



Trim Healthy Podcast with Serene and Pearl

Episode #335 – The Protein Nerd PODdy!

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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, fam, we're good to go on the Trim Healthy Podcast. Glad you're listening. What was really cool is I finally got a backdrop and this is the one they accidentally got. What's the story with this? I love it.

P No, Lesley picked it out.

S What do you mean, what's the story? You came in and you were drooling all over it. You were like this is the best thing I've ever seen.

D No, I love it, that's what I'm saying. But it was an accident?

00:00:28

P It got nixed. Well, Lesley chose you a backdrop, didn't know it would be this psychedelic and so the camera crew guys got in earlier, set up and nixed it. They said there's no way we're having this. This is psychedelic. I came in and like...

D Not on our watch.

P And then you were saying, this is epic.

S Yes, but the best of it... This is like behind Danny, behind the couch. It gets like way more psycho.

P We'll see. We'll leave it for this week and see if we're going to keep going with it. We'll see what it looks like. You guys can tell us if you like Danny's backdrop. Because it is your homeland, right? This is your roots.

D Well, hold on.

S It's a Spanish white church in Mexico.

00:01:02

D Yes. I would say, yes, this is very like me. I don't know that it's like the blue butterfly.

S You could be sitting there and having a bean burrito somewhere.

P Yes, you are there eating a bean burrito. You are.

D I could eat a bean burrito now. I've eaten nothing today.

P Oh, that's... We don't want to share that.

S Why are you doing that?

D Because it's an early show.

P If you're doing something wrong, you should...

S What do you mean, it's an early show? You don't get up and brush your teeth and have breakfast?

P We are recording early today.

D Sometimes.

P But you should... There's no excuse for you not eating breakfast.

S What are the sometimes?

P Hey, Serene, remember I said there's so much to cover today. So, even though we love our Danny, he can't take up the stage.

00:01:38

D How am I the blame?

P Just being you, sometimes you take up space and air. We love you.

- D Let me shrink myself.
- P So, guys, we have been promising you a protein poddy for a long time and we've been giving little bits and pieces but not the full picture. We have written the full picture in our new book, Trim Healthy Wisdom, that Serene and I are writing together now because I needed her in there for some things. I was writing it on my own and then I'm like, Serene, little sis, please come help.
- S I was on it. I'm so excited to be part of Pearl's book. And then I'm going to have her come in on my one that's taking forever to write.
- D It's called Trim Healthy Wisdom?
- P Yes, the new book. It won't be out until late this year, or into next year, I don't know.
- 00:02:21
- D What's the wisest thing in the book?
- P The wisest thing in the book is to not jump into what everyone else is doing.
- D Nice.
- S And it's talking about the wisdom years. You know, there is a time when women enter into years of wisdom and...
- P But that's the time when we all feel desperate too, because the metabolism's slowed down and things happen to our body and we feel undone and we feel like we don't even know how to operate our own bodies anymore.
- D Like you used to be Arielle but now you're like feeling like the octopus woman?
- P It's a difference and we're like... We kind of wake up in a new body and it's like, how on earth, how do you work this one? So, yes, that's what the book's going to be about. But the protein thing is huge. It's a huge part of it but, okay, so what we've heard... As Serene and I have shared little bits and pieces here, we've heard a lot of you get excited about it. But I'm telling you, I've heard a lot of feedback that's kind of negative and I want to go into that today, just to say why we're doing what we're doing. Some of you feel overwhelmed because Serene and I have been a little bit more detailed or a lot more detailed about protein and we've started throwing some numbers out there for the first time whereas when we first started Trim Healthy Mama, we didn't have numbers and we were like, hey, just do this on your own, make this plan your own. You don't need numbers. Just do it your style. But we have found that as you get into these pausal seasons, as you get over 30, as you get over 40, as you get over 50.
- S Or if you want to start early because you want to really get great smart habits.
- P Yes.

S Or if you're an athlete or for some reason you just would like to be optimized earlier on.

P Yes.

S You know, because there are optimal levels of protein.

P Yes. So, you can go deeper. There's more to be had. What we want to say today is you don't have to go deep with us. If you want to do your Trim Healthy Mama plan in the most basic way it was written, more power to you, if that's working for you. It still stands the test of time.

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S Yes, it stands the test of time but let me say it is a fantastic foundation and we love it for that. But we don't ever want to stay and just stay on ground level, base camp. It's fantastic, base camp. If you want to celebrate base camp and stay there, great, but we want to go on a hike.

P We personally.

S And we've always told you we're always going to bring you cutting edge information and our whole desire, Pearl and mine, is to be cutting edge, is to always stay on the top of science, always just stay on the top of what we're learning. We are learning like knowledge nerds about health, like what's next, what are scientists coming up with? What have they found out about the human body? What have they found out? We want to know. And we think it's so fun. There's a scripture in the Bible that talks about it's the glory of God to conceal a matter, but the glory of kings to find it out.

P Yes, so we must be kings. We're queens.

S But the point being is God has hidden some amazing truths. He's hidden some incredible stuff out there that science is just starting to catch up to. There's so much more out there still hidden. And we want to be on that treasure hunt and so if you want to come along, great, but we don't want people getting upset because we're being who we are naturally.

00:05:36

P Yes. Like this PODdy, we won't stop bringing stuff and sometimes they're half-baked ideas because we're still learning them ourselves. So, we're going to throw things out, like, hey, we're learning this and maybe we haven't even got the fullness of it ourselves. And when we do bring the fullness, we'll do a PODdy on that. So, this

protein thing, we've been learning little by little ourselves but when we learn something, Serene and I, we can't help but share it with you guys. We can't.

S The PODdy isn't really base camp anyway.

P It's not. It's going on adventures together.

S Yes, the poddy is a whole big happy field trip.

P It's like come with us, we're going to talk to Danny about it.

S Not just physically, spiritually, mentally, emotionally. We don't just go on rabbit trails here. We plan big trips too.

00:06:21

P Yes. So, we got a message from Katherine on Facebook and she actually is not mad about it. Some other people underneath commented that they were a bit frustrated. But maybe you feel like Katherine. She said, I've been a Trim Healthy Mama forever and it's now just a very pleasant, decadent life full of food. I love it. I have listened to every poddy while working on our macadamia farm down under, she's from Australia, and love every poddy, often laughing out loud as I go about my work. But the protein thing is bothering me. I'm happy to be a protein nerd but I need more specific info to be one. I am 50, at goal weight, and I do strength training at least three times a week and cardio workouts at least two other days.

S What's her name again?

P Katherine Emery.

S Go, Katherine.

P And now I hear you girls say two eggs are not enough and other things are not enough. So, what exactly is enough? And considering we can't get your products down here, so let's consider that Creamy Dreamy is not an option. We have whey protein isolate, collagen, ordinary food. How many eggs do I need? How much fish, chicken and meat? How many cheeses, nuts, Greek yogurt, etc.? And how do we know how much leucine is in any of these? Thank you for helping a frustrated girl out. Good question, right?

S Very good question.

D Questions.

P Yes. And we do have to say we will do our very best here. We don't want this poddy to be overwhelming or frustrating. Turn it jolly well off if it makes you mad. But just listen with an open mind. Come with us on a fun adventure. You don't actually have

to have products to do this. If you want to do this with just food, you can, but you'll have to be diligent. So, let's go, Serene.

S Yes. And I just do want to say one more thing too. We don't want to leave people in the dark. We've got information and we hear information and it's about blessing the human body and making it better. Why would we keep it from you?

P Yes. So, let's go from the very beginning. When we first wrote Trim Healthy Mama, I would call it that we asked you to all come with us on a protein adventure and ground every meal with protein.

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P We kind of did say... When people asked us for numbers, we say, hey, shoot for 25, that sounds good, but we were never adamant about it. And we never said, to get that you need four eggs or whatever. We didn't say it. And I would call it... We always asked you to say, hey, ask yourself this question, where's my protein?

S Yes.

P So, I think that's a great start and I would call it protein nerd level one. What do you think, Serene?

S Yes.

P More than most people.

S I just feel like it's protein base camp.

P Yes, but most people don't ask themselves that question, so it's a little bit nerdy.

D I have a question for the nerds.

P Yes.

00:09:00

D Is a decent-sized piece of chicken 25 grams of protein? It's enough?

P Yes. So, that's what we're going to go to. It's not rocket science. So, now we're saying come with us but now let's be a little bit more careful about how much you're getting. Because as you go into these pausal seasons or even before...

S After 30.

P Yes, after 30, if you're not doing something about it, you're losing muscle.

S And even before 30, if you're not having adequate protein, it's so much harder to stabilize your blood sugar. And what else are you going to be filling your plate with? You want heaps of vegetables, yes, you want to but at a certain point people are

looking for something to stick to their ribs. Non-starchies don't really... If protein isn't really enough and you have your non-starchies, people start looking for another thing.

D You feel the grumble. I feel the grumble...

P When you eat right?

D When I eat right.

00:09:58

P Oh, because you're feeling the hunger come on.

D Yes. I would say I probably daily battle with getting those carbs. I want them.

S But carbs are good.

D I know they're good but..

P But you can easily just grab carbs and forget about your protein. That's what you're saying, right?

D Easily.

P Yes.

D And not even know I'm doing it.

P And I'm telling you women do that.

D I think so.

P Yes. And so that can happen.

D And we think we're not. The psychology of this stuff is so interesting to me. Because I'm like I sit next to the gals. I know what's up. And I'm the guy and then other people think it and so it reinforces my identity, that I'm good at this, and I think the reality is if I kept a food journal, I'm not.

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S I think it's so important. But I do want to say that. Children can grow muscles from bread almost. They're blessed that way. It's better if they have protein. Their blood sugar is way more happy when they have protein.

D That's why we do it, yes.

S And they're not snacking monsters and they don't get so hyperactive and all that.

D And they don't hallucinate.

S And it does build wonderful strong bodies. We do need protein. It's just that as we age... When we age out of childhood, we have to start thinking about protein to get smart habits. Because once you hit 30, if you are not being nerdy about it, even if you're just celebrating base camp, you're losing muscle.

P And let me say why are we going so crazy about keeping muscle around via our lean body mass? Why? Because it is your metabolism. So many of us, as we get older, our metabolism slows down and we think, oh, it's thyroid. We think it's all these things and, yes, it plays a part but the main thing it is, it's the decline of muscle and we don't know it's happening.

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S Let us be specific. Muscle is your metabolic tissue. You want to know what you pinch on your body, what you touch, what you could point at that means this is actually the wood for the furnace. Muscle is the wood for the furnace.

D That's a great way to look at it.

P And what happens when you lose muscle? It becomes punier. It's just not as big as it once was. It's not as strong as it once was. What happens? Well, you cannot receive insulin because your muscle is what opens up to insulin and then burns that food.

S You become insulin-resistant which is what is America filled with? Insulin-resistance.

P If your muscle has declined, you bet you are insulin-resistant. It happens. It's the same time. It means the same thing. Muscle decline means insulin resistance. And then what does insulin resistance mean? It means you can't burn food. You have a bad metabolism.

D I always go by the booty-do method.

P And what's that?

00:12:39

D It's if your stomach sticks out further than your booty do, then I start doing push-ups.

P Well, yes, you should keep up the daily push-ups.

D Not that I succeed all the time but I try to be, this is for males, I guess, chest further out than stomach. That's just my personal goal.

S That's great. But I do want to say... We were talking about insulin, while we're on insulin resistance.

D That's great.

S The other reason we are starting to shout this from the rooftops is that Pearl and I are both entering into that season where I'm perimenopausal, she's fully menopausal, which means it's the time when the hormones decline. We've optimized ourselves but many people may not want to, and that's why we're saying, please, if you don't want to optimize yourselves with hormones. We think you should but if you don't want to, free country, there's something else you're going to have to do. Keep your muscle around, don't ever lose it, because your hormone, estrogen, keeps you insulin-sensitive. When you lose it, you're asking for double the trouble.

00:13:39

S If you keep your muscles around, at least you've got something to keep you insulin-sensitive. If you lose both, that's when the rubber hits the road and it's really, really tough.

P And let me read you something from our chapter in the book and then we're going to go on to level two nerd, and you're going to come with us to level two and then some of you are going to come to level three.

D There's a point you get, though, to where you really need to be on hormones. Is that just the reality?

S If you talk to us, yes.

P We can tell you what we believe, but we can't force that on anyone. Free country.

S And there may be one stage in life where the world... We all have to sit in the bunker somewhere, I don't know, maybe we can't get our estrogen and we're just going to feel fantastic and healthy because you do what you can do. But right now it's an option for us and we're certainly going to...

P Hey, in foundational... I'm just going to read a little bit. In foundational THM we taught you to anchor all your meals and snacks around protein. Why? Because it is essential to every bodily function. It helps keep your blood sugar stable, creates a better sense of fullness after meals, it helps prevent bone mineral decline and fuels your muscles, if you have the right kind of protein.

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S Without enough protein your body enters a catabolic state where things start breaking down. Protein is required for maintenance on all your organs, including skin and hair. It is crucial for mood, Danny, right, you know that.

D Yes.

P Brain function and a well running immune system. And it helps trim you since it requires a higher calorie burn, just to digest it. Here's an interesting fact. For every

100 calories of protein you eat, your body has to burn 23 calories just to do it. Essentially, you only have to burn 77 calories out of 100 protein calories. Okay, so we know protein is so crucial. But now let's get to what happens when you've already lost a bit of muscle mass. You don't know that you've done it, your hormones are declining and then some people say...

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P Okay, you need protein. Everyone who's going through hormone loss decline or everyone over 40, needs extremely high amounts of protein.

S You need more, however...

00:17:50

P However. This is why we're teaching it differently, people. They say, okay, so you need 40 or 50 grams of protein. Meat protein is the most bio-available, so do that with every meal. Or have 40/50 grams of whey protein. Here's what happens. If you've had muscle decline already...

S And some hormonal decline, and it starts declining... Menopause is just when you finally realize it's gone but there's a time, for years...

D Starting at 30.

P So, scientists have done some research studies and they're going to be in the book. I'm not going to share them here but I'll back things up with citations.

D The Trim Healthy Wisdom book?

P Yes. They've done some studies. As we get older, we can't take in... Especially if we've had some muscle decline, we can't take in more than, about 30 is the limit, of protein grams.

D Okay.

P At one time. Otherwise what happens?

S It gets stuck and it just becomes a fuel. Your body doesn't know what to do with it.

P It has the potential to be stored as fat. Because your muscles just can't take in that much.

D That's some news.

00:18:51

P Yes. So, some people, they hear that and they're like, oh, don't have protein. Others are like, no, have lots of protein. Where do we fit in the middle?

S And you don't want to take that spot of protein because you're scared of it and then chug in a bunch more excessive carbs. Not bad carbs but excessive carbs because that's going to turn into fuel too. So, we're just trying to be smart.

P But it's not a problem. Because four to six ounces of meat or fish is 25 to 30 grams of protein. And so it's perfect. Your body can use that but it's not going to be stored as excess.

S Now, we're talking to the people that have had some decline in muscular and hormonal. If you don't let your muscles decline and you kept your hormones around or you've been able to optimize them after the decline, then you don't have to worry so much about this. This is for people in this...

00:19:40

P So, nerd level two, Danny, is where we're bringing people with us. Do you want to come to nerd level two, guys listening? You want to receive 25 grams of protein at every meal and every snack and this will stop the decline, especially if you do strength training. We're not saying it's going to build them back but we're going to say it's stopping the decline. Level three is the building them back.

S Okay, I won't say what I was going to say.

P Yes. Just wait for level three.

S You stopped me, didn't you?

P Yes. So, what does 25 grams look like? And you can burn 30. Some shorter people might have a little trouble, if you're super super stuck with your metabolism right now. But I think you should be fine. What does that look like?

S But most people aren't even getting that.

P It's about the size of a nice palm. So, it's about a four- to six-ounce piece of salmon. It's a four- to six-ounce piece of chicken.

S A four- to six-ounce piece of steak.

P Yes. It's all those things and it's easy. It's great. I find it filling. That's the portion sizes I use. You don't have to weigh them and go psycho.

S It's easy. Your little can of tuna or your pouch, it says how much on the back.

00:20:42

P You don't have to... The macros approach is to weigh everything, count your proteins to the end of the day. We're not about that but we are about you starting to learn how much protein is in your meals if you want to come with us to nerd level two. You can stay at base camp. Turn this off. But if you're with us right now, you've kept it on...

S And just to talk back to wonderful... It's Katherine, right?

P Yes.

S The Australian macadamia nut farmer.

P But she doesn't have our protein...

S Two eggs, you see, is not giving you the 25. So, that's where we're at. So, nerd level two, two eggs aren't. And we didn't realize that. We're just like eggs, protein food, great, two, it's filling.

00:21:15

D What are they giving you?

P Probably ten.

S It's about 14.

P It depends on the size of your egg. If you have the little home ones, Serene, your little ones that your chickens...

S Yes, they're like five.

P The big ones at the store are between six and seven. So, the max you're getting is 14. There's an easy way around this, Katherine. Super easy. There's two ways, actually. I'll tell you the third way in protein nerd level three. For nerd level two, when you're just using basic foods, you do this. You use a half cup of egg whites with it.

S Yes, two eggs, half a cup of egg whites.

P And why do we say not go to four eggs, because four eggs give you the 25? Why?

D Because of the carbs added?

P No, no carbs.

00:21:49

S It's absolutely fine for people who are training hard, they've got muscles, they're high metabolism, they're just people that are burning through fuel. I do four eggs. Four eggs at a sitting, don't care.

D Scrambled or fried, does it matter?

S Doesn't matter.

P Here's the deal why most people, and most people listening, they're trying to still lose fat, inflammatory fat layers. It's too much fat fuel. It's too many calories. Once you've got the two eggs, you've got all you need with the DHEA. You've got all those beautiful things and adding two more yolks in is just hard for a metabolically compromised body to do at this point.

P Once you've gained your strength back, once you've got your thyroid optimized, once you've got your sex hormones optimized, you might be able to do four. But I have all that and I don't do four. Serene has a super metabolism.

S But I exercise hard.

D Yes, you're like training.

00:22:42

S And I actually don't want to be too thin. I've just changed my mind on that.

P She's trying to gain some fat layers and I think she looks beautiful with them.

S I want to get into the last season in my life strong and I don't want to be too, what do you call it, fragile.

D Yes.

P So, Katherine, two eggs, half a cup of egg whites, you are there. Here's what we don't want you to do either, and of course you can sometimes. But if you are still wanting to be trimmed down, you don't throw a whole bunch of bacon or fatty sausage in there too. Just add your veggies and your extra lean protein.

S Two eggs with your half a cup of egg whites is so filling.

P Now, hear me, people. I'm not saying you can never have bacon and eggs again. Never. That's the wonderful part of Trim Healthy. You can do that on occasion.

S Celebrate that base camp.

P But if you're in pausal seasons, or if you have a compromised metabolism, lean protein is what you need to be adding.

00:23:43

S So, basically, what we're saying is celebrate that breakfast. I'm sure, Pearl, when we travel together, you'll have that for breakfast.

P I do.

S I have it myself. But the thing is, we're talking about nerd levels here that are going to give you success. So, this is what you would do for most of your breakfasts, but you can still have those celebration ones.

P Now, we're not saying that you can't choose vegetarian options either for your protein nerd level two but you're going to have to... If you're not going to use any supplements, and we're going to talk about supplements soon, because that's nerd level three, if you want to do basic wholefoods and you want to get your 25 grams, we haven't even started talking about leucine, that's coming next...

S I know. I feel like it's hard. It's hard to hold back.

P It's hard. But we're just going to talk 25 grams here. And you want to do, say, a bowl of lentils and a big bowl, and those vegetarian sources of protein are so good. Tempeh is excellent. Actually, tempeh almost gives you your leucine but it gives you 25 grams. If you're having tempeh, you don't need an animal source. If you're having lentils or beans as your protein, I think there's two ways, you can put in a little bit of chicken breast and it takes it up and it even makes it more bioavailable in your soup.

00:24:51

S Yes, because the thing about plant protein, it's not as bioavailable.

P Yes. But we don't need to look at it as less than because it's so good in other areas.

S Right. And so basically we never want to be people that only celebrate animal foods. Or people that only celebrate the plant foods. We're not saying plant protein is better. We're not saying you should do animal protein alone. I'm going to tell you why, because plant proteins are so important for your microbiome because they come with a lot of fiber attached. They come with a lot of fiber nutrients.

P They cleanse your fat cells too and that's what they do, they put in all those prebiotics for your gut, which makes you more of a fat...

S And what happens, when you start to lose your hormones, and we're not talking about menopause here, that's already when it's done, we're talking about the slide to menopause as well. When your hormones are starting to go, your microbiome is starting to go too. Because your estrogen... You have an Estrobolome. Is that how you would pronounce it?

P Estrobolome. Estrobolome or biome, one of the two.

D Is there an L after the B?

00:25:47

S Estrobolome. Anyway, it is part of a flourishing microbiome of the woman and when your estrogen goes away, it's not as diverse anymore. But the plant feeding, keeping on getting that good roughage and phytonutrient rich plant foods helps to keep that to be a diverse microbiome.

D Are we talking about when we eat, say, 25 grams of protein and vegetables? Is this like good old fashioned meat and two?

P Yes, it is. You've got your salad and then you've got... If you want to do an S meal, you've got your non-starchy veggies steamed or something with some coconut oil, or if you want to do a crossover, then you've got some brown rice in there and you've got your non-starchy veggies and so, yes, meat and two the healthy way or, if you want to do an E meal, and that is a carbohydrate meal on the Trim Healthy Mama plan, for those who are new, well, then you're doing your lean meat only and a carb.

S And your plant food can be a carbohydrate-rich plant, like sweet potato. That helps the microbiome.

P It does.

00:26:47

S You don't have to think I have to have celery on this plate, or broccoli.

D Because I'm always... I don't even know if I'm on level one. I feel like I might be in the little baby steps.

P You're just entering base camp and you're looking around and you're like, okay, what's this place.

D I have bright orange Flintstone floaties and in my head I'm always thinking meat and two, throw in a roll, throw in a carb. Is that right? Is that too simplistic?

P I think you could...

D Optimize?

P Learn some more. Learn this stuff.

S We will say how we eat in a day to get there later on.

P Yes, okay, but we're already at 24. We have to get to nerd level three now. So, let's go over them real quick. Nerd level one, where's my protein? Nerd level two, let me get 25 grams. Nerd level three is where we're ruffling feathers.

S And Pearl and I fight at nerd level three.

00:27:37

P We do, and that's fine.

D What do you fight about?

S Because I am the... I'm a zealot inside of nerd level three and I kind of just boss her around in nerd level three.

D And she wants to keep it casual?

S She just wants to keep nerd level three casual.

P You can find out where you want to be. We're going to talk about what nerd level three is right now.

D What does the fight look like, though? Is it verbal?

P Oh, no, it's a happy fight.

S We're adamant happy.

00:27:58

P Nerd level three is getting your bolus, the scientific word is bolus, of leucine. Now, without leucine we discovered only about a year ago that you cannot protect or gain back any muscle, even if you're having 25 grams of protein. Right?

But it doesn't have a minimum of two but optimumply three bolus, that means the scientific amount, of leucine, which is a certain amino acid. Well, then you're doing other things in your body. You're helping your immune system, you're helping your hair, skin, all of that, but you're not synthesizing your muscles.

S So, let's go back.

D What's the amino acid?

S Leucine. Now, let's rewind to the beginning where I said, children, they can grow muscle on bread. Why? Because they have the pathway, the anabolic pathway, anabolic like growth factor, so insulin feeds the muscle growth. But as we age, we don't have that insulin feeding the muscle growth. We have leucine triggering the muscle growth. And so now it's a different pathway. We have to use leucine to synthesize our muscles to repair and to maintain and grow.

P So, it can start to be a little complex but it's actually not. If you want to come with us to nerd level three and start thinking not only where is my 25 grams but where is my leucine?

D Where is my leucine?

00:29:23

- S If you don't do supplements, this is where animal protein will shine.
- D Why? Because it has leucine in it?
- S Because it's so much easier to get bioavailability.
- P Vegetarian protein is great so many things but it's not good for leucine.
- D So, back to my simple meat and two.
- P But we've got a way around that.
- D But meat and two, I mean, we're talking if I have a steak.
- S I suppose when you say meat and two, though, Danny, I just see a real...
- P And what's your two, is that like a mac and cheese?
- D No.

00:29:48

- S I see a real Southern greasy diner.
- D Yes. And that's what... See, meat and two used to not be that. It became that because were like, well, canola oil makes the herd come in and they kept dunking everything in canola oil. Like I thought, well, I won't say the name of the restaurant, was great because it was just like eggs and... Like old-fashioned farm style food but then you watch them make it and you're getting ladles... Everything is cooked...
- P And if you're having a roll at a restaurant, that's like party meat and two. It's not the right roll.
- D No. So, if we're talking homemade and we get to choose how the asparagus is made.
- P No, that's good. I like a meat too. I like it that you're having your meat and then your asparagus and your brown rice, yes.
- S The brown rice can be your roll, Dan.
- D So, I'm getting the protein and the leucine because I'm getting Kroger steak.
- P Yes. If you're doing... So, here's the wonderful thing for all your people who are freaking out now about your leucine bolus. You want it but you're like, what do I have to do to get it, Serene and Pearl?
- S You're already having it. We're just telling you how you're already getting it.

00:30:41

P If you're getting your 25 grams of your meat protein or your eggs plus your egg whites...

S Six ounces. You really need six ounces to get three, to get a three-gram bolus. I'm the zealot nerd, so I'm going to be like... Because they say it can happen at two and a half, it definitely happens at three.

P No, you're wrong. They say can maybe happen at two, it definitely happens at two and a half but it optimally happens at three.

S Well, I'm going to do the optimal.

P Can we wait to fight until the end of this? I want to explain how they get...

D You're fighting?

S Yes.

D I missed it. When did it start?

P It started. But people, they're going to get overwhelmed, Serene, so I just want to underwhelm them for a minute, then we'll go and have our better fight.

00:31:19

S Okay, great.

P You can get your leucine bolus with your 25 grams, your four to six ounces of meat. You're getting it. Like Serene said, at four ounces you're about two and a half, at six you're three. Now, you have to figure out for your particular body where you do best. Okay? So, here's the other way to get it. If you don't want to always do meat protein, like, for example, in the morning, when I wake up, I'm not going to have eggs, usually, because I want my carbs in the morning. Carbs stimulate your metabolism; they stimulate your thyroid hormone and they sensitize you to insulin. So, I'm going to have oatmeal or quinoa, usually. Some mornings I'll have eggs.

S Well, I'm there too. I have the oatmeal and optimized plant protein.

P And so I'm not going to have eggs on the side necessarily because that's too much food for me and it's a crossover and I do ease and sometimes I do crossovers. But here's how I'm going to get it. That's why we put the leucine bolus in our optimized plant protein, and we are going through every protein that we have and we are optimizing with both leucine and glycine. Glycine helps leucine be absorbed. So, even our...

00:32:20

S And I just want to say, you can't just go by leucine at, what do you call it, GNC. Just straight freeform leucine and just start adding it to your meals. Because it doesn't work that way.

P No.

S Our scientist has hacked a certain way so that the body sees, when it takes in our supplement, that it sees it as part of the supplement and doesn't get digested at a different time. And so it's important to know. Because adding leucine... Leucine is the trigger that we need now to synthesize muscle growth but it's the boss. Let's just call it the boss, okay? It's the boss, it's the foreman on the job saying, we're going to do this job, we're going to build muscle. But the minions that need to run around and get the job done...

D My people.

S They are all the other essential amino acids.

D And you could have said it and I would be fine.

00:33:08

S No, I wasn't thinking that. I was thinking minions because my husband, he hires a bunch of... Sheppie and his friends, and we call them the minions. They're a bunch of teenagers and, anyway, they're awesome but they get a lot of work done around our farm. So, they're the ones...

P They're the Oompa Loompas.

S Yes, Oompa Loompas are the amino acids, the other essential amino acids. There's nine essential amino acids. Leucine takes one down. Now we have eight others. The eight others are the minions and they are actually the ones that get the job done. Leucine tells the job that it's going to get done. All the others get it done. So, you can't just... People take leucine alone or the branched-chain amino acids, which is leucine, valine and isoleucine but they are... Isoleucine and valine are also triggering amino acids. They're not necessarily the Oompa Loompas. It can actually make the body even more in a catabolic state and break down muscle because they're like where's the Oompa Loompas. Oh, I know, I'll undo my muscle tissue here and get the Oompa Loompas out of this tissue. So, it actually breaks down muscle tissue to get the Oompa Loompas.

00:34:10

P You know, Serene sometimes I just have to have pancakes in the morning. It's not an everyday thing for me. I can go with my oatmeal; I can go with my eggs and I'm happy and then suddenly it hits me. Pearl, you need some pancakes. Yes. But the good thing about our Trim Healthy Pancakes, Pearl, or waffles... Oh, yes, this is so simple as waffles. If you're a waffle type of girl, you just... Yes, just put them in the waffle machine instead. But a lot of natural pancake mixes, they taste like bricks that sink into your stomach. They're not light and fluffy like the white naughty kind. No, I know. There's something about the white fluffy pancakes. Now, of course, since this is protein-rich, gluten-free, you can't go into it thinking this is going to be gluten-rich and sugar-full. Right? Because that gives you the wrong impression. But I dare you to find a gluten-free, low carb protein-rich mix that comes up. I know I'm just being a little bit boastful right now but we worked on this for two years, trial after trial, to try to make them as pancake-ish as you possibly can and doing it so super healthily, Serene. Oh, yes, you know what I love about them, is because they're actually a fuel pull. I know, but you can make them S or E. But that's the beauty because if they're a fuel pull, you can go either way, baby.

00:35:37

S I know. You can put a little bit of bacon on the side. Yes, butter on them. Just go for the succulent all the way. Yes. Or you can just go E with them and get you some carbs, get you some fruit and chop banana on top. Or you just heat up those blueberries and they get all syrupy on their own. I'll tell you what's really cool about the actual ingredients in there. So, none of those fillers.

P You're not going to see the things that are in other pancake mixes, like the tapioca starch, like the inulin, like all those things. What you're going to see is real ingredients. We have the first ingredients, lupin flour which I love. It is so stable on your blood sugar and it is kind to your waistline and it's naturally protein-rich. Satiating because the fiber is so... It doesn't bloat you but the fiber is such a wonderful healing fiber to your gut.

S Oh, yes. Guys, you've got to look at... Before you purchase these, go on our website and just look at the ingredients and you'll just get the feeling of, okay, I can trust these. So, what have we got? We've got non-GMO, we've got gluten-free, we've got dairy-free. I mean, dairy-free, guys. And they've only got 3 net carbs. So, do with them whatever you want, whatever your body needs or is craving and fuel yourself up in the right way.

00:36:58

P So, when you're craving that pile of pancakes or waffles, no shame. You get to indulge and feel great about yourself. Hey, you know, Serene, not only for breakfast. I have had these as waffles for lunch. Oh, waffle sandwiches are a thing. Yes, no, you just

put them in your little... I've got one of those really quick mini waffle makers. Oh, so do I. Yes. Like a Dash I think they're called or something.

S Yes, but mine's a 4 Dash. And they make the best sandwich casings and, once again, they're a fuel pull, so you can make an S sandwich, an E sandwich or stay a fuel pull, whatever you want. They are yummy.

P Hey, I do want to say... Serene was talking about whenever you have protein, you need the full essential amino acids. And the reason that beans and lentil and stuff, they're so great but they're missing two amino acids, that's why they're not a complete protein. So, they're missing methionine and cystine. So, that's why they can't...

D Methionine and cystine.

P Yes, you know those ones.

00:38:00

D I know.

S Their leucine is usually not high enough either to be a trigger, to be a boss.

P It's not. But here's the cool thing. Did you know if you buy sprouted lentils that both of those go up, so they're a complete protein now? Yes, they still don't have enough leucine but they're complete proteins. So, that's nice. Sprouted black lentils are awesome. So, here's what I was going to say. We are optimizing every protein. And I know, Katherine, you can't get them, because you're down under in Australia. So, you just do your sources. Do your half cup of egg whites with your eggs.

S But she can get the plain jolly whey, and whey has good amounts of leucine in it.

P Whey does.

S She's not stuck. She can go ahead with whey. She sounds like she strength trains.

P Whey protein isolate.

S She's at goal weight, she's doing great. You can do that.

P I know. But what we need to tell you is if you're having 20 grams of whey, you're a two-gram leucine bolus. If you want to get that optimal, the Serene one, the Serene nerd geek one, you've got to go to 30 grams.

S A third of a cup instead of a quarter of a cup.

00:38:54

P Yes, to get your 3 grams, if you want.

S Now, are we at the third level?

D Your hand is still on her shoulder. That's okay. I'm just wondering.

P But I did want to say, and then I'm going to let you say, we are optimizing everything to make it easier. So, even our nutritional yeast is going to be optimized. So, if you want, just eat two eggs and you put a couple of tablespoons of nutritional yeast, our nutritional yeast, this will be the first in the world to do this, you're going to get 3 grams of leucine because we're optimizing. Because nutritional yeast is a protein. It's got the complete essential amino acids.

D You're mixing it with...

P Our scientist is infusing it with more leucine, so it becomes a bolus. So, you can even eat it on popcorn and get your whole...

D It's like a complete protein.

00:39:43

P Yes. Coming up soon.

S And, do you know what, what if you are a person who can't eat more than two eggs? Well, we also have another thing coming out called our Trim Healthy Amino Hack. Is that what we called it? Amino Hack?

P Yes. Protein Amino Hack.

S It's just freeform amino acids. It has the leucine boss in there and it has all the minions. And it's zero calories and your body doesn't even have to digest it. So, because of that, it gives the kidneys, it gives the body a really nice break too.

D You just added the stuff.

S But it's just water. It's like Gatorade. It's going to have a nice flavor to it, like citrus fruit punch or something.

P I use it after I work out too because it's the quickest way to get your muscles.

S Right. And so if you just want to have two eggs and then just want to down the hatch the rest of your bolus, half a scoop of the stuff, just delicious.

P So, that's what we're saying. So, if you want to have vegetarian proteins, that's where supplementation with proteins that have amino acids added helps. So, for those of you who don't mind having a supplement and you're not...

00:40:39

S Like some of you guys listening are, oh, I don't want any special ingredients in my life. That's fine, that's the way you roll. You're just going to have to be a little bit more diligent with your food, if you want to contend for muscle.

S And it's not that hard.

P It's not hard. But if you do want to make life fun and easy, which is where I am, I love adding powders to my meals. I can even have toast, sprouted toast, and maybe I'm not really caring and I'll just put some avocado and egg whites on them or something.

S You're not measuring the protein or anything.

P Yes, I'm not measuring. Well, I want to make sure I'm getting my 3 gram leucine bolus because I'm contending. I don't want my muscles to go away. So, in my kefir I just put some optimized protein and I put a little baobab and it's like a delicious pudding on the side and I always have it there. So, I never am without that bolus.

S Can I just tell the people that may be listening and saying, oh, my goodness, how complicated, girls, it doesn't sound natural. People shouldn't think about food so much, like this, blah blah blah blah blah. I want to say...

00:41:35

D That's what they say.

S I want to say this. Just go and be natural. Ageing is natural. Losing your muscle mass is natural. Losing your hormones is natural. Losing your eyesight is natural. Stop wearing glasses and don't get Lasik surgery. Your teeth rotting out of your mouth is natural too. So, don't go and get crowns. Don't dye your hair. Well, that's okay, some people like the gray. My husband wants me to go gray, but I will refuse. And don't paint your house when it needs a recoat. Just let everything go.

P Don't take Vitamin D.

S But I am going to be over here contending, because I think there's something within us, and I think it's a God-given thing, that fights for life and fights for extension and fights for the best of something. It's like even a marriage. Some people just think, oh, no, well, it's the age, we'll just get separate beds, twin beds now. I'm not trying to be mean. Some situations... I don't know, I'm not trying to judge, but we can...

P Sometimes there's very grave sicknesses.

S Yes, and there is, but sometimes it's like let's contend. Let's contend for something, even if it's hard, even if it's a fight, even if it's uphill.

P And even if it's new to you. Sometimes new information can overwhelm us but it's going to be better for you. We are bringing something here today that is going to be better for you. As soon as Serene and I found this information, it turned our world upside down. We're like, oh, my goodness, we've been not giving people the full picture. We didn't have it ourselves.

00:43:05

P Some of this is new information. It's cutting-edge science coming out. We're not going to be left behind in the dark.

00:43:56

S It's not. And I just want to say a personal story. My husband just celebrated base camp. He wanted to just be natural and he wanted to just eat good old boy clean foods. He didn't drink pop and eat crap cereal. But he didn't want to contend for any, he was just doing his stuff. But because of some genetic issues, he naturally just turns everything to blood sugar. He just has borderline high blood sugar, almost diabetic stage, eating the clean diet that I gave him.

D Wow.

P Well, not the way you eat it. His way.

S But pretty much. The worst thing he has is some organic blue corn chips.

P He would go to Subway occasionally.

D I was going to say... I work with Sam.

S But he would choose wheat, not white. Give the boy a break. But he started gaining weight and he was probably 40 pounds overweight.

P Yes, 40.

S In the middle of the night, this is what I wake up to. Apnea. That weight was just enough... He wasn't obese but it was just enough to be causing inflammation... It was killing him and he didn't tell me. But, anyway, I'm not...

00:45:08

D What, about him sneaking off to Subway?

S No, he didn't tell me this part that I'm actually going to stop and tell you. I said, that's it, you are not dying in your bed next to me. You're going to start losing weight. We're

going to optimize. So, he's not on testosterone but he's on some Clomid, which helps him make his own because we're going to do testosterone but...

D What's Clomid?

S We were trying for a baby still and all of that.

P You were about to say all of that crap.

D All that horse crap, trying for a baby. You've heard of that crap, haven't you?

S I didn't say it, I almost did. Anyway, I don't even speak like this. I'm just all fired up. Anyway...

D Serene's all hot and bothered.

00:45:48

S But now he's started weightlifting and he's so inspired. He said to me the other day, I feel alive.

D From weightlifting.

S And changing his diet, optimizing it and being proactive with protein.

P He also was on a small dose of the GLP-1.

S Yes, and he's starting to contend with some science.

D Hold on, you're going too fast.

S He does the semaglutide, and now he does the tirzepatide. It's a peptide that helps lower blood sugar. He needed that.

P We're going to have a whole poddy on this.

D I know semaglutide.

S But he's doing it very smart and wise. There's ways of doing it that it's not great. He's doing it smart and wise. He's weightlifting. He's contending the muscle. He said, Serene, I feel 20 years younger. He did the Murph on Memorial Day.

P What's the Murph?

00:46:31

S You have to run a mile and then do 200 pullups and 100 pushups and all that. But you do it in sets, do 20 sets of 5, 10, 15 and then have a minute's break in between. But he was like I'm going to buy a kilt. Next time I'm doing it in my Scottish clan kilt. He's all inspired because he's like I can't believe what health feels like. I had forgotten. And

he's like it was normal. I was just doing the natural thing. I was just going on the flow, like the rest of my family who at 62 feel over the hill.

P His genetic side of the family.

S Yes, his genetic side of the family. So, he's like I am so excited. Thank you for opening up contending for me.

P But you have to be ready. You can't just say to a husband or wife, you're going to do this.

S No.

P He was ready.

S He was ready because he knew was half dying. But my point is, is that I could say, hey, I don't care, and when I'm 82 I don't care if I had to have so many different surgeries and hobble around on a cane, be on 75 medications and things. Maybe that's the way you want to be. Maybe your grandmother did it and your great-grandmother before that and it's fine. But I actually for one am going to be like, I want to be as nimble and as live as I can. And you never know, you could get squashed on the road and be in a wheelchair, I don't know, but the thing is, is that we can contend. Do you want to contend?

P Yes. And so that's why we're sitting here fired up and not really apologetic about what we're giving because this stuff lights us on fire. This is good news to us. It's not bad news, it's not hard news, it's good news. I do want to say something. I keep getting asked this question, well, Pearl, how many protein grams should I shoot for a day, and I want to free you from that because the macros method, and there are really good things about macros methods where they count their daily carbs, they count their daily fats, they weigh everything, measure everything. I don't want to do that. But you can take away some things and I love that they focus on protein. Here's what scientists have found out. It doesn't matter necessarily about what you take in through the day, it's all about your multiple fueling. So, I've listed some...

00:48:38

S What she means by that is a lot of people intermittent fast and they say, well, it's okay, I have 100-something grams of protein in my one window, a four-hour window, and we're saying it doesn't work like that because your body can only utilize a certain amount of protein at a time, and it likes to do muscle synthesis in graduated windows, not all at once.

P It doesn't matter what you get in one day because your body is not going to be able to absorb it all if it's only in two meals or one meal. You have to get... So, I put some studies in the book. Let's see, I'll look at one. Some studies, like one published in

Nutrition and Metabolism 2012 show that more than three protein servings is best and concluded that individuals aiming to maximize net protein balance would likely benefit from repeated ingestion of moderate amounts of protein, rather than shoving it all in one time. So, that three meals and one snack that we suggest with Trim Healthy, or you can do two snacks, is right about right. So, don't necessarily... The macros method is to take your body weight and to get that number of protein grams. So, if you're 150 pounds, it is suggested that you get 150 grams of protein per day. That is hard for some people and it bothers them and sometimes they're like, oh, well, I'm just going to put two scoops of whey and a whole bunch of meat in my one meal.

00:50:00

P But, you see, you're really overdoing it for that one meal and some is going to be stored. So, go for four protein servings per day and try to get 20 to 25 grams. Now, if you want to actually gain muscle and bring it back, we believe that you need more. And that is why we have optimized some of our proteins, because you can get to beyond 150 grams a day because it's called bioavailable protein, like our optimized plant protein. One three-tablespoon serving is equal to 48 grams of protein, but none of it will be stored.

S And our Amino Protein Hack that you just mix with water, that's barely in the calories, I lied, it's 2.5 calories, oops, but it gives you the bioequivalence of 90 grams of protein.

P It hasn't come out yet but you see what I mean. If you count it all up, you'll be up to 200 and something, if you use these things that we're coming out with. They're not all here yet, so don't worry. But you could be well over 200 protein grams a day, all of it used, none of it stored, no... Sometimes, when you eat too much meat protein, you can get by-products like ammonia in your body and things like that. No problems like that. So, yes, there are hacks you can do using science. But if you don't want to do all that, just eat your jolly protein, 25 grams four times a day, and you'll be fine. You'll protect the muscle you've got and if you strength-train, you can even build some on that.

00:51:26

S Let's just show how simple it is. I'm just going to say my daily and then you'll say your daily. I get up. I usually have oatmeal. I stick my three tablespoons of optimized hemp in there, optimized plant protein.

P And now what could people do if they don't have it? Have some egg whites on the side.

D They could buy it.

P But if they're in Australia. Katherine, she's on a macadamia nut farm.

D That's cool. I missed that.

S Right. Or, Katherine, because she's at goal weight and she's still got muscle, can do well with whey. Whey is just not good for people that don't have a lot of muscle because it's an insulin pathway.

P Well, it can be good for them after a workout but if they're just using it and they haven't worked out, mmh, and they've lost muscle...

00:52:06

S No, I'm talking to Katherine.

P Yes, I know, she hasn't.

S Katherine's fine. She can use whey.

P I know, but people are going to listen to that and I'm going to get so many messages.

S I'm going to fight with you because I just said Katherine, because she hasn't lost her muscle.

D Fight, fight, fight.

S Katherine, you are welcome to do whey. So, you can do your oatmeal and just have a little whey drink on the side.

P Can I just circumvent all the messages that are going to come to me?

S Yes, you do that now.

P They're going to say, Pearl, I heard you and Serene say whey is... That's how it's going to come across. I shouldn't have whey anymore. No, whey is excellent after your workout and we're actually optimizing our whey right now so it won't stay in your bloodstream if you have lost muscle. But for now, even our current whey, if you are insulin-resistant or if you're stuck, you can't lose weight, no matter what.

00:52:46

S And you're not working out.

P Yes. Don't do it just throughout the day. Now, if you can handle it, it's just throughout the day and you're young, that's fine, whey is incredible.

S Whey is amazing.

P But if you're stuck, just use it after your workout.

S So, we're not against whey. Whey is one of the bioavailable proteins. It is incredible. It's way back to Hippocrates, the healing power of whey. Amazing. Incredible for the

immune system. But, like Pearl said, if you are at all hormonally compromised or muscular compromised, whey is not for you unless straight after workouts.

P Yes.

D You guys have been nice but let's be honest, everybody needs to be working out. That's the reality.

00:53:21

S Yes.

P It should be.

S Yes, but we're not talking about an hour on the treadmill. We're talking about smart working out. After 30 you've got to switch it to strength training.

D Are we talking daily?

P Well, no, we're talking three days a week of strength training.

D Three days a week. Okay.

P And then on your other two days, walk. You're supposed to walk. It's not rocket science, it's simple.

D And what was the C word?

S Let me finish my jolly day and then you can do it because it's important to see how it's not so complicated.

P Finish your jolly day.

D Finish your jolly day. And I've got to ask you about the C word for a testosterone natural boost.

00:53:46

S The Clomid? Yes. So, I do my oatmeal. I do the Optimized Plant Protein in it. If I wasn't going to do oatmeal, I do two pieces of my artisan sourdough bread, very thin, and I put on... I do four eggs or sometimes I'll do three eggs with a quarter cup of egg whites because I'm trying to gain a little weight.

P Yes, but talk about people, what they wouldn't...

S Yes, thank you, Pearl. So, if you would like to do the egg breakfast, you could do two slices of... It's going to be a lot of food, Pearl.

P Sereney, if they want to do an E, they can just do egg whites on toast and they can do one cup. It gives them their leucine bolus.

S You fix my meals. I'll tell you what I have and you can fix it for them. So, that's so simple. It's eggs or oatmeal. Did you see how easy that is? And both have the leucine bolus.

P Yes, eggs. And if you want to make it a pure E, you have your good toast that's on plan and then one cup of egg whites gives you that bolus and all the protein you need.

00:54:47

S Brilliant.

P Put some veggies, yummy, or nutritional yeast.

S And if you don't want to do the four eggs, you do three and a quarter or two and a half cup of egg whites.

P Easy.

S Okay, brilliant. And then it comes time for my workout. I usually wait and have my coffee half an hour before my workout and I just have it simple and black right now. It's just to fuel my workout. It makes me crazy otherwise. And then I sip a big green drink during my workout and then straight after my workout I have Protein Amino Hack.

D That's when I get on the coffee bandwagon, right there. If you do a pre-workout with coffee. And, still, I'll have this much in the bottom of a cup but nice and dank. You know what I mean?

S Oh, yes, dank.

00:55:25

D I throw a little cream in there and then the workout gives me something to do with that coffee. If I don't have something to do with it...

P Then you're like Serene, you go mental.

D I fight into people.

S I can lift way harder if I have some coffee in my system.

D It gives you the fuel, yes.

S So guess what?

P Then you said I'm going to fix it. For every meal I'm going to fix it for people. You said then I have our Amino Protein.

S No, I don't do that. Do you want me to tell you what I do?

P Well, no, that's what we have been doing. We haven't developed that next level one. When we will, then you can tell them. But that's what you have been doing, when we have what we have.

S Huh? That's confusing.

00:55:59

D Maybe we should do a second pod on this.

P Yes, I know. I know you're going to talk about the one that you mix with whey and all of that.

S No, I'm not going to tell.

P Okay.

S I'm just saying I add the creatine and I add Royal honey because I care about building.

D And we're back.

S And I'm trying to not lose weight. I don't want my workout to make me lose weight, so I add honey and creatine.

D You guys just go into this private conversation as if we're not on a podcast.

S She thinks that I'm going to undo it for people, and I'm not going to.

P Can I fix it for people who don't have our Amino Protein Hack?

S Yes.

D She needs to fix it because you broke it.

S The whole reason I wanted to tell my daily was just to show that it's simple. I didn't really want to convert it into them. They can do that.

P I'm converting it to them. Everything is about them.

00:56:33

D Are you going to let her accuse you of breaking it?

S What?

D Or are you going to respond?

P This PODdy is going to be the longest one. We're at 51 minutes and we've got to finish.

D Jerry, Jerry, Jerry.

S It's a nerd poddy. Nerd poddies are long.

P Nerd poddies are long. Here's what I'm going to say to people.

D Big sister always bosses you. What are you going to do about it?

P I'm going to...

00:56:49

S She used to pull me down the stairs by my hair.

D I know. It's time to respond.

P Listen, 51 minutes in, I'm going to tell people what they can do. Our Amino Protein Hack is not out yet. It's the pure essential amino acids with 2.5 calories and 98...

S You can go to Amazon and buy the donkey butt stuff.

P Serene, let me fix it, not you. You just tell yours and I fix. You tell, I fix.

S Okay.

P There's good amino products out there right now that are super expensive. Ours will not be that expensive.

S And they're not as good.

P Ours, because of Dr Peter, will be so epic. But in the meantime, we love you. So, there's one called Kion which has the right essential amino acids in the right form. You need 40% leucine and that has it. It's super expensive.

S But it doesn't have enough for me, like ours does. So, I have to have a scoop and a half of Kion.

00:57:40

P I know, and it's expensive, but if people want to do it, they can. Or you can do the donkey butt one.

S Which is what Pearl does.

P Because I just won't throw 50 bucks for two weeks' worth of stuff. It's called Bulk Supplements and it's Essential Amino Acids. I think they've got some heavy metals in them, I don't know.

S You just bought it for our 82-year-old parents and they're taking it twice a day.

P Some people say, where is this from, it's from China, I taste the heavy metals. It tastes so disgusting.

S Your daughter's on it and she's built some crazy muscle.

P I know. Listen, it works.

D Dirty bulking.

P It's dirty bulking but at least it's essential amino acids. I can't vouch for its purity.

00:58:18

S But you take it.

P Yes, I do because I'm still healthy. I eat enough greens that it's purging all the chems. I don't know.

S You don't even know if there's chems there. It's just straight amino acids but our scientist reckons that he doesn't know about the sources.

P Yes. I asked him about it. He's like I can't vouch for those sources, Pearl.

S He didn't say they were bad. He just couldn't vouch for them.

D Just a little atrazine and some benzarenza.

P All I'm saying, it has helped my daughter build muscle, it has helped me build muscles.

S And it's dirt cheap. Lasts you a year for ten bucks.

P It's dirt cheap. If you can handle it, do it.

D This is so downhill.

S I order creatine from them. That's where I get my creatine, Bulk Supplements.

D People, never buy this. Never.

P Okay. Lunch.

00:58:58

S Lunchtime is late for me because after I've had that good bolus of protein I stick my honey in it and I stick my creatine in and I stick other things in I'm not going to tell you guys because I'm just complicating it. Anyway, I'm full for a couple of hours.

P What?

S So, I have a late lunch. My lunch is two o'clock.

P What?

S Thank you. It is. And I always have sweet potato and salmon.

P Or, if you have to run out, you have your Yuck Yum.

S I have my Yuck Yum if I have to run out. Both have the bolus. My Yuck Yum I add...

P Our optimized plant protein.

S I add our optimized whey, actually.

D We're just on lunch still?

00:59:31

S But you don't have to because you can just add some other protein. Because your kefir has leucine in it.

P It does. But you've added the optimized plant protein, which is what I do.

S A million times. This is what's in this jolly thing right here.

D Are you done with that?

S I had to run out. This is my lunch, you see. It's early lunch because I didn't work out today.

D Are you done?

S I'm not done.

D I know. Not with your speech, with your lunch.

S You can taste it. This one's not that great because it's with 1% kefir.

D No, only if you're full, because it's lunchtime.

S Just taste the jolly thing. So, that's lunchtime. So, I've got my leucine bolus with the six ounces of salmon and/or my Yuck Yum. And then I don't really have an afternoon snack because my lunch became that. So, my dinner is early, five o'clock.

P Wow, that's weird.

01:00:18

S Yes. And then I always have... It's got some interesting stuff in it, Dan. Anyway, for people that are... He's tasting my Yuck Yum.

P You've got to taste what I've got for lunch.

S It's got beets, it's got goji, it's got red apple powder.

P 55 minutes in, love.

S Okay. I always have a salad and some form of protein for dinner.

P Or one of your big soups.

S No, I don't do that these days. I'm too busy to make food.

P True, yes.

S I'm just too busy.

P Well, my day is...

01:00:42

S So, I just do a salad and that and can I just tell you, guys... So, let's count that up. Breakfast, workout, lunch, dinner. And because my dinner's so early, I always have a night-time snack and it's usually one of those things, a little bit of kefir with baobab and the optimized hemp protein powder to get into a nice swirl of yumminess. And I always put my probiotic, green banana flour and everything.

P So, you're having five protein servings.

S Five full three-gram leucines a day, buddy mate.

P I do four.

D Nice.

P I want you to taste my yummy, optimized mousse. I think it's finally better than your Yuck Yum.

S This is my Yuck Yum, not my mousse. I do mousse too a lot, in the evening.

D Let's taste it on the next show.

S This is not good because this is store-bought 1% milk that I used to make this kefir today.

01:01:30

P Do you like sour?

D I've never had anything y'all have made that I don't love.

P Over there is a little bowl.

D Can I get it?

P Yes. Get a spoon and I want you to taste my optimized mousse. It's the most amazing thing in my world. I put it on the side of so many meals that are light in protein. And all I do is half a cup or three quarters of a cup of my skimmed kefir.

S You don't want a lot.

P I put two to three tablespoons of baobab and my stomach can handle that now. I've got used to it. And I do two to three tablespoons of our optimized plant protein and a doonk of stevia. It is the most incredible thing in the world. I don't know why I'm not hearing back from people telling me how good it is because I shared the recipe.

S It's so good.

P But it's sour. Are you coming, Dan? Did we share all we needed to about... We might have to do a part 2 when we get all the questions about protein.

01:02:19

S But why did I go through that long thing and get in trouble by you, except to say this, was that not simple? Oatmeal, workout drink, fish and salmon, salad and whatever protein at night, like beef or whatever and then a little kefir in the evening. How simple is that?

P This is an E, Danny, because I put some toasted granola and I put just a few nuts, still E. But you get ready for tart. Get ready for tartness.

D Tartness.

P And I can make that an S by doing nuts and stuff.

S And for dessert you can put dark chocolate and gojis in it. Oh, my.

P It's tart, Dan.

D Now it's earthy.

P It's different. You've never tasted anything... I'm just addicted to it.

D Mmh-hm.

P Mmh-hm, yes, or mmh-hm, no?

01:03:08

S I've got to try. Give me a spoon, Dan. I know it's your lunch, Pearl.

D Oh, yes.

P Is that not...?

D It feels...

S Go to the mic, Dan. Pearl and I will share a spoon. I just want to say you didn't like this that much, Pearl.

P No, I didn't today.

S I'll tell you why, because it wasn't my real Yuck Yum.

P Okay, good girl.

D It's rich, decadent, and tart.

P Full of leucine.

D I'm serious, when you guys make food, that's the one thing we can't transpire.

01:03:37

S That's what I would eat at nighttime.

P It's the best thing in the world.

D I wish the people listening... Like as we talk about food, it's all theoretical, unless they copy those types of recipes.

S The only thing you have to add to that is Johnny's Green Banana Flour.

P Yes, but that's going to make me fluff even more than I do.

S It is. It's going to make you fluff.

D What do you mean, more than you do? Are you on record as a...?

P No, my fluffs are at kind of a niceness right now. I know that they're there because I have good butyrate but they're not overtaking my world.

S But you don't know they're there because you have butyrate. You know they're there because... You know you have butyrate because you fluff.

P Yes. But it's not too much in my world that... It's not too much. It's not overtaking my life as it has in the past.

D I feel like if people could taste the stuff you gals make, they would follow and worship your recipes.

01:04:25

S Can I just tell you something else too? We forgot to say muscle is so important. It's your brain cells too. The more muscle you have... Do you know that they took people that were starting to have dementia and they gave them a dementia drug and then another part of the study was they gave them all these brain neuro games to do. And then the other test part of the group, they just had lift weights.

P Lower body too.

S Do you know the ones that got the most neuro help was just lifting weights alone. Over the drugs and over the brain games.

P Their brain matter increased and the games didn't work.

S And it's your immune system. Do you know they're starting to figure out that muscle is like your heart. Your heart's a muscle. And the liver, it's an organ. They're actually calling muscle an organ. Why? Because it actually is not just something to just help us move, it actually releases something so important in your body.

P Myokines.

S And myokines send signals to your body to help your immune system and it's absolutely amazing.

01:05:29

P So, when your muscle decreases, and that happens when you don't get enough protein, your myokines do not get released, so your immune system goes down, so you get autoimmune issues. All of that, it all relates.

S And do you know that people that have had cancer, that have more muscle going in have a lot better chance.

D Really?

S And it's not just because they don't waste to nothing, it's that their muscle helps their... It's part of their immune function.

P It helps you get over things. But, John, we need to... We're at one hour. That was very nerdy.

S I could go on, and now Pearl's eating, it's my chance to shine on the mic.

P We might have a part 2 because I'm probably going to get a lot of questions. But just when you come at us with questions, I know it's... It's okay to feel frustrated at some things but I ask you to open your mind and look at this. It's kind of exciting fun stuff. Because when you straightaway look at something as overwhelming and more to learn and, what, they didn't tell us this before... It's just a journey.

01:06:23

S We wouldn't be who we are. We would be old school people stuck in the mud with a paper bag over our head, if you want us to not bring you anything more.

P That wasn't Katherine, though.

S No, it wasn't Katherine but I'm just... It wasn't. I'm not talking to Katherine. I'm just talking to all the people that want us to stop bringing, just stay at base camp and don't

bring us any more information. We would be giving you a disservice. You've got to have to keep learning.

P We're going to bring and we're going to be a bit tougher while we're about it.

D Daddy's making me uncomfortable.

S I'm just like learn or die. That's how simple it is.

D Daddy's face is making me uncomfortable.

P We've got to go, people. We love you, though. We do love you.

D Peace.

01:07:27