



Trim Healthy Podcast with Serene and Pearl Episode #337 – Pearls Book Club Part Deux

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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

00:00:00

S This is The PODdy with Serene...

P And Pearl.

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

D It's the Trim Healthy Podcast with Serene, Pearl, and Danny, and I got a couple of faves today from you. Gals, if you will.

P Okay.

D One, I want you to rate my food choice.

00:00:48

P Okay, you're holding it up like you are selling it. I know that's what you do when you're not on The PODdy. You sell things for people with your face, body, and personality.

D Mostly my body.

P Yes. Okay, so you got the... I see a little TJ's.

D Little TJ. I go to TJ's now, I'm a TJ guy.

P Little TJ. I love Trader Joe's.

D They're like half-price to Whole Foods.

P The Joe's are amazing.

00:01:09

D Whole Foods executives are coming for me tonight. Anyways.

P Let me have a look.

S What do I do with my fingers?

D Have a look.

P Wipe them on your lovely skirt.

S I have a compulsion to wipe.

D You do double dream hands.

S I knew you wanted to...

P Okay, so what is Danny drinking here? And sorry about my voice, I'm recovering from a little cold from my grandbaby, who is so sweet and slimed her snotties on me.

D Everyone's sick in Tennessee right now.

S Well that's not the truth.

P Apple cider vinegar.

00:01:34

S It's not the truth about her grandbaby at all. She tanked her hormones on perfect...

P I would love it.

S On purpose because we're trying out our ones and she wants to see their efficacy, and how well they do compared to her regular hormones.

D I see that big word.

S So...

D I see you.

S So anyway, she tanked her own hormones. She couldn't begin to be part of the test until she was zero on everything, and so...

P Yes, but so when your estrogen...

S Her immune system was down.

P When your estrogen goes down, you're at risk for immune...

S She never gets colds.

P No, but there was a sweet, snotty baby that I looked up. Okay, so this looks pretty

good but, Serene, you don't have to wear glasses because you didn't take your hormones.

00:02:11

D Help big sister.

S Okay, so it's carbonated water, first ingredient, lovely. Organic apple juice concentrate awful. But what is this with sugar content?

P But it's only a little bit and it's only 3 g. I'm giving that a pass for Dan Dan.

S No, it's not, it's... Pearl, it's not 3 g. You need your estrogen back. It's 9 g of total sugar. No, 8 g of total sugars, and 9 g of carbs. So 9 g of that stuff.

P Oh, okay. I feel like he can handle it.

S He can.

P If someone really wanting to shed inflammatory fat layers, I wouldn't drink that all day because it's got a little bit of fruit juice.

S Has 38% juice.

P Okay, so I would be careful with that though.

D Could they have one a week?

00:02:51

P Yes.

S Even if you're thin like you are but you have trouble with high blood sugar, that may not be that great for you.

P Be careful of it.

D Okay, so this is a bit of a little sugar pop.

P It is a bit of a sugar pop, Dan.

D Damn.

S I can't be silent right now. I just can't be silent.

P What?

S I had this thing that's been weighing over my head for a long... I can't even go to bed at night without the guilt and the sorrow over how I failed in this area.

D Oh, we're not talking about my drink.

S Christmas time. Christmas time.

P Where are we going?

S We were upstairs at our offices above the café, right?

00:03:22

P How many years ago?

S And this is just this Christmas.

P Okay?

S And up comes this box of the best kombucha ever. The best. But people have been giving us gifts for a while, that's what happens around Christmas time.

P When you're so famous.

S No, it's not about that.

D Gifts.

S No, I'm just saying John gave it to us.

D Be careful when all men speak well of you.

S People just... Good old sovereign John comes up [unclear]. He doesn't even love Christmas but he comes up crotch ups.

P He does. He's a gift giver and one of John's spiritual gifts or love languages, whatever they're called, is gift-giving.

S Yes, and he's really good at it.

00:03:53

D He's like a Chinese factory.

S Those Nut Butters, my goodness, no one gave better. There's one that saved your life, right?

P Okay, tell you a story because I've got...

S Anyway, okay yes so all that to say is, we were given this box of kombucha and it's so...

P Is that what it's called?

S No. I think the name... See the problem is... I'll go to the name soon. Okay, and we were like, this is the best kombucha we've ever had, and it was a particular flavor for Christmas. It was very Christmassy, it was a special edition for Christmas. Well, these are the nicest people in the world. Oh my goodness, fantastic, great. And then our children came over because we took the box home and you and I just shared them. We just shared them with all the children, it was great. Then at the bottom of the box, it had slipped down the side, there was a letter. And I read the letter, it was to you, Dan as well. It was to all of us at The PODdy and this beautiful lady, she was THM but her husband and she run this kombucha business. And she was like, tell Danny

how much I just love his stories and everything, and then, tell Pearl also that I've lost all this weight. Everything was just... This letter was... You didn't even get to read the letter.

00:04:56

P No. Right.

S And it was just so... She was just like... I'm like, this lady is amazing, how sweet. And she had sent the kombucha so that maybe if we liked it, we could mention them. Maybe mention on The PODdy. She sent it as a blessing. She said, don't feel obliged to do this but hey, if you mentioned it in The PODdy because I'm a PODdy listener...

P But you did freak out over that bucha.

S That was the best bucha in the world. I think it was called Thrive? I remember the word thrive.

D I'll look it up.

S See, I saved that letter thinking I've done the worst of cardinal sins because it's all drunk and we were meant to bring it and let John try...

P Live.

S Danny try on The PODdy live and there was none left.

P Well, hey listen I'll help you.

00:05:35

S So I saved that letter, thinking that I'm going to go and show this. We're going to read this letter on the podcast. And I went the next day and my children had thrown it out. I would've gone through the trash, everything. So I can't even remember the name, I think it was Thrive?

P I'm going to fix you. Whoever this is...

S Thrive something.

D Were they from Kentucky?

S Yes, and I just emailed recently, I looked them up on the internet because I thought, maybe they're on the internet.

P Hey, she should reach out to us again and you can just say sorry to her now that you lost the letter. I didn't get to read it.

S Literally it's been months of guilt. Months of guilt, because I really want to promote them.

P Okay.

D Well, here they are. Thrive Brew.

00:06:10

P Thrive Brew.

S Thrive Brew. That's it.

D And they're in Kentucky.

P Yes, but we should drink one on The PODdy.

S Yes but, Danny, you were meant to get one of those and we just let all my 15,000 children, and some of Pearl's...

P Couple.

S Eat it all up in two evenings.

D Where the barn is full, where the oxen are plenty... I don't know.

S Yes, something.

P Hey, we must hurry up because John and Lesley have to be out of here.

S Yes, but that was important.

P And I wanted to do a whole PODdy, my update on Pearl's nerd book club. People love that last PODdy when I talked about the book's show and tell that I'm reading. But I do want to say, Serene, really quick, we've got two minutes because it's kind of a funny, sad story about you.

00:06:49

S You can't do it in two minutes, save to the next time.

P No, I shall do it if I want to. Yesterday...

D It's her podcast.

S Oh, you're looking at my dry crumbs in here and that's what reminded you?

P Yes, she came with dry crumbs because Serene is feeling under the weather but she's so much better.

S I feel great now.

P So yesterday we had an all-day meeting. It was a branding meeting under fluorescent lights, John and Lesley were there. John barely made it from the fluorescent lights, but Serene turned up and I just looked at her face and I'm like, oh no. And she's like, Pearl I don't know what's wrong with me. When I pee, it feels like barb wire, I'm in so much pain. I said, oh you have a UTI. Serene's never had a UTI in her life.

S I'm like, you don't understand, I've got 10,000 camels pounding on my something inside. I don't even know what they're pounding on.

P Yes and she's like, when I pee, I have blood and I'm like, Serene, that's a UTI. You can't let these things... She said, it's already wrapping around. Why is it in my back? I'm like, you can't...

00:07:40

D Like pain?

P Yes, like kidney pain. I'm like...

S That was so bad. I would've rather had ten unmedicated births. I really...

D Yes, well that's...

P No, they are bad. UTIs, when they get that bad and you start bleeding and it's just... It's horrible and she was just rocking with pain. We were in a business meeting where people had come in and they were making a presentation to us.

S So I tried to stay as long as I could.

P She had but then halfway through I said, Sam, just take her to the doctor during her lunch break and then she'll come back, and maybe she can endure it. But so she did. It was UTI straightaway, so... And then she came back and then she tried to make it. She ended up going home, but I said to... I said...

00:08:16

S I got on the good old antibiotics, which I pride myself on my good old microbiome and now I'm just slashing it to pieces.

P No, but there's a reason I'm... She's like, but why would I have gotten this? I'm a healthy person. What am I doing wrong, Pearl? She's like, I'm addressing my hormones and you're not supposed to get UTIs once your hormones are addressed. Then why do I have one? I said, well sometimes it's nothing to do with that. You got introduced to a bit of bacteria at night and this is the funny story that we will only share with Danny and our Poddy people.

S She tried to share it with the businesspeople yesterday.

P I did.

S I said, don't you dare. And then she said a second ago, I'm going to bring it up on the PODdy. I'm like, of course, you are, it's the Pod. We tell our Pod listeners everything.

D Inner circle.

P Yes.

S You guys are the inner circle.

P She doesn't mind 100,000 people listening on The PODdy but she couldn't share it with 15 people. Businesspeople.

D Yes, I can relate to that.

00:08:57

P So I said, but, Serene, okay I want to talk to you, I want to find out the reason you got this. And so I said, do you think... Did you sit on a public toilet seat? Because I once got a UTI from a public toilet seat because she...

D That's got to be the worst kind.

S You normally just hang in the middle, and nothing touches.

P But I remember touching it before I hung, okay?

S And I did get a UTI, it was a bad one.

P Sorry about my voice. Then I said, Serene, you kind of live on a farm. Was it the dirty toilet seat? She's like, no. I said, what about dirty toilet paper? And Serene's face was...

D You remember it.

P Oh.

S Well, what happened is...

P And it's so funny.

S Okay, so I was working out in my gym, and we have a bathroom near the gym. And then we have a bathroom all the way up in my room or all the way downstairs.

00:09:40

D It's your home gym?

S It's three levels. Yes, at home.

D Okay.

S And so I was in the middle of a set and I'd already had my... Almost my time was up for the next set.

D Yes, it was.

S And I'm nerdy about my exercise, and I really only had 20 seconds to get back in and start the new rep. And so I ran to the bathroom next to the gym and it was out of toilet paper.

D Okay, yes.

S None. Zilch. And I didn't want to drip-dry. I thought that that was not going to be... That wasn't the thing to do but I saw...

P You've drip-dried many times. This is Serene here.

S I saw in the corner of the bathroom the cardboard roll, empty.

00:10:15

D No, do it.

S No toilet paper on it but I'm like, it's dry.

P On the floor.

D Oh, Serene.

S This isn't a disgusting bathroom, it's my own home. So I just pat it a little bit and just called it done.

D No.

P And what did you do with the roll, put it in the garbage?

S Yes, put it in the garbage.

P Because I have done this, but it always has to be on that utensil. It can't be on the floor, that's a no. But if it's still there and it's... You know the cardboard roll?

D The roll?

S The roll.

P If it doesn't have toilet paper, I'll still use it if I'm desperate, as long as it hasn't been on the floor. But she used one off the floor.

S Well it wasn't a public floor and it was just the clean, swept corner but it must have had enough of something.

00:10:49

P Serene.

D There is no such thing as a clean corner in the universe.

S Especially my house, probably.

P So by the next morning from that... That was probably less than 24 hours. Less.

S Yes, it was less than 24 hours.

P She had a raging UTI.

D That's tough.

S That was so raging.

P Moral of the story, friends...

S Don't use the roll.

D Even if it's the perfect shape.

00:11:05

P Okay, if they've touched the floor.

S Well, it wasn't a great shape, but it was...

D I'd say it's a fair shape for the intended purpose.

S It was better than nothing.

P But then you don't flush a roll, either. You must put it in a waste...

S No, I never thought of flushing a roll. You don't have to teach them that. That's not where they come for that kind of knowledge.

P Who tunes in to Poddies and hears these, just pearls of wisdom?

D Hey, what do you think the people did before toilet paper?

S But guess what, they should have that.

P Grass?

S Do you know the information that they have out there? It's because they don't underestimate the daftness, right?

00:11:33

P Yes.

S Can you imagine if they had printed on a toilet paper thing, do not flush the roll?

P Do not use the roll and then flush your... They really should do is, if roll is on floor, do not pick up and use...

S Okay, not toilet paper roll but cardboard roll, yes.

D Little disclaimer on the roll itself.

S Yes, so I should sue them. I should probably sue them, right?

D Yes.

P Because you know some daft person is going to do it, and you're the person.

S Shouldn't I? Because I'm ruining my microbiome because they did not print that.

D Yeah, that's fair.

S I could take them to court.

D It's like, hot on the McDonald's coffee cup. It's got to say, hot for some people.

P Yes.

S Did you know that somebody won recently in a court case because she sued her parents for conceiving her without her consent? She won.

00:12:10

D No.

P Hold on.

S And she's into adoption. She goes, you see, with my children, they consented to have me as their parents, right?

D When did they do that?

S But they won. That's how ridiculous the world is. So that's why I could probably sue toilet paper rolls.

P All right, so I'm going to get on to... Noble says, I think you got hacked on Facebook. Noble says that to me right now.

S Yes but that's such a rabbit trail.

P Oh man.

D Hey, speak...

S I'm just going to say, did I send you Facebook Messenger... I don't know.

D Okay, Pearl, this isn't fair that we all must... You're just talking to control the time.

P Okay, but I better get back to the Poddy.

00:12:44

D Yes, you were reserving your next...

P That's true. But wait, if I'm hacked on Facebook, that's not good because I'm also an admin on the Trim Healthy group.

S You've got two of the same books there. Why do you have that?

P I'll tell you about that.

S Okay.

D Hey, I got a quick question though before we move on. Do you gals believe in, and/or use bidets?

P Girls don't use bidets, do they?

S No, I don't like to... They do.

P Do they use bidets?

L We had one growing up.

D Oh, so it's English.

00:13:13

S To flush the little A-R-S.

P To flush the arse. No, I think it's for flushing the filthy area.

D You missed the E.

L You still wipe, then you can wash.

P It's funny that you put the R in there.

S Well, you always must because it brings a comical addition to the word.

D But you left the E.

P That's the way British spells it.

D Oh, it's spelled A R S.

L Arse.

P And that's the way they say it, yes.

S Yes.

P It's got an R.

S We went to China into these beautiful hotels and they all had bidets. But if you don't know how to use them, they can be dangerous.

00:13:45

D You can send yourself off into space. You can blast off.

S Yes.

P Oh my goodness.

S Pearl, stop doing your...

P I got hacked and I have to finish a PODdy. I have to fix that, people.

S No, you don't.

D Right now?

P No.

S But if you didn't bring your phone, you wouldn't know. Put the phone down.

D And put it away from your body.

P Did you get a message from me?

L Do you want me to text.

00:14:02

D EMFs.

P Did you get a message? Okay, here we go. So this is Part Two. I've been reading some good books, I...

S Part Two of your reading club.

P Yes, Pearl's Book Nerd Club. I love to read. I don't get enough time but I carry books around with me. I have somewhere I go potty because you could...

S Yes. But what's with that?

P You put them on the ground and then when you're going potty, you pick them up.

S But why? Because that's...

P You can get stuff done.

S So you just get in there and get done?

P Well, think about when you're peeing, you could read a paragraph. When you go number two you could definitely read a page.

D Could do a page.

S I'm in and out quicker than that, you see?

P Great for you. I'm just saying what I'd do. I could just...

00:14:44

D I could do four pages.

S But now I know the kind of person you are.

P Then I read also right before bed because I find that that is much better for the limbic system.

S I wonder what people are doing in there when they go into the bathroom and don't come out for half an hour, and now I know.

P Well, they're just reading more.

S Okay.

P Yes. Life is so fast-paced these days, it's hard to get time to read. I never get time in

the day. So then at the end of the night, I always read before bed. So that's when I get most of my reading done and it just relaxes me, and that's my time so...

S Because you don't sit down and nurse babies anymore, you must go read in the toilet.

P Exactly. Yes.

00:15:15

S Because that's when...

P Nursing was such a good time to read, wasn't it?

D Yes, it was.

S Wasn't it, Dad?

D Why are you looking at me?

P I don't know, because you always have a story about Lisa when I say nursing.

D Oh, hold on. I think my milk just came in, yes.

P I would say this PODdy is deviling on to PG already. We've got the A-R-S-E, we've got the...

S This PODdy's already just junk.

P Okay, but I'm going to make it better right now. And I got hacked on this Poddy.

D Serene, I saw you look at the camera.

S I know because you don't want me to break the fifth, whatever it's called.

D You can stop now. Fourth.

00:15:47

S Fourth wall.

P We haven't brought one thing of worth today. Let me bring something.

S Yes, we have. Don't use cardboard rolls that have flipped onto their side in the toilet, in the bathroom floor corner.

D And do use bidets.

P Okay, well.

P And this just makes this PODdy worse, but the book I really wanted to bring, I couldn't find. But I'm going to tell you about it. But it's been the one that's rocking my world.

D This was the Trim Healthy Podcast. We thank you for tuning in today and you never should again.

P I said to Serene, I'm going to bring Part Two of my book club and then bring all my

greatest books. And then I ran around the house for an hour freaking out because I couldn't find the book.

S I'll start with it then.

P It is called The XX Brain.

S Did you check all the toilets in the house?

P Can you look up who the author is of The XX Brain, Lesley?

S Yes, it was Samantha...

00:20:04

P No, it wasn't. Lisa somebody, I believe. Doctor.

S Oh. Dr Lisa... You told me once.

P The reason why I feel like I would recommend this book... And I do want to say all the books that I'm talking about, I don't always agree with every single word in there. People don't agree with every single word we write, right? Who?

L Lisa Mosconi.

P Dr Lisa Mosconi.

S That's it.

P But I always take away gems and if a book has some gems, I'm going to talk about it here. I read a lot of books that don't really gems but...

S So if you listen to one of these books that she suggests reading, and then you're like, oh my goodness, Pearl believes all this? No, she doesn't. We only believe the Bible as far as the fullness.

P Yes, fully. Yes. But the book was incredible because this doctor has spent the last several decades putting her work into studying female brains, and really what she is all about is helping people prevent and... I don't know, there's nothing right now that can really turn around dementia and Alzheimer's, sadly.

00:20:58

S Well, there is. Sometimes... But what about plasmalogens and different things that can...

P It is not... Yes, those are things, but they haven't been documented in large studies.

S Right, but they're showing...

P There are books.

S Yes.

P There are books about them and there are studies, yes. Plasmalogen. She didn't

actually talk about that in her book, but she did talk about lifestyle, and I want to talk about that.

D Is that a food or something?

P Plasmalogen is...

S No, it's a fatty acid thing.

P Yes, and it comes from seaweed and... Are they mussels or they... No, they're clams, something. You can get it from sea.

00:21:30

S But you don't eat it.

D You can take them?

S No, you actually... They isolate it and concentrate on it, and it actually reverses Alzheimer's, they say.

D It's a medical procedure, though. Is it injected?

P No, it's not. It's a supplement.

D You would swallow it?

P Yes.

S Yes, drops. Yes. Anyway, keep going.

P So, what she...

S But anyone listening who has a family member with dementia or that's getting worse, can look up plasmalogens on the internet.

D Yes, because there are people wanting to stop this right now. Yes.

00:21:53

S We met the scientists behind it. Amazing guy.

P What's his name now? Doctor...

S We wanted to have him on The PODdy. I read his book and it was the most incredible book. It was hard to even wrap your brain around.

P You look it up while I talk about The XX Brain.

S But anyway, you could look it up because we've got our father on it for prevention. He's not showing any signs, but we thought prevention...

P Yes. I buy both my mum and dad plasmalogens for prevention.

S I keep putting my code in here.

P 0219. Now I just told the whole world my code for my phone.

S 021... Just whisper it.

P I'll change it. My birth date, my birth year, my birth year.

S Do you remember if...

D Yes, no wonder you get hacked every afternoon.

S Yes, whisper it.

00:22:28

P Oh listen, you told me. Oh my goodness.

S I could've just given it to her.

P Okay.

S She's hacked and now she was telling her whole thing on the internet.

D And it's funny that you really committed to trying to sort it out off mic. That was silly.

P Okay, The XX Brain. She talks about what happens to a woman's brain as she loses estrogen and this is why I love the book so much. Because she showed images. That's what she does, she studies the brains of a woman, a pre-menopausal woman whose brain was completely lighting up because there was enough glucose in it. To a perimenopausal woman and a postmenopausal woman, both...

S Okay, do you want to just interrupt here because then we can move on?

P No, let me finish this, then you do it. Let me finish...

S Lovely girl, I love you. You poor, sick and I'm being mean to you. Sorry.

P And she showed the difference, and in the perimenopausal woman the brain was... I wish I could show it to you here, but the brain had light all in the image. And with the peri and the post...

00:23:25

S No, the premenopausal had the light.

P Yes, the pre had the light.

S Okay.

P The peri and the post, there were dark places all over there but what was interesting was I showed it to Serene. I said, Serene, I know you're not postmenopausal like me but you might want to consider replacing your hormones right now because perimenopausal women have the same issues.

S I was trying to wait. I was going to wait until, was done. Menopause, okay now I'll start hormones. And really encouraged me with my decision to go straight on to them

because I had reached perimenopausal. Everything was definitely... The cycles were totally changing and then Pearl's like, if I could do it over again, if there's any encouragement I can give you as a little sister, don't do what I did.

P Well, what came out in the book is something that I've experienced myself and I'm doing things to try to combat that but it's been an issue, I'll just be honest.

P When I went through perimenopause, that's the time, the eight years before you go through actual menopause, where your period stops. It's usually about eight years for women. Many women don't know they're in it.

00:24:25

D And starts when?

P That's when... It's no certain age. It's when your periods change and usually, you're in your 40s, late 30s but it's when your hormones start changing and declining. Sometimes they go up and down as they decline but they are declining.

D What are some first signs though?

P The first signs are changed periods, change in mood, weight gain, and change in metabolism. You experience too-heavy periods or too-light, or they change. They're not 28 days apart anymore. Everything just changes and you lose your testosterone, which starts to go down. Progesterone starts to go down but also people think, oh, during perimenopause I'm estrogen-dominant.

S Well, they can be estrogen-dominant but it doesn't mean they have too much estrogen. It just means there's not enough of the other things. In fact, if they had more estrogen, they would probably have enough progesterone because if you have enough estrogen, you'll ovulate. If you ovulate, that's when you can get progesterone. So really, the problem is not finding out, estrogen dominance, I have too much estrogen. Maybe you don't have enough, that's why your estrogen dominates.

00:25:25

P Yes, estrogen-dominant. It's just such a catchphrase that has caught so many women in a lie where they're scared of estrogen. But really it means you don't have enough progesterone to balance your estrogen.

S Yes, and because you probably didn't have enough estrogen to produce progesterone.

P Yes, so it's like, which comes first, chicken or the egg? It doesn't matter. Even in perimenopause, it declines. Some months, it might be quite high, other months it's going down, but it is going down. And when our estrogen goes down for us women, and this whole book is about it, and she just... She has the research studies, and she

has the data there. When our estrogen declines, our brain is no longer protected. Why? Okay, so there are many things about estrogen that protect our brain, just like estrogen protects our heart. As soon as a woman goes into menopause, she actually has the same risk of men as heart disease and before that, she's protected. It goes up and we get more heart attacks than men. It's incredible.

S Yes, the leading cause of death after menopause. Heart attacks in women.

P But what does estrogen do? Estrogen makes us insulin-sensitive, and insulin is able to carry that glucose to the brain. The brain requires glucose so when we become insulin-resistant and we lose our estrogen, this is what happens.

S They're calling dementia and Alzheimer's now a form of diabetes three, type 3 diabetes because...

00:26:41

P So it's all to do with getting that glucose to the brain. Now, there are things that she talked about, like some people believe that it's plaque formations but that actually hasn't proven to be correlated with dementia and Alzheimer's. Women get dementia and Alzheimer's so much more than men.

S Yes.

P Men do get it sometimes but it's a disease primarily afflicting women, and she has devoted her whole life to combating this. So what are some of the things in the book? I suggest you get the book. The funny thing is...

S The XX Brain by Dr Lisa Mosconi.

P Yes, The XX Brain. Yes, the funny...

D Question.

P Yes?

D Are the... Because different diseases seem to favor, if you will, men versus women.

P Yes.

D Are these things hormonally affected? Is the lack of hormones...

00:27:27

P Yes.

S Yes.

P The reason men get more heart disease is because they don't have as much estrogen as women. Women, estrogen is the biggest prevention and what is it against heart

disease? It's like a...

D Right.

S Well, they say men need a little estrogen and all of these estrogen blockers they started to give to men that totally eradicated all their estrogen, they're finding out those men were not protected anymore and had more of a chance.

P Yes.

S A higher risk of heart disease.

P So you make some estrogen, Danny, but you don't make as much as us, right?

D So the idea is balance.

P Yes.

00:28:01

D Men and women have different profiles but they both need to be balanced.

P Yes.

S Right and I do want to address that word. You were totally right but at a certain point, the word balance, with hormones, doesn't work anymore.

P Yes.

S Because a lot of people say, they're our age and say, I just want to balance my hormones. Do you have a supplement to balance? But once you're in peri, there's really no...

P Well, definitely once you're in post.

S Right, exactly.

P You've got nothing to balance, but once you're in peri...

S But what I'm saying is, oftentimes you're really in peri and you're into the late peri, maybe adding one hormone will help balance the others, like adding progesterone to antagonize estrogen or whatever, that may help. But you really have to start putting those hormones in and to balance them, you have to put one in. You can't really just take a herb and say, I'm going to balance them all out.

00:28:46

P Doesn't work. That may work...

S So it's a dangerous word. Even though it's a right word and the way you were using it is correct, but there's a point when people say, I have balanced hormones, or I want to get balanced hormones, it's...

D Yes.

- P They have basically no hormones to balance.
- S Yes.
- P Premenopausal women could say that.
- S A lot of people go through menopause and say, my hormones are balanced out now because I'm no longer having hot flashes. No, they're tanked, not balanced.
- D Wow.
- P Yes. I do want to say though, so what I noticed... I'm going to go back to a personal story, was when I went through perimenopause, I...
- S Do we all have our hankies for you so you can shed a tear?
- P No. I started to get quite a lot of brain fog and word recall was my big thing, and then it was so much more pronounced. After I went through menopause, I could... My brain was always so sharp and I still feel like it's sharp. I can write, I can think about things but pulling words out? They were just missing, it literally scared me. They were not there, I couldn't find them. And then the more research I did, that's actually what caused me... That and the hot flashes was my big decision to go on hormones, and in the end I'm so glad I did. But I said to Serene, I so wish I did not let them decline because it happened and the hardest thing is to get that back. Now, getting it back, you need to put your estrogen back. There's some other things you can do.
- S Hang on, you should be so glad that you didn't let them decline because you didn't... You mean you're so glad you didn't wait longer in decline, is that what you meant?
- P I'm so glad...
- S Because you did allow them to decline.
- P I'm so glad I didn't wait longer but I wish I'd started sooner.
- S That's it, yes.
- 00:30:14
- P I really do because I'm not the same. I think I'm still Pearl but I feel like I... Still, it's hard for me to recall some words sometimes and according to this book, it made so much sense as I read through it, it's that lack of estrogen, and I went without it... Well, perimenopause it was declining but then I went through the whole year of no periods. That was when I went through official menopause and then I waited another year until I started on hormones, and it was too long for me. Now, you might be listening, you might be, but 62, and you might think, oh no, now it's just worse for me. What am I going to do? So I feel like there's always hope for us and you don't have to have Alzheimer's or dementia just because you waited that long. And maybe you don't have any problems at all, and that's fantastic but it does afflict many women.
- D What do...

P And the greatest thing we can do to prevent Alzheimer's and dementia, according to these studies and according to latest research, is to put back our hormones. The sooner the better.

D And how do women do that?

P Biochemical hormone replacement therapy.

S And can I just say something here for five minutes? We've said it before, we've said it over and over but sometimes, repeating is great.

00:31:20

P Yes.

S And so I would like to say here the argument, well, I just want to be natural, right? I just want... If God allows the cycles of a woman to stop, it's his design. Let's go with his design. I used to think that way and I used to think, well yes, it's not great for these women. I would see them decline. You can see after menopause, your aunties or your whatever that didn't have any problem with insulin resistance are now struggling. They get thicker around the middle and you can start to see, even as a young girl. You can see and notice what happens to women. You think that that may be your plight. Okay well, that's what happens at that age. That's what's going to happen. But then I started thinking about it and I walked past my garden one day, and my husband and sons were all putting, amending the soil. Putting things back in that had been depleted. And I thought to myself, why are they just... I'd say, let's let the garden be natural. Don't put anything back in it, right?

P Yes.

S And then I started thinking, my mom would be putting on glasses to read, and I would think to myself, well, that's amending eyesight, right? The way of nature would just be to let her not read. Past a certain age, you're just not meant to read. That's the way of nature, right? And you're not meant to drive because that's the way of nature.

P Because you can't see.

00:32:40

S And everybody's meant to just blend up their food after 50-something when most of the molars are gone unless you've put crowns. Everyone had teeth work by the 50s. You've had your teeth worked, right? Well, no I meant to blend... But well, you can't blend because that's something that's been invented, too. That's not natural, right? We weren't born with a blender on our side, so. It gets so woo-woo, where everything is about amending and advancing, and about using our creativity under God to find the things that he has out there for us. And to enhance them and to be co-creators with him.

P I think it really afflicts us crunchy girls, yes?

S Yes.

P Those of us who want to be natural. But sometimes, natural is fantastic. Sometimes natural is jolly bad. Natural is when our muscle just declines and... Yes?

D Entropy is natural.

S Yes.

P Yes, and then we get bone decline, and then we break a hip and we die. It's all natural. I don't want to do it.

00:33:41

S Yes, that's right. You know what's natural, too? The instinct to have a temper.

P Yes.

S Some things are natural, but you just want to temper. I mean, you just want to... What I meant by that is temper, like control it.

P Yes.

S Yes.

D You did a double.

P I do want to say, so...

S And also, one more thing.

P Yes?

S These bioidentical hormones have been placed there by the creator. They're found in nature.

P Yes. So in a way, they are natural. Very natural.

S They've been isolated from the herbs.

D Okay, so... But who has these bioidentical hormones?

P Well, you need their prescription. You need to see a really good doctor. Why do you think we are bringing this whole Trim Healthy medical thing to the world? Because there's such a need.

00:34:17

D But right now, like today though, do people go to their primary?

P Yes, you need to seek out a good doctor who understands hormones and whom you don't need to convince, and who has educated herself or himself about the importance of that.

D This is a women's clinic, maybe? Or...

S And don't be afraid because of the...

- P Not usually.
- S Don't be afraid because of the dogmatic kind of deception out there that estrogen is dangerous. There was a WHI study that was flawed and now has been found to be flawed and...
- P And she goes through that in the book, but one thing I will have to say about this doctor and I just think it's fabulous... And I haven't even got a chance to talk about her lifestyle, what she says because she...

00:34:54

- D Oh wait, but don't do it yet.
- P Oh, okay so her take on hormones is, yes she believes that they're important and for many women they probably are the thing that's going to save them. But she hasn't been schooled like many doctors, like who we're under, Dr. Kay on just the importance of flourishing hormones.
- S Right.
- P She's more about, well, menopause or hormone therapy is doing the least for a certain amount of time and then going off when you can. That's what she's been educated with.
- S Well, it doesn't really prove her pictures. It doesn't help her pictures that... Right.
- P It doesn't, but that's all she knows so far. So just go into it knowing that, but when it comes to lifestyle... So, many people know about the APOE4 gene, and you know how... Have you heard of that, Danny?
- D No.
- P If you have it...
- S Say the acronym again.
- P Let me say it.
- D Can we talk about it after the Superfood Spotlight?

00:35:44

Trim Healthy Mama Product News and Notes.

- D Hey, what is OPP?
- P Optimized Plant Protein, Danny. And thank you for asking because I really want to talk about this stuff.
- S Are we recording?
- P Yes, we're recording.

- D Oh, I just got a bag of this. I'm down with OPP.
- S Thank God I've got my good voice on.
- D Yes. Oh, yes.
- P So at Trim Healthy Eating, we anchor all our meals and snacks around protein. Why? Because protein-centered meals stabilize the blood sugar, enable a higher calorie burn, and deter excess hunger. Dan?
- 00:36:17
- D Yes.
- P Stops the snackies. I put it in my oatmeal.
- D Yes.
- P Okay, we're going to talk about all the way. So what is Optimized Plant Protein? It is our new protein. Actually, it's repackaged. Yes, it's in a new package but more than that, it was our original hemp protein. And why did we choose hemp for plant? Because it tastes the jolliest best. Well, it's not chalky. Most plant proteins are so chalky. Yes, because rice is chalky, pea is blah. Black, yes. And hemp has a lot of health benefits, right? Anti-inflammatory.
- S But here's what we discovered and when we discovered it, we changed it and became the first. Vegetarian proteins, as great as they, they don't have enough leucine to fuel our muscles. And leucine is the driver to trigger muscle synthesis. Without it, ain't no muscle being built.
- P Leucine is an amino acid and yes, like Serene said, you can have all the protein in the world. You can have 30 g of protein but you're not going to fuel your muscles if you do not have enough leucine. And the hemp by itself does not have enough. And other plant proteins, they don't have enough either, and it's also lower in bioavailability. But the thing is, we haven't just added leucine. We have hacked this whole thing to make it more bioavailable, to make it easier to digest, and we've added other essential amino acids too, so that your body can really go to town building muscle. So let's get to the crux of it. Our Optimized Plant Protein has three times the bioavailability of basic protein. And then just get this, people, in just one three-tablespoon serving, it gives you the bioequivalence of 48 g of protein. And so you will read the back and it says three tablespoons of 16 g of protein.
- D Yes.
- P But guess what? When you ingest that thing, with the leucine trigger and the other hacks in there, your body receives it and goes to work with it like 48 g. So this could be for workout type of stuff for sure, not just balanced meal.
- D Yes. Definitely.
- P And we are going to optimize our whey and then you'd want to use that, but we're

going to optimize all our proteins. Optimized Plant is the first and yes, at this point you can use it post-workout.

S And for me, like you said Danny, it's my oatmeal protein-izer.

P Yes, it's my breakfast.

D Yes.

S And I love smoothies.

P And kefir swirls.

P But before this, people used whey protein and all that's fine, but it was never yummy in oatmeal. It goes weird, you can't hear it. You can heat this stuff. It retains all of its protein. It doesn't change, it doesn't glycate or anything like that. We're so excited about this, Serene. I put this... Every day, I have a lot of Optimized Plant Protein. I put it in my kefir and then I add baobab, and it's like a mousse. I add a little stevia and that, I can either make it a S, put nuts and stuff on top, or I can make it a E and put goji berries.

00:39:11

S I'd do the same thing, we're twinsies. It's just changed my life. Pearl, when it leaves the house because you put the last little few crumbs into your bowl or smoothie, do you just want to cry and say, I've got no food in the house? My optimized protein? I've got no food in the house. Until I get another pouch back in the house, there's nothing to eat.

D My son's going to play football in college and he uses this in his smoothies.

P Yes. That's so awesome, Danny.

D Well, mainly because I put it in the...And would you stir this... I want to ask you, do you stir it into oatmeal as you make it or do you pour it in after? Because either way is fine. I put it in after.

00:39:42

P No, it's a part of...The cooking.

D Yes.

P I cook with it too.

D What's... Yes.

P I don't. Just so you're listening, you can do it both ways because I know it doesn't glycate, but my brain says don't eat that beautiful thing. She just wants to eat it raw, but no I love cooking with it. So we take the protein you are paying for seriously at Trim Healthy. We're protein nerds.

S We are protein people, but guess what? We're not old-school protein people. We're

protein of the future, so stick around and... That 48 g is nutty. We're going to make all your protein you get from us... Come true.

P We're back. I'm saying it because you're not, Danny. I'm saying it. Okay, so she talks about the APO4 gene and this is something that I've never tested on myself, but I know our grandmother had Alzheimer's, so it's usually a genetic thing. And if you have the... There are four genetic snips showing you your risk for APO... For Alzheimer's. Those who have the APO2 have a very low risk. Those who have the APO3 have moderate, and some people have an APO4 and another one, and they have a significantly higher risk. But those who have their APOE, whatever it is, hopefully I'm saying it right, and they have the double.

D Yes.

P They are at the highest risk for Alzheimer's.

D Chris Hemsworth I think tested out for both.

P Okay, and she talks... But she said it's up to each individual whether they want to test to find out because she said, I find that some people find out and then just live the rest of their lives in fear, and I don't think that's good for their brain. Anxiety is not good for your brain.

00:41:19

S Yes.

D That's tough, yes.

P But she said, it does help some people because it gets their act into gear. Because she said this, she puts all the studies out and this is what was fantastic. Those who have an AP... Am I saying it, OE4 gene?

S Well, if you would tell me your passcode to your phone...

P No, I'm not. Okay, so what if those who have this risk gene can take it down to where their risk is as low as the people that don't have it by lifestyle?

D Okay.

P So if you have that APO4 gene or whatever, the high one, and you are not eating properly and she talks about the foods, it's just basically Trim Healthy, right? You just need the wise protein, you need the greens, you need the berries, you need the flavonoids, you need the carbs, you need the beans and all those good things.

S You need to make sure you're not overdoing sugar.

P Yes, absolutely. That's the hugest thing. It devitalizes foods, sugar. Those are the things that increase inflammation in the body and really, Alzheimer's and dementia are diseases of inflammation of the brain.

00:42:14

S Yes.

D Hey, and we need to be forcing vegetables down, right? Even if you don't like it.

P Yes, you got to be eating your veggies.

D When we first started this podcast, I felt like we were gentle about things like that.

P We're not as gentle anymore.

D But I feel as we're older now, I feel more of a mandate to just be... I just have less patience for, I guess first for myself. When I'm like, I don't want carrots, I don't want to get the peppers, I don't want to go to the organic section, and maybe I'm neurotic but I'm starting to get into only organic. I got to have a cart filled with vegetables and not cardboard boxes of man-made food.

S Yes.

D And should we not be at some point screaming from the rooftops, get over it, people, eat your dang veggies?

00:43:05

P I think it's coming to that time, but people are all in different states.

D You're so nice.

P We've been sitting here in The Poddy for a long time, but we've still got newbies coming in, and people have been listening to us for years and...

D I feel like I even want to say to the newbies, hey welcome, eat your veggies right now.

P Yes.

D Right now, throw your cardboard out, you're going to die of Alzheimer's.

P But there's a balance to it too.

S Yes.

P So we want to have good proteins too.

D I'm glad you're here.

P And we want our healthy fats. And she talks about that. It's basic, right?

S Because I ruined my body on the most organic, wonderful high-veggie diet. I ruined it because I did not place importance enough on the proteins and yes...

00:43:43

P Yes. So there's that beautiful balance that what we talk... That's what we're all about at Trim Healthy. But then she talked about movement, and she talked about the risks of...

S While we sit here.

P Even if you have the highest risks of Alzheimer according to these genetic snips, you bring them down to where they're low if you move, because it just lowers inflammation so much. And she's like, so for some people, getting themselves tested gets their butt into gear. And it's a brilliant thing because they lower their risk and basically, as they keep up their lifestyle, and unless they do go back to what they were doing before, they don't have to get this disease.

S I love it.

P So it's really incredible. She talked about, if that's you, if you have it, it's not a death sentence. It does not mean you're going to get it because if you get proactive, you can turn it around.

D And I think, isn't a wise move to just get proactive?

P That's what she's saying. So it doesn't matter if you have it or not, be proactive.

00:44:41

D Skip the test. I feel like I'm at such high risk for anxiety. A deer could jump out in front of me on my motorcycle and even though I don't even come close to hitting it, the rest of the day death is knocking at my door. You know what I mean?

S Yes.

P Right.

D Just stupid. And so I couldn't get a test to find out if I was at risk.

P You deserve...

D Well, I'm just going to act like...

S You just got to put it in. If you're the type of person that doesn't need the inspiration of fear-based butt in order, you can just put your butt in order.

D Yes.

P Exactly. So I think the book was phenomenal. Do we have time for my next book?

S But I do want to explain...

P Okay, well maybe we'll just do that book and another book next time.

S No, it just takes 30 seconds.

D Can I hold your book while you talk?

S You've already said it. I just want to reiterate it.

00:45:24

P That's not the book. These are my other books, but you can hold them.

D Okay. I'll hold them.

S You've already said it, I just want to reiterate it. When you read the book, her take on hormones, even though she totally believes in them and shows what happens to the brain without them, use them as a Band-Aid while you're going through the...

P Well, she says that's all that we have right now. She talked about investigating more of it, but I don't understand why she doesn't see it out there because she is very conventional.

S Okay, right.

P She works in the conventional field, but she talks to other conventional doctors, but she's posing the question constantly throughout the book.

S Okay, so it is out there.

P Yes.

00:46:00

S Whatever she's posing is out there because we've stumbled across that.

P She says, I've posed these questions to other doctors. If estrogen is a thing, why are we not using it?

S So we're working with other doctors now that believe in flourishing estrogen. So you don't just use it a little bit to get over your hot flashes, you put it in in high amounts.

P Yes. But, Serene, speaking of that genetic snip, talk about the book then that we once read because it's for those who have loved ones right now facing dementia and Alzheimer's, it is maybe...

S Oh, yes. Well, can you do your?

P Yes, it is something that's very interesting and it deals with those who have...

S The book is a hard book to read. It's so scientific.

P Yes.

S It took me... And I really wanted to understand it because I don't like reading any book unless I wrap my head around it. So it took me a week per page.

00:46:46

P This is Dr...

D Yes.

S Because I don't have a lot of time for reading, but I have to reread a sentence about ten times to really get it.

D Yes.

P Oh, it's in-depth. Dr. Dayan Goodenowe, talks about plasmalogens in that book, no?

S Yes, it's D-A-Y-A-N G-O-O-D-E-N O-W-E.

P And the book is called Breaking Alzheimer's.

D This looks really good.

S Dr Dayan... Yes, Breaking Alzheimer's and Prodrome Sciences.

P Honestly, his...

S It's prodrome.com and all his supplements... He is cutting edge on preventing and turning Alzheimer's around.

P Cutting edge but so they... But they are not cheap and I had to really...

S No, they're not cheap but they take a long time to get through those drops. The Prodrome...

00:47:27

P Yes, not when you're buying it for your mother and your father.

S Well, it's \$199 for the drops, but they last...

D Yes, for a bottle.

S Yes, but they last.

D What do they last, a month?

P Yes.

S More, probably.

P No, they don't.

S Maybe a month and a half?

P No, they last a month.

D Let's just make our own. Hey...

S Oh, we got a good steal. Sometimes, you can... Sam and I, you can buy them in bulk.

P Yes. But we're not saying that that's the answer to Alzheimer's. His evidence and his

research is very compelling, and that's what he's given his life to. He talks about the differences with the people, with the genetic markers and once they're on plasmalogens, what happens to them. And so it's very fascinating.

00:50:00

D Well, so I'm looking at this...

P I know, but we'll have to take another PODdy for each of those books because we got caught up in this, The XX Brain one. Funny that I started with that, I'm not even holding it.

S I know.

P I brought all my other books. The next one's called Cheating Death by Dr. Rand McClain.

S No, but it was so life-changing too. You called me up immediately and I got on my hormones straight away. It was dramatically...

P Yes, I did. Well, I could just... All the evidence she was just putting there when I saw that picture of the brain, I'm like, oh, that's what happened to me. And so the things that I'm doing to restore my brain function, of course, I'm keeping up my great lifestyle, but I had that anyway. I did have that. It was my loss of estrogen that changed things.

S That was the only thing, yes.

P Of course, I'm replacing my estrogen along with testosterone, and progesterone. But I'm also taking lithium orotate now and there are some amazing stories...

00:50:48

D Okay.

S Did you get it from Dr Susanna?

D Get it from Amazon.com.

P She encouraged me to take it but no, I just got it offline.

S Will you show me what you're getting? Because I'm going to take it too.

D I have some in stock.

S You do?

P She said any lithium orotate is pretty safe. Let's talk about...

S You take it?

P Do you?

D I haven't taken it in a long time. I've been taking GABA.

P It's fantastic for anxiety. Yes, GABA.

D I've been taking GABA and...

S Yes. Now, we're not talking about the lithium orotate that is prescribed by doctors for...

00:51:07

P Carbonate.

D No, that's...

S Yes.

P Lithium carbonate for bipolar is much different to what I'm talking about. It is...

D Much heavier dose, yes.

P Hugely heavy dose. Some people really need it, honestly, but it has some side effects like thyroid issues and things like that. Lithium orotate is a trace mineral and if you look it up, the studies are so compelling on not only what it does for anxiety but restores brain function.

D Very compelling.

P They did this study and they gave it to people, and all the other people in that study lost gray matter, and the ones on lithium orotate actually gained gray matter.

D Yes.

00:51:38

S Our brother's been taking it for years because he's a day trader and has a very highly stressful environment for the brain, and he takes quite a bit, doesn't he?

P He does take a lot. He takes 20, 30 mg. The low dose is five or ten.

D Five is...

P I'm starting at five. I'll let you know how I go to see if it helps me with my word recall.

S You were going to send me a link. Did you get it off of Emma?

P I got it off from Emma and I borrowed it for my daughter Meadow, too because she has very strong postpartum anxiety. And the doctor we were talking to said she should be on lithium orotate. I give it to all my postpartum women, and it really helps them. It's safe, it's a trace mineral, it's something that your body requires anyway but sometimes we need more of it. It used to be in our water supply, it's no longer there.

D Right and some people are deficient in it.

P Yes, very deficient.

D And this natural thing that's in the body. And you think about ADHD kids, I'm an ADHD kid. And I'm not too quick to diagnose any of my kids with that but I will say that my personality traits run in the family. And so, you pop a little... The lithium dissolves in

your tongue.

00:52:40

S Have you given it to your children?

D Totally.

S That's great, yes.

P Yes.

D Yes, and it's experimentation. I wish I had some clinical doc guiding everything, but they don't get into lithium orotate.

P Yes.

S Your... What's that?

D They'll recommend it. They'll recommend GABA. Hey, try this, try that. But they're not going to get into dosing. They're just going to tell you what they'll suggest. But it's so natural that there's not really a big consequence in taking a little.

P No, there's not. That's what she said. She said, "I like people to start off with five, see how they do, and then I often like them to jump up to ten.

D Oh really?

00:53:12

P Yes, to ten. And I wouldn't suggest that for a child, but this is what she was telling me for myself because I was talking to her about some of my word recall issues.

D I'm really...

P And then my daughter Meadow.

D Even with natural stuff, I think it's wise to do two days in a row and then come off for a day or two because even the doctor mentality is... Because I've asked doctors, well, man I feel like I did it consistently for half a month and then I was a nut bag when I act, when I just...

P Okay.

D Because I'll forget about it because I'm trying to solve this ADHD thing with this stuff. And you can get really out of control, you know what I mean? And its...

P Meaning if you...

D When you come off of it.

P Oh, okay.

00:53:56

D And so you ask a doctor that and they like look up and they're like, well, never come off. And it's like, well, that's unrealistic. Especially if you're talking about ADHD, you forget. So I always try... Anybody that asks me about my experience, I always add that. See how you do two days on and then come off because you want to get a feel for... Especially when you first start, there's some withdrawal side effects.

P From lithium you felt?

D Anything. Caffeine.

P Oh, they're just supplements. Yes.

D But lithium orotate and GABA...

P A lot of body biohackers take that approach. They're like, we take things, but we never take anything forever. But there are certain things for me that I like to take. I like to take my vitamin D daily, and I like to be at a certain level.

S How much do you take a day?

P I take 5,000, but one...

S Okay.

P And I'm a good responder to Vitamin D. I'm a very good responder and for me, because I'm on hormones, any woman who's even not on hormones... But when we're in these ages where breast cancer risk rises, you want your vitamin D, according to a lot of research and cutting-edge doctors, to be around 80.

00:55:01

S You take your vitamin K along with it.

P Yes, K2.

S Most often you can find a supplement with them combined.

P And I usually stay right around that 80 to 90 and I'm with 5,000 and I do great, but then one time I was just taking it every single day for months and months. And I was 100 and something, and my doctor said, okay, you can just take two days off a week. Then you're a good responder, you don't need to be over a hundred.

S I'm not as much of a great responder, and my husband doesn't respond well at all. So we had to go to the liposomal vitamin D3 drops and we had to take our K on the side because they're usually not combined. Brilliant, so yummy.

P And that works better for you, yes. I like the little drops.

D See, vitamin withdrawal, if you will, could be a little bit of a sniffle might come. You take high dose of vitamin C and then stop. You might feel a little chalky throat, almost like that's the consequence of vitamin withdrawal. But I feel the consequence of lithium, GABA... GABA is so mild. I don't know that there's much there but 5-HTP to

me is...

00:55:57

P Oh yes, those are things that are affecting the transmitters in your brain.

D Serotonin and things like that, and so that...

S And maybe you were that crazy, though. Before all of that. And you're just more aware of the crazy when you miss a day.

D Okay, so this doctor I talked to, I said, man, when we go... Because me and my son, we're taking it for half a month and we came off, and I was like, dude, we got a little a little nutty.

P Really?

D We were angry with just nothing and everything was too... You get fussy about something like, oh my bad. But you just hang on to it and you're just angry for an hour, and it gets dumb. This is a thing. So now, your stable types might be...

P Yes, we looked at each other and. but we don't suffer with that, so...

S Yes.

D Yes, exactly. That's what I'm saying.

P So we needed compassion.

00:56:39

D There are people out there that are sensitive and they're...

S Maybe their brain just gets stuck there. Now I'm angry, yes.

D Yes, their brain profile is higher ups and downs and so I find that of all three of those that I mentioned, the 5-HTP is the most intense.

P Yes, I've heard that.

D It also stands to be the most beneficial, but it can be the most intense on the withdrawal. So I asked our doc about it and he was saying that... Not only was he like, well, never come off, but he said that I've gotten accustomed my whole life to operating with background anxiety and this way that I go through life in a manic way. And so it feels... Really, it can feel really strange at first to be at a nice, healthy baseline level. And he said, so when you're saying that you're withdrawing when you come off of this stuff, he's like, you're withdrawing back into negative. He was like, this is new for you.

S Not in a...

P Yes, that's what Serene was saying.

D Yes, exactly. That's what I meant.

00:57:43

P You go on returning to that... Yes.

D You're returning to this negative thing that you're comfortable with and that you're used to. So he's like, committed to having a balanced, stable, healthy brain.

S Yes, that's great.

P Well, we're going to have to go now because we're going to record the other PODdy right after this. We'll be in same clothes but I do want to say the other thing that I'm going to be doing, haven't started yet, to restore all of my word recall is Cerebrolysin. You can look it up, it's a peptide.

S Can you spell that?

P C-E-R-E-B-R-O-L-Y-S-I-N.

D Okay.

P It's actually a Russian drug but you can get it as a supplement and you inject it, and...

S Okay, it's not a peptide.

P It is a peptide.

S Yes, cerebrolysin.

00:58:20

P But the Russians invented it. It's literally incredible, the studies at restoring brain function, restoring...

S Is that the stuff you can sniff?

P No, not Selank. That's Selank and Semax, and those are the two peptides they...

S Well, tell her about that.

P Have you ever looked into Selank or Semax for anxiety?

D No.

P Huge. Just look them up.

D Okay.

S They're peptides, you can just sniff them.

P The world of medicine.

D Well, that's fine.

S Sounds drug-like, but it's not. It's like you would for sinus. The...

00:58:42

D No, I wish I could smoke, and it were healthy.

P Okay, so the world of medicine, guys is going into peptides. You watch. Peptides, all of the new weight loss drugs are all peptides. It's going to be going into peptides, which are things our own body makes and they are regenerating. So this Cerebrolysin, even on children with autism, and people who have had accident strokes, restores brain function. And then those just with some memory loss and word recall. So I'm going to be doing that, I'll let you know how it goes.

S Hey, was I just reading the other day about people that had terrible car accidents like brain injuries, and strokes. And if you get enough magnesium and...

P Magnesium. And the other thing is progesterone right after a stroke.

S Yes, it was progesterone.

P Progesterone.

D Hey, another little disclaimer though when it comes to lithium orotate, 5-HTP, GABA. You're not supposed to be combining this stuff because...

P Oh, are you speaking from experience?

D No, I'd never have but you can get it, I think it's serotonin toxicity. You could get into very dangerous levels of people, like when they come off of their antidepressants.

00:59:41

P You can.

D So I think you need to...

S Just choose one or two, or just use a holistic doctor to tell you how.

D Just one. And you have Dr... Yes.

P Yes.

D Well, both. Pick one but also do nothing without the doctors guiding you.

S Yes.

P Nice, Danny.

D I just know. I know from experience these things are... They're supplements, you get

them on Amazon but you should know what you're doing too.

P Yes.

S Yes.

P Okay, see you.

S Bye.

01:00:20