring me kefir every week, I would be a very happy boy.

P Sometimes you have to put your big boy socks on and make your own.

00:13:16

D And I'm ready.

P Popsy brings Danny food.

D She brings me food.

P Because you're such a needy boy.

D You know what else? John's on the food train now.

S He brings food.

D He brought me some sushi today.

P Yes. Okay, so may I get jolly well back? May I?

S It's such a great rabbit trail. It's going to be great.

P Can I ask my prepubescent co-host if I may?

00:13:36

D We might as well... Serene, we might as well be playing volleyball while she's talking.

P Okay, he says try... Let me put my glasses on and, guys, I don't look... You know how some women look like sexy librarians with their glasses?

D Just do it.

S Let's have a look. I'll tell you what you look like.

D Just stop.

P That's not me.

S Well, what has your husband said?

P Not sexy librarian.

S He said that or do you think that?

P No, he just said...

D The face he made?

P He says you're kind of cute.

D That's grandma.

P It's not even cute, it's kind of.

D Kind of cute is like what grandma looks like. Kind of cute.

S Let's have a look.

P It just doesn't work for me.

00:14:09

S Maybe it's the shape. Maybe I need to take you glasses shopping.

P I've tried different shapes. It's just not me.

D Let me see.

- S No, not bad. You look like Lois Lane.
- D You know what. I think if you would get a different frame, it could be...
- S Danny knows stuff.
- D Yes, yes. Because I would say you're 50% there to what you want.
- P Okay. Try this experiment, he says. Type polyphenols cancer into Google, and you'll receive almost 8 million results. If you narrow your search to green tea extract cancer, you'll receive more than 33 million hits. About 174,000 of those are peer-reviewed or scholarly articles testifying to its effectiveness. One of the first results is from the Memorial Sloan Kettering Cancer Centre's website which recognizes that green tea extract has proven to be a promising anti-cancer treatment. Now let's dig down into how polyphenols work to fight cancer. I'm not going to keep reading because that's plagiarism and I want you to get his book. Even though, as I've always said in my book club things, I don't agree with every word he says. That's okay. The gems in here, it's worth getting this book if you're a geek.
- S If you want to be part of Pearl's Book Club, you've got to learn to spit out those.
- P You've got to learn and you've got to put everything in light of the holy ancient scriptures.
- S Yes, you've got to put Vid Angel over it.
- P So, there he starts talking about EGCG which, as we know, is a flavonoid for green tea, right?
- D Of course we know that.
- P And then he starts talking about someone he knew, a friend of his who spent his life researching EGCG. Where is that? Dr James Moore who spent, let me see... Anyway, he talks about his friend who was a doctor who spent his life studying EGCG and he undertook this study called Cancer Prevention Trial of a Synergistic Mixture of Green Tea Concentrate Plus Capsaicin. It's called CAPSOL-T. In a random population of 110 subjects, this was conducted by Claudia... Okay, I should have underlined the right stuff. But what they found was that this eradicated the prostate cancer. So, he, this doctor, was diagnosed with prostate cancer by two different methods, by imaging and by a blood test.
- S That guy that looks really strong?
- P Yes. He used this exact method which takes three to six months, and I'm not going to tell you how much...
- S Can Danny and I put really strong cayenne in our matcha?
- P Well, no, because you have to have the capsicol. It's not just cayenne, it's a certain extract of the capsaicin. And things work differently when they're combined. So, it's

the green tea extract plus this certain capsaicin, called CAPSOL-T, but get the book because I'm not going to tell you the amounts. He tells you the exact amounts he used on himself.

00:16:58

D Everybody wants the amounts right now.

P I know but I can't because that's sales of his book and he has spent a lot of time. He's sharing this information.

D You're one of the best people in this world. Most people would give it away.

P We followed up... He says how long you take it for, which I believe is three to six months. He told me exact amounts and then he said, along with using it on myself, we followed up with additional testing such as a multi-parametric MRI for prostate cancer.

S We must have our dad on it.

P I know, because it's incredible for preventing. Patients who tested positive, including me, underwent 90 to 180 days after treatment with this, and he talks about the combination, and every patient, including myself, tested negative with these things, using non-surgical treatments and traditional testing confirmed that the cancer was gone. Then he goes to talk...

S I wonder if it works on other cancers.

P Yes, he talks about breast cancer. He's put some of his patients on that, and that was confirmed breast cancer with a biopsy. So, this is cutting-edge information right here. Now, he's saying... These were early stages. I believe he talked about stages 1 and 2. He hasn't dealt with anyone with Stage 4 doing this. So, I'm not making big promises here. I'm just saying this is incredible stuff.

00:18:20

S Very interesting stuff because we went and paid a bunch of money for our son to go to a particular doctor. His name is Dr William J LaValley out of Texas and he is a leading cutting-edge cancer information. And he's not just all-natural. He believes in integration but he mapped out the particular cells and what all my son was fighting. My son, for new people in the room, new people listening to the poddy, battled cancer. He's totally free now. But now he's free, we took him to this guy so that he could map it out and put roadblocks. Inside the body, in the cellular level, put roadblocks with certain antioxidants and things and so one of the ones he was talking about, and I haven't got all the results, was just green tea combined with something, and it's like a massive roadblock to not allow cancer...

Because sometimes health things the cancer can feed on and use and hijack something that's so normally nutritious for most people but it can hijack and protect itself. The cancer has its own immune system and it builds itself up but one of the ones

he was talking about was green tea mixed with something, and I have to check it all out. Amazing.

00:19:39

P Yes, it's fascinating, the mixture of things and how they become so potent once they're mixed. But this guy is integrative, like you said. I don't want you to think that I'm pushing a book on you...

S It wasn't drinking green tea. It would be extract.

P No. And he talked about how much green tea you'd have to drink to get the same amount and it was something ridiculous, like impossible for the human body.

D Not possible to do. So, we're talking about taking...

S We're not saying green tea is bad.

P No, green tea is great.

S It's just for medicinal...

P Green tea can do much but when you're actually fighting something that is in your body and that has been shown on image to be something, and confirmed...

S He's a knuckle cracker.

P Yes. But this guy's integrative. He is not just, hey, take a herb and you'll be fine. He used traditional methods; he used some medicines and then he used...

D That's always the tension, I think, is the liability thing. It's like people... Even when I hear that, I project one of my family members... Much like you went through, somebody gets cancer and, man, the boldness or the... I would just... I don't know, like to risk trying capsaicin and green tea sounds terrifying.

00:20:51

P Right. Well, he's not saying don't go through your traditional methods. He's not saying that. He's just saying what he's seen.

D He's like here's research.

P What worked for himself and his patients?

S Well, oftentimes, with prostate too, they don't have a great diagnosis anyway.

P Well, no, prostate cancer can... It's not a fast-growing one usually. It depends upon the type.

D They remove the prostate, don't they?

P Yes, a lot of times they do.

D And then that leads to other issues.

00:21:14

P Oh, yes, definitely. Here's the other thing he gave, guys. This is pretty incredible. I'm not going to tell you amounts but he gives a certain absolutely very definite protocol that he gives to his patients and he sees it work every time and he learnt it off bodybuilders.

D Stoked.

P So, this is for anyone that has non-alcoholic fatty liver disease.

S Okay, which is a lot of people these days.

P So many people have fatty liver disease. Now, that is when the fat particles that are supposed to be...

S And it's not from the alcohol.

P No, that are supposed to be in your adipose tissue, your fat, they start going into places they should never be. They start actually going into your muscle. They start going into your liver and once that happens, well, your liver is compromised. It leads to so many issues and many, many Americans have this. Interesting enough, so many people that have come to Trim Healthy Mama, it's like, oh, my fatty liver disease turned around just because of the healthy eating but sometimes it's not enough. Sometimes that fatty liver is just... It's too extreme.

D Do you think that with a lot of these more extreme diets that we don't support, there actually is a season of it working, not because of the magic diet but because they're not cramming canola oil into their veins? Like that stuff... Doesn't bad oils and processed foods...? Like we see it's going into our stomach and then out but doesn't it get driven into our cells and into...? Like when you said the fat gets pushed into the muscle...

00:22:56

S And I think it's not just the fat, I think it's the high sugar, you see.

P Yes, well, that's what...

D Yes. So that invades...

P It's not... Eating fat doesn't cause fat but eating hydrogenated fats or the wrong fats, I believe, of course, make everything worse.

D But from the stomach does it not permeate our body? Isn't that a better image?

P Oh, yes. Well, it's information.

D Yes, but I mean physically what's happening?

S What he's saying is it doesn't just come in and go out. Nothing just comes in and goes out without leaving a footprint.

00:23:20

P Yes.

D Like a sponge taking...

S That footprint can either be a great one or an awful dirty one.

D Yes, like a sponge taking on water.

P Yes, that's right.

D I actually had a dream about that. It was a shift for me in... It helped me health wise.

P Was it a prophetic dream?

D Maybe. Like, health wise it was a real catalyst to make me get serious, is I just saw food absorbing into the body like a sponge rather than your... It was just a different visual that made me go, oh, I've got to...

S Visuals are very important.

D It is, yes.

S When people get information in a picture form, it's powerful. It's very powerful.

P What does Ben call them? Memory pegs.

S Memory peg, yes.

D Memory pegs.

P Okay. So, if you know someone with fatty liver disease who's not from alcohol, he just has so much success with this, I think it's really good to know. But I'm not going to tell you the amounts because go get the book. But I'm going to tell you what they are.

00:24:14

D What a supportive author you are.

P So, I'm going to read this. Well, hey, when we wrote... It is so much effort that goes into a book.

D Yes. It's like when you wait tables.

S It's like running a marathon plus, plus, plus.

P Bodybuilders... And, excuse me, Dr Rand, I'm going to read one of your paragraphs, I hope you don't mind. A full paragraph here. Bodybuilders have long been aware of the curative value of a combination of supplements for non-alcoholic fatty liver disease.

In fact, I first learned of the use of choline and inositol to treat fatty liver from Dr Franco Columbu, the famous bodybuilder and multiple times Mr. Olympia.

00:24:48

P Some bodybuilders use anabolic steroids to facilitate the deposition of as much energy as possible in muscles. They would then overeat and not move in an effort to bulk up. They do extreme things, right, to their body.

S We've learned a lot of interesting things from bodybuilding. Can you just tone down they're extreme?

P They know when doing this they will often develop fatty liver for which they could count on the combination of choline and Inositol. He said I have also added L-methionine to resolve. To be clear, lifting weights isn't correlated with NAFLD but taking anabolic steroids, having poor nutrition, and not getting enough exercise can lead to NAFLD, and this is what these bodybuilders will actually do to themselves, just because they want so much bulk in a short amount of time. Bodybuilders simply began taking these supplements to counteract the effect of their regimens because they found them to be so effective and he says these are the recommended dosages for non-alcoholic fatty liver disease. He gives amounts but I'm just going to tell you this, just three, methionine, choline, and inositol. So, two amino acids...

S You can get it anywhere.

P And then inositol. And then he goes, as noted, usually after 30 days fatty liver entirely resolves.

S That's amazing.

00:26:07

P Every so often a patient comes in to me with a case of fatty liver diagnosed by their primary care physician and confirmed with imaging. They're understandably concerned, especially because their doctors have no easy remedy. I am always happy to provide the remedy of a 30-day course of these things in the doses just described. Most physicians can't believe something so simple and easy can do the trick but they're, of course, happy to see the results and then they adopt this remedy for their other patients. This is a treasure trove of things like that.

S That is amazing.

P This is why I get so excited reading this book. I'm like in bed at night and I'm like, Charlie, Charlie, let me read you this, and he's like, that's nice, honey.

D You can hear the voice of the doctor too, even in the writing. He seems, from what you've read, very balanced. He's always confirmed with imaging. He's not...

P No, he's not a quack.

00:26:59

D That's how doctors talk. I've met doctors in real life and they are... They just flow in that flow of like I'm not just telling you what I think. This isn't an anecdotal idea; this is confirmed with imaging. He's got the... That's really cool.

P Yes. When we come back from the break, I'm going to talk more about what he says about stem cells.

D You just wanted to beat me to it because it's only at the 26 mark.

S She wanted to be the one who was like a good girl.

00:29:41

P He loves doing that eye contact with you guys. But I'm not allowed to. Neither is Serene.

00:31:07

D You can stop now.

P Okay. So, another thing with this book Cheating Death was I was so fascinated to hear about stem cells. Now, stem cells are so controversial, right? Well, your son just underwent a whole stem cell, what are they called?

S Transplant. But that's different.

P It's different. It was...

S Very different. I think when they do it for cancer, they're just rebooting your entire system and they have to pull your entire immune system down so you don't fight all of these stem cells they're putting back in. So, I think it's a different thing.

P But I'm telling you that stem cells have had some quackery about them, and he talks about how so many clinics charge untold dollars and oftentimes results are not seen but he's saying... Here he talks about the science of how they will be the way for the future and things that are happening with them now are just mind-blowing. So, he thinks that stem cells really can be helpful in certain situations, and he talks about his own healing with them for an injury. Phenomenal. You just have to read his story. But stem cells really are going to be of the past soon and what is taking over is muse cells.

D Muse?

P M-U-S-E. And he talks about them. He actually listed a place in Peru that is doing some literally mind-blowing stuff.

S Tell me.

P I was going to tell you all about this, Serene.

S What are they doing with muse cells?

- P I mean, they are regenerating hearts, they are... People with some of the most really challenging... I think it was even Lou Gehrig's. Some people with mortal diseases that no one can touch, they're having really interesting success.
- S Wow.
- P He just says one of his friends is a doctor who actually works with Muse Cells and he gives the history of how Muse Cells started. I'm going to tell you about what muse cells are. But what they're doing is so incredible. They're much, much more powerful than stem cells. Muse cells happen by accident, when this scientist was working with stem cells and she left them all afternoon. He tells the story. I'm probably saying it wrong but she left them in a stressful situation where they didn't have enough food. They didn't have what they needed to survive. So, she came back, and she thought, well, I don't know if I should use these but she used these in some of her experiments and they were about... I don't know what it was. I'll just throw my word in there because I think they were like a thousand times more powerful. Because they had to survive that afternoon, so they had stressed, so they became hardy. They became the long-livers, the fighters, these muse cells. And so now they're starting to use muse cells in situations and conditions and diseases that stem cells never had any chance of working. And muse cells are doing it.
- S So, these cells are like the marathon cells, the ones that don't give up. They're the Navy Seals.
- P They're the Navy Seals.
- S Up for seven times longer, seven times harder.
- P Yes.
- 00:34:05
- D What's wild is like cells and bacteria and whatever else, all the tiny things that are alive in our body, they seem to have a will.
- P Yes.
- S It just makes me want to fall down and worship God. Really, it does. Like this is all... This science stuff here, to me makes me want to go worship.
- D Have you ever seen under a microscope?
- S Because it's God that created all of it.
- D Well, have you see the microscope where... The imaging under a microscope where white blood cells attacking harmful bacteria?
- S I'd love to see that.

- D They choose to do it. They'll bump into this harmful thing that's a virus or whatever and all of a sudden they're just like... Others, they're alerted somehow chemically. Others began coming around it and they'd start to eat and it goes pssst.
- S How can that all be created by some wild bang? I'm telling you, I just love seeing the intelligent design behind the whole thing.
- P Yes. And also, the thing about Muse cells is there has been some fear in the past and actually some science around it. It's not typical but there are chances that when you use stem cells it can cause cancer. But you cannot with Muse cells. So, muse cells are much safer too. And I write down, Serene, here Uncle Grant because I wrote... Our uncle has Parkinson's and he's been dealing with that. He has lived in New Zealand for many years now and they're kind of at the stage where they don't want to hear all the things.

00:35:34

- S They've tried everything.
- P Because so many people give you, oh, try this and my aunt had full remission because she ate flax seeds or something and they're tired of hearing all that but...
- D Have you seen the video with the... Sorry, I interrupted you.
- P No, go ahead.
- D Sometimes I think you're done and you're not.
- P I will just go and go, so you stop me.
- D I think it's Parkinson's. It's this old man and he is just... Is that Parkinson's where you're just trembling and shaking?

00:35:58

- P Parkinson's, yes.
- D So, maybe it was Parkinson's. But he's trembling and shaking and they give high doses of marijuana.
- P Oh, really?
- D And it completely fixes it and he's sitting on the couch and he's like, I feel great. I mean, he went from inconsolably Parkinson guy to just like you and me talking on the couch.
- S That was probably not the stuff that's been hot for recreational use. It's probably the real medicinal kind that was... The original.
- D Well, I think it was... I don't know if it was smoked or if it was put into a really potent cream or something. I forget how he took it but, I mean, he looked cured.
- P It's temporary. I've heard of that. I mean, it's a temporary thing.

D Yes. No, it's not cured.

P It just calms their whole system down.

D That's why he's on it.

S That's why God made the herb in the first place before man messed with it.

D I think people abuse marijuana.

S Yes.

P It's medicinal. That's why we used it.

S Originally it was medicinal, yes.

00:36:55

P There's things... Of course it is used for other things but there's medicinal aspects to it, sure, but...

D Are we still going to smoke it during the break?

P We've got kids listening and they need to know that that's not true.

D Okay.

P So, he's talking about how muse cells are having amazing breakthroughs.

S I like how she said that with her glasses and it really had a sense of authority.

D Oh, it was grandmotherly. She didn't look up from her book.

S No, she was like that's enough, Dan.

00:37:19

D I knew to not even speak after it.

S Yes. It's like I'll take you behind later and I'll have a little chat.

P Muse cells, interestingly enough, they lack a fingerprint, meaning that they can be taken from a donor. You know how Arden had to use his own?

S Yes.

P So, they can be taken from a donor and infused in a recipient without fear of rejection. A big part of stem cells is rejection.

S Yes.

P And so that's why people have to take their own. And it's very painful, Serene, taking your own stem cells, especially if you have to do a lot, and it really wipes you out.

D Wow.

P This doctor had to do it for himself and it can wipe out. But muse cells doesn't require... I mean, I get so excited with what's coming down the pipe in the future for medicine. I mean, what we're going to be able to do and to cure and to give people long, healthy lives.

00:38:06

S It's beautiful.

P What we all have to do is eat well, move well so we can stay alive for these things.

D I think people underestimate the amount of time and money involved to make it mass market too.

S Oh, yes.

D Because this excites me as well but I'm like, man, for this to really be in your walk-in clinics...

P Yes, I know.

D Is probably 30-plus years.

P Probably. And to your point, he says unfortunately in the United States stem and muse cell treatments either are still viewed as experimental or invite skepticism, at least from most medical professionals.

S Do you know what this makes me think, guys? It's like... You know how, Danny, you don't like the word Christian because of the way Christians have messed up... A lot of people have given a bad example of what we should be as Christ-followers, right? But you're a Christ-follower. You know how some people are like... Even the term marriage these days has been so mutilated.

D Yes.

S That it's like I don't want to throw the baby out with the bathwater and say, I don't believe in medicine, I just want to be crunchy and all-natural because of what some people have done with medicines that should never have been put in the human body, right?

P Or just doctors putting everyone on a medicine without them changing their diets.

S Right. But I don't want to say no to creativity. We're created in the image of God and He's the father of creativity and He made these things like muse cells and peptides and all of these things. And I don't want to say just because somebody is helping... See it under a microscope and formulating it in a petri dish that's not incredible.

P No, it's human.

S Just because there is some bad doesn't mean the whole thing's bad.

P It's so true and I think I look at that with the new weight loss medications that...

D Semaglutide?

P Semaglutide, Tirzepatide. There's another one coming out.

S It's already out.

P Oh, it's out in some areas. What's it called now, Serene?

S It sounds like chicogubapatide.

00:40:02

P Retatrutide. The amazing thing with Retatrutide is it does not allow for the...

S It doesn't take muscle away.

P Yes, much more muscle-protective.

D What's it for?

P For the weight loss but I'm a little skeptical of it because the weight loss is so fast. It's 50 times stronger than the others. Having said that, our jury's out on that one because I don't like fast weight loss.

D Can I try to spell it? I want to research that.

P Retatrutide. It's not actually... I don't think doctors are prescribing it yet. They're about to.

00:40:31

D Wow.

P But I want to talk about this because we, Serene and I, get asked all the time what our thoughts are on these weight loss medicines and we have a personal story with them, with Serene's own husband, changing his life.

S I'm one of the Trim Healthy Mamas, right? I help all these people, along with Pearl, to lose weight. I couldn't help my husband lose weight. I tried all of the tips and tricks that I would tell you guys. He tried to exercise and he gave up because he got no results. He had a genetic high blood sugar thing, which he's going to totally walk out of, but he'd wake up after eating my clean fuels and his fasting blood sugar was just prediabetic and just well into the crazy.

P Okay. So, our plan stopped him from gaining lots of weight.

S It stopped him from being diabetic.

P It stopped him from being obese and diabetic.

00:41:40

S But it was always borderline high. So, he wasn't in a terrible state, he was just not in a flourishing state. He wasn't optimum and he had about 40 pounds that he shouldn't have for all the work he gave it. So, I feel compassion for you listening out there and you're like, well, I work harder for most people and I don't see the results. I feel compassion for you and we want to help you because I had to walk through that with my own husband.

P And I think we started because we keep our ear to the ground on what's going on. It was back when... I think it was 20, when COVID was every... We went to that conference.

S No, it was before COVID even.

P I don't know but it was early on, when the semaglutide... No one had heard about them. We went to this conference. We'd already heard... I'd heard about them on some biohacking...

S It was only for doctors and somehow Pearl got invited and she was Dr Barrett.

00:42:24

P My name tag said, Dr. Barrett.

D Dr. Barrett.

S We were the only ones who weren't doctors and it was so funny because they all had their charts on the wall and it looked like Russian to us and we're like... We were putting intelligent faces on.

P But, anyway, that whole conference really put the spotlight on semaglutide and tirzepatide. This is before they were out and they said these will change the history of the world in the way medicine is practiced.

S So, we went home and we searched far and wide to find GLP-1 before it was really out for Sam.

P Because it was so compelling. It was what they do in the body with the GLP-1 pathway and some people, they... We all make GLP-1. It's a peptide in our body and it's very short-lived. It surges after you eat a meal. Some people are insensitive to it, they don't feel it, and other people...

S Some people lose it.

P Yes. And as we age we become less sensitive to it and fasting, studies in serum, in your blood levels as you age, you have less of it. So, when they developed these medicines, which is just a peptide, and they added an ester to them to make them last longer in the body, I'm like, Serene, Sam should try this, because it was exactly his situation.

00:43:36

- S He got bloodwork before the whole situation and he looked one way. Then he got this medication and he is a different man to look at but a different man on his bloodwork. A different man, the way he feels. He feels... He said, Serene, I feel 20 years younger. This medication has been a game-changer. But he has had to use it with responsibility. He had to start weight training. He has five... well at least four but he shoots for five protein fuelings a day.
- P Well, that's what I was trying to say. These medications are now being abused because people are just eating their junk still but smaller amounts of junk and...
- S Or using it to fast.
- P Yes, and taking... Oh, I'm going to take my semaglutide and they're dropping weight... I was in the grocery store the other day, Kroger, and I love... Listen, I'm an eavesdropper. I listened to this conversation and I was getting...
- S It must be genetic because it's my favorite thing to do. In fact, sometimes when I'm in a restaurant, ssh, I don't want to have our conversation, I'm listening to theirs.
- 00:44:30
- P I was pulling Nut Pods out of the fridge and there was this woman. She walked up to this man and she's like, oh, good to see you, I haven't seen you in a while, oh, my goodness, you're so thin, what are you doing, and he's like, well, you know, I got this new medication, it's really working on me, I don't eat much anymore, and I looked in his cart and it was trash.
- D Cardboard.
- P Trash, cardboard trash. And I thought to myself, well, yes, fantastic, he's getting better but it's not helping his metabolism and it's not helping things long term because now when people go off these medications, they have lost muscle because they haven't weight-trained. They have had their whole desire for hunger squelched so much that they don't eat enough protein.
- S Their metabolism has junked, yes.
- P And then they come off, so they're actually in a worse place than when they started.
- S They have weight loss injury.
- P They have weight loss injury. It doesn't have to be that way.
- S No.
- P So, people that do need these medications... And it's not everyone but it's some people. I think they are literal life changers but they have to be used wisely.
- S But, Pearl, he had to keep his dose low because when it affected his appetite to where he was offended at food... Like he would say, I'm actually... Not that I don't want it,

I'm offended at that meal. His appetite got so low and so we slowed his dose down so low so that he still has an appetite because you've got to keep that metabolism revving.

00:45:43

P But it's just been amazing. We live in exciting times where cutting edge science is merging with what we know about food as medicine and to me, I just get excited to wake up in the morning to hear what...

S Look, babies can be kept alive now at, what, 23 weeks.

P Yes.

S I had a premature baby, two months early, and I just remember just feeling so grateful for science. I'm just thinking way back in the pioneer days I would have lost that child and it would have been gone from me.

P Yes. So, the crunchy parts of us... Serene, you and I are third-generation crunchies.

00:46:16

S Oh, crunchy all the way.

P Our nana before us was crunchy. Our mum ground her wholegrain bread and sent us to school with wholegrain sandwiches when everyone else was eating white. We thought we were the saddest little poor girls in the world but, no, we are thankful now. Now we're thankful. But we're third generation crunchy, right, and I think the temptation, when you're crunchy, is to miss out sometimes or despise medicines that are good. Good medicines.

S And just survives a lot of contending. Like we should just be in the wagons. You know what I mean? That's the crunchiest of all the crunchy. Let's just not progress at all. But progress has brought so much blessing too.

P Would you say that one of the most questions we get, when we get questions that come onto our Facebook or messages or emails, we get a lot, would be how can I stay natural. My hormones are going but I just want to stay natural, that's probably the most frequent question we get. Because there's a shame in taking thyroid medicine. There's a shame in having to put a hormone in.

S But the same people who wear glasses will put crowns in their mouth when they chip a tooth. They will shod their feet with shoes. I mean, if you want to go all the way natural, you've just got to go back to the cave, right?

D I always just put shoes on...

S Then where are you going to draw the line?

P You better not even use period pads. You better let it just go into the garden from whence it came.

00:47:47

S I'm serious. You know what I'm trying to say. Some things are just wonderful. I just really love a good period pad.

D I feel like if there were young people present, they'd be pointing their camera phones at you all right now. Someone is saying something so insane.

P It's so insane but really that's the way we should look at it because...

S I don't even like the word natural anymore, even though I'm the purist out of the two of us. It's because I think it's so twisted. I like the word... I like the sense that we don't do lifespan now, we do health span. I like that. So, now I don't want is it natural for me? I want it to make me thrive.

P Yes.

S More than is it natural.

P And it doesn't matter if it's synthesized in a laboratory. Praise God for the laboratories. I say bring it.

00:48:33

S As long as it's bioidentical to the human body.

D I don't think...

S But for all that, I don't even take an aspirin. You know what I mean? I won't even take an aspirin for a headache.

P Hold on.

S I'm that natural.

P Things have been despised and this is something he talked about on the podcast.

S Tell me.

P I loved it because it opened my eyes to something.

S The chicken's on the rotisserie and she's ready to give me a crispy bit.

P Yes. But I like being challenged. We're all about bioidentical hormones and so is he. But there's a but. He said, people, steroids have got such a bad rap. And here he talked about bodybuilders abusing them and all that sort of thing. Yes, he said, they have been so abused but steroids, he said, can be lifesavers.

S They were a lifesaver for my child. I had to get a big shot right before I gave birth two months early to get my baby's lungs to grow in time for the birth.

00:49:19

- P Yes. And he said there's one called Anabar which weightlifters have used to bulk up. He's like I use it in very small doses for my elderly patients. They don't have enough muscle and they don't know how to build it and they could trip, break a hip, and die. I give them a low dose amount of a steroid. Yes, people would look at him with shame because he's using steroids but it's life changing. They're able to develop a little muscle on their body. It gives them an appetite. They have no appetite. And they come alive. And he's like that's a steroid and that's how it can be used wisely.
- S Right.
- P And I was like, oh, my goodness, you go.
- S Well, it's like a little honey can be used wisely and then people that just overdo even natural sugars. It's like we... A little dry fruit in the oatmeal is great, right, but Pearl and I, when we were vegans, dried fruit became our steak, something to put your teeth into and to chew it.
- P I remember going through a whole box of raisins.
- 00:50:14
- S Well, I went and got a colonic because I was so a la healthy. You do that thing when you're a la healthy. You go and cleanse your colon out every couple of weeks and you do all that crazy stuff.
- D Coffee enemas and stuff.
- S Anyway, this one colonic therapist said, I'm so sorry, I know you're only 18 but are you an alcoholic. Really thought I was an alcoholic because she said my intestines had all turned to ferment because of the amount of natural sugar. I'd never touched a drop in my life of alcohol at that point.
- D At that point.
- S Well, I like a little sip of wine. I'm a wine taster, not a wine drinker. I like three sips. I like to say do I taste the cherry or the lemon or...
- P I am a wine drinker but not to excess.
- S But, anyway, I'm not saying that to be proud, I only like to taste it, and I love to taste it. But, anyway, at that point I hadn't even tasted wine but my intestinal system was all like an alcoholic, because of the amount of natural sugar.
- P Because you abused.
- S I abused it. Doesn't mean that a good dried raisin isn't wonderful. It's all through the Bible.
- P Yes.
- S Refresh me with cakes of raisins and stuff. But I was like abusive.

00:51:17

D Why are you all looking at me?

S Salt can be abusive.

P It totally can.

S We look at you because you're our only other co-host.

P Yes, and I feel like we're... I feel like you were aware... You were aware of the 47-minute mark and I thought you were going to wrap it up.

D Oh, you see, I thought you guys heard me squeak every now and again over the last five minutes of trying to input.

P I kind of did.

S Can I just bring a balance, though?

00:51:42

D Now you were like now you can speak and I was like, it's all gone.

P I know.

S I want to bring balance, though. I want to bring balance. I don't want people that have followed us and trusted us, because we do like things natural, right, to think, oh, well, they've just gone to the dark side. I still put henna in my hair and it poops down outside the shower cap down my ears for eight hours, just because I want to be natural. So, I still am on the natural side.

P I won't put any chemicals on my skin. Refuse.

S Yes, refuse. Like Burt's Bee, let me have a look at that thing. So, we're not going to the dark side.

D Bees didn't make that stuff.

P No.

S We just want to thrive. We want to thrive, and we don't want to say no to creativity that heals babies, keeps them alive, keeps elderly people alive, and will help us in seasons when normally become decrepit for us to really have a health span.

D You keep looking at me.

P We're looking at you. What were the squeaks about?

D At one point I was going to say... You were talking about we don't ride around in wagons. I was going to say that I don't think we should do math. Unless you're going to be a scientist.

P You should have shouted over us to say that.

D Yes, or unless you're going to be an astronaut. I think if you're going to just go into life like a normal person...

00:53:01

S I agree with you. Why should we shoot for anything? Why should the rockets have gone to the moon? Why any of this stuff? If we're not going to use creativity to further. Progress is great, as long as it doesn't destroy.

P Yes.

D Thank you for tuning in to the Trim Healthy Podcast. We'll see you next time.

P Where you'll get to say a little bit.

D Where I get to speak.

S You need to speak a lot next PODdy.

D I'm going to dominate the next one.

S You are.

P And we'll be here in the same clothes.

00:53:39