



## Trim Healthy Podcast with Serene & Pearl

### Episode 352 - If You Give a Girl A Cookie...

Air Date: 10/25/23~ [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### Quotables

- “As a parent, your intuition is often doctor-level data.” – Danny
- “*Sugar irrefutably harms the immune system.*” – Serene
- “Just one soda pop a day gives you a 44% higher chance of developing metabolic syndrome.” – Serene
- “I don’t want people to feel fear and shame as they are living this Trim Healthy lifestyle. There is going to be sugar in things here and there. We can go too extreme, and people do get paranoid...So find your healthy, sustainable way to approach sugar.” – Pearl

#### Serene Won’t Apologize: Sugar is B.A.D.

**From Serene...** “After several trips to the ER and two bouts of pneumonia, I discovered that my daughters were sneaking sugar cookies from their Grandad’s stash! And of course, their immune systems were compromised by all the sugar intake. A common cold ended up in pneumonia for the two girls who were sneaking sugar, this is serious. I don’t care who gets triggered. Sugar is bad!

And to be clear, I’m not talking about sugar cane (which is consumed in a lot of countries in Africa and South America—because that’s a natural way to consume sugar). But I am talking about the white, refined sugar excessively added to all our foods! That is bad sugar, and I won’t apologize for saying so.

I tell my kids there are good foods, there are incredible foods, there are foods that are treats and there are bad foods. I want to encourage our listeners to embrace discernment on these issues.

Here’s a question that I want to pose: Should we allow our children to enter pre-diabetic issues because we simply don’t want to rock the boat? We need to acknowledge that this is a serious problem of our modern age. The health of our children is being crippled and they are being set up for future health issues because their sugar addictions have been allowed to run rampant.

Do we have to wait until they have a personal crisis? Or can we teach them to eat in a healthy way? Because it is a slippery slope. When your children are having sugar every time Granny

comes over, and every time there is a potluck, or every time you go out to eat, before you know it, they will also be coming down with the ailments and diseases that sugar creates. The reality is, for many of us, these occasions are not just a few times a year.

Kids themselves don't know how to restrain themselves. And this goes to show that we as a people ...and as a country are *sick*. I'm not trying to be morbid, but America is ill, for sure... America is the number one consumer of high fructose corn syrup. And even though we know that it causes disease, there are factories on every continent producing it.

The extent to which sugar affects your body negatively is hard to overstate...

- Statistical studies indicate that sugar intake is positively correlated with coronary heart disease, vascular events, heart failure, and stroke...
- Additionally, dietary sugar is a key factor in inducing low-grade chronic inflammation – which exacerbates or “triggers” autoimmune diseases and even neuro-inflammation.
- Furthermore, high consumption of sugar reduces microbial diversity (in other words, sugar consumption is massively detrimental to your gut health) – and can lead to a leaky gut! Sugar kills *off* healthy gut bacteria.
- What has been discovered is that there is a surge of adrenaline after sugar intake which taxes the adrenals, causing issues with a breakdown of your immune system.
- 70 grams of sugar (a common amount in one serving of packaged foods containing sugar) suppresses white blood cell function for five hours afterward. This means that for five hours, the immune system is suppressed, and the body is at risk of whatever illness is going around or disease the body is prone to.

In all of this—here's my point. “It is very extreme how people are living, and we want to encourage people toward health. We're not afraid of honey, and raw cane sugar in small, moderate amounts...and we love our fruits. But it's not okay to allow our children to grow up with addictions. Vaping and Skittles are in the same addictive categories.”

**Click the links below for “Serene’s Stash of Scientific Sugar Studies.”**

[Good Sugar Versus Bad Sugar. What's the Difference?](#)

[Immune System Compromise](#)

[The Rise of Sugar Intake](#)

[Dietary Sugars Inhibit Biologic Functions](#)



## Trim Healthy Product Spotlight



### TH Pure Stevia Extract Powder

- ✓ *Our Pure Stevia IS NOT an artificial or chemical sweetener. Our extract is made from the non-bitter, naturally occurring, sweet component of the herb stevia – a glycoside called Rebaudioside A.*
- ✓ *This naturally sweet component is isolated from the stevia leaf, using a gentle water extraction process. We carefully monitored the process from leaf to powder and you can be assured that no bleaching occurs, nor are any unhealthy chemicals used.*
- ✓ *TH Stevia puts desserts and sweets back on the YES list for those who want to lose weight or watch their blood sugar. It is a zero-calorie sweetener and does not raise blood sugar levels. It is considered safe and even beneficial for diabetics or those who suffer from hypoglycemia.*
- ✓ *Out of all our Trim Healthy sweeteners, our pure extract is the most economical if you are pinching pennies. A little goes a long way. You only need a doonk or two in your smoothies or single-serve muffins.*
- ✓ *We made sure the extract you hold in your hand is non-GMO, USDA-certified organic, and GMP and FDA-compliant.*

### TH Gentle Sweet (Xylitol, Erythritol & Stevia Ground Blend)

Sweeten those hard-to-get right treats with Gentle Sweet and you can bank on the “yum!” word passing your lips. The Trim Healthy Mama community fell in love with our pure Stevia extract and Super Sweet Blend, but some of you kept begging us for a sweetener that popped like pure sugar itself. Gentle Sweet blend has a cotton candy taste but won’t mess with your blood sugar.

#### **Suggested Uses**

- ✓ Cakes & Cookies
- ✓ Smoothies & Desserts

#### **Benefits**

- ✓ Diabetic-Friendly
- ✓ No Fillers

## TH Super Sweet (Erythritol & Stevia Blend)

Our Sweet Blend looks and acts like regular sugar (although it is a little sweeter) without negative health and weight consequences. It is heat stable and offers bulk to your baked so you'll love it for baking, along with all your other sweetening needs

There are many stevia blends on the market but unfortunately, most of them use fillers won't do your health or waistline any favors. Stevia that is blended with sugar, fructose, or maltodextrin, can raise your blood sugar and nix the slimming aspect of your Healthy Mama treats.

We are making available to you the very blend we have in our own kitchen cupboards and to create our Trim Healthy Mama recipes.

- ✓ Muffins, cakes, cookies, and shakes can all be yours while your waist whittles down!
- ✓ This blend is the perfect combination of two natural sweeteners, non-GMO erythritol, and our Organic Pure Stevia Extract Powder. Both are diabetic-friendly, offer numerous health benefits, and have no impact on blood sugar.

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