



Notes ~ Topics & Time Stamps

"Q&A" LIVE With Pearl & Serene! ~ September 29, 2023

Your Protein, Exercise, Skin, and Hormone Questions Answered!

<https://www.facebook.com/groups/trimhealthymamas/posts/24006625385650620>

1:31- Question: From Dawn - I know you say we don't track calories, but I am tracking what I eat just for my own personal accountability. How would you log the ESSENTIAL AMINO ACID?

Serene suggests logging it as if you have taken it and consider that as a finisher to ensure that you are getting the 3-gram Leucine bolus per day that your body needs. Taking ESSENTIAL gives your body all the benefits of protein but remember taking ESSENTIAL does not make you NOT need other protein in your meals & snacks. You need real food, 4 fuelings of at least 25 grams of protein. Pearl shares that logging it however you feel comfortable is totally fine. You could even log it once or twice per day and know that you have provided your body with all that it needs to contend for your muscle mass.

7:19- Question: From Nicole - Tips on skincare and aging gracefully!! Not trying to go for the trendy Botox look.

Pearl and Serene share about doing DIY Skin Care with their sister Vange at their home. They mention using Purified Bee Venom therapy. They purchase it from safe vendors in South Korea. Bee Venom is anti-aging. Brief mention of mild Botox treatments.

Pearl shares that she uses Trim Healthy Extra Mild Cream, Rose Cream (The Fountain), or Orange Cream, (Orange Silk). Serene and Pearl share that they mix a pump of their MADE Foundation with their creams and apply it to their face. Serene mentions that she uses a spritz of the TH Lavender Spray along with the cream and MADE Foundation and uses a Kabuki brush to stipple it on her face. Pearl shares that she thinks that the MADE Foundation applies better when using a brush.

Mentions of micro-needling. Pearl explains about building back muscle and that these DIY skin treatments such as micro-needling help sagging skin and are a type of Collagen Induction Therapy.

Mentions of using “threads” wherever you want more collagen. You place the threads under your skin, and they will help provide more fullness where needed, reduce jowl, and help with wrinkles. Pearl mentions that she has around 100 threads in her face currently.

Both Pearl & Serene mention upping their protein and using Essential Amino Acids to help with their skin firming up. They share that they are doing these DIY Skin Treatments to bio-stimulate their own collagen. Pearl shares that they will share more about these DIY Skin Treatments in their new book and go into full depth on this subject and explain more for those who would like to try it.

20:17- Question: From Marianne - Should you be able to see any real noticeable differences when doing kefir? I don't notice any changes. But I keep doing it for gut health.

Pearl shares that there are many different takes on what people feel when taking kefir. Some people report not noticing anything while others report all types of improvements. It varies for each individual. Pearl shares her story about her improved White Blood Cell count blood test. Serene shares that she can notice a difference, even emotionally if she reduces or stops taking kefir. Pearl and Serene share that they both enjoy 1- 1½ cups of kefir per day. They mention Allison's journey with kefir and her healing from giardia which was featured in [Ep. 306: Special Guest Allison: Her Healing Kefir Journey](#) of The Poddy! Pearl mentions that changes with kefir will not happen overnight, but it can be a slow gradual change. Pearl & Serene mention what a great feeling it is to know that little habits like adding kefir to the diet can reverse the clock, improve their immune system, and that gut healing has been amazing!! Pearl mentions Donna from [Cultured Food Life](#) and suggests watching the informative videos on her site.

24:47- Question: From Kristina - What advice are you giving your girls now that you've learned so much about hormones? Are there things that young women in their 20s should be starting now?

Serene shares that the number one thing that she suggests is to keep your blood sugar level and find that beautiful balance. Do not go too low carb. Basic 101 is DO NOT overdo sugar. Serene suggests taking fat soluble vitamins, such as Vitamin A, drinking raw goat milk, and that cod liver oil will help to nurture hormones and also suggests a grass-fed liver supplement, Serene mentions Royal Jelly and eating egg yolks. Pearl also suggests not going too low-carb and that getting your healthy carbs in around your period is very important! Women need healthy carbs all the time but especially around that time of the month. Pearl shares a study where women followed a low-carb diet and experienced carb deprivation. Pearl and Serene share that women need healthy fats, protein, and healthy carbs and they suggest staying away from “extreme” dieting as it can tank your hormones. Pearl suggests a supplement for a young woman to take is a full-fat desiccated liver supplement.

29:11- Questions: From Boni & Penny - I would love an update on the Hormone Clinic and an update on the current timeline on Trim Healthy Medical (or whatever you are calling it). Last I heard you were Alpha testing. When will Beta testing start?

Pearl shares that the Alpha testing has been started and should be ending at the end of this year with a Beta testing following behind. They hope to launch the Hormone Program in the first quarter of 2024.

29:41- Question: From Tamar - Are you ladies still planning to do a Work-Ins type program that focuses on weight training or heavy lifting?

Serene shared that “yes” ... they will be doing strength/resistance training and lifting exercise videos. Both Pearl and Serene will be represented in their unique and different forms of exercise that they both enjoy. Pearl mentions that she does not go over 25 minutes of working out and Serene shares that she does a 45-minute workout. Pearl also shared that there will be 3 workout programs out by next year and that they will be housed on the [Trim Healthy Membership Website](#). There will be something for everyone to meet the time constraints that busy people today experience. They will be called as follows...

- Heavy 45- Serene’s Workouts
- Heavy 25- Pearl’s Workouts
- Fit 10- Cal’s Workouts

31:25 - Question: From Janet - Do certain exercises pair better with different fuel types?

Serene suggests an E Meal both before and after your workout. Carbs for energy and carbs for restoration. You will also work out with more gusto by including carbs at those particular times. If you have weight to lose you will do better with having the carbs at exercise time. So, whether you are walking or lifting weights enjoy your carbs!! Pearl shares that exercise is a stress on your body and that is okay as long as you are not overdoing it but especially if you are a woman in peri-menopausal or menopausal seasons you are losing your estrogen and estrogen is your biggest stress-busting hormone. Pearl shares that when we lose our estrogen that makes our cortisol rise and cortisol stops us from burning fat... and what lowers cortisol?? Healthy carbs!!!! So, we can do something about it by enjoying those healthy carbs and increasing the amount of healthy carbs that we eat as we get older! Pearl suggests having Crossovers and E Meals, lean protein with healthy carbs during the day and she saves her S Meals for nighttime.

34:54- Question: From Tanya - I have broken 3 ribs in a motorcycle accident. What can I do while healing so I do not lose all of my progress?

Serene and Pearl express their sympathy to Tanya for being in an accident. Serene suggests having a mindset that working out is a lifelong approach and thinking that while she is healing this is like a short season that she is going through knowing that in her mind she will get right back at it again as soon as her body is healed. Pearl shares to start taking the ESSENTIALS as it will help to stop the loss of lean body mass during her time of convalescing. Pearl also shares that if you cannot get the ESSENTIALS because it is sold out look for 3 other brands that their food scientist reviewed, those brands are **Kion, Fortagen and Bulk Supplements**. Pearl suggests doing 2 servings per day of EAAs while healing from any injury. Serene also shares that she could possibly try to strengthen the glutes if she can do so without any pain and suggests that she start taking baobab and collagen as both of those can help to heal connective tissues and provide excellent nutrition for the bones.

37:45- Question: From Nancy - I have just had a hysterectomy. What should I take?

Pearl shares that it depends on many factors, including one's age, and what type of hysterectomy was had. If the ovaries were taken, she suggested finding a doctor and starting hormone replacement therapy. Pearl stresses that you want to protect your heart, brain, bones, and your breasts after a hysterectomy. So, this would be a perfect time to look into hormone replacement therapy. Serene shared that estrogen is a protector of our hearts.

39:18- Sam delivers some Autumn Berries to Serene and Pearl while they are in the vehicle doing the LIVE!!

39:30- Question: From Tonda - What do you do if you cannot take Hormone Replacement Therapy due to having cancer?

Pearl shares that depending on the type of cancer that it was many times you can take hormones. You have to find a doctor that will work with you. Pearl and Serene both suggest that Tonda check out [World Link Medical](#) to find a doctor in her area. Pearl suggests the book Estrogen Matters by Avrum Bluming. Pearl also shares that taking EAAs and getting very “nerdy” with the protein will help to keep you from losing lean body mass. She also suggests some strength training and there is a mention of using an estrogen vaginal cream to keep things down there from atrophying. Pearl also suggests using phytoestrogens such as Black Cohosh as that can help with hot flashes.

43;53 - Question: From Janae - I've been hoping to ask about fueling with exercise when on a time crunch! I work full time in an office. I go (4 times a week) to the gym, 15 min treadmill, and then strength training for an additional 20-30 min. But I cannot figure out how or when or what to eat or drink around this!? I've heard you say coffee before a workout is great, but should I eat a small E on my way to the gym. or a certain amount of time before I get to the gym? And do I eat after a workout? You guys have said I can use my Whey protein after a workout but not before but I'm so confused I'm almost accidentally skipping breakfast more than eating it because I don't know when to eat it or what to eat.

Serene suggests having an E Breakfast and then working out and then have some ESSENTIAL for a post workout. If that does not work, she suggests waking up drinking some ESSENTIAL perhaps on the way to work or the gym with a small piece of fruit prior to working out, as you do not want to work out in a fasted state. Then you can work out and have a nice breakfast with a protein of your choice after working out. Serene shared that she will sometimes take ESSENTIAL before and after her workout!

47;00 - Question: From Hannah- Hannah posted her hormone labs for Pearl and Serene to review.

Pearl and Serene review Hannah's hormone labs as laypersons. Hannah has symptoms of low thyroid, inability to lose weight, fatigue, and a slow metabolism. There are mentions of estradiol, estrone, progesterone, testosterone, cortisol, saliva testing, blood testing, NDT, T3, Reverse T3, and T4. Pearl and Serene share that you do not want to take T4 alone as that will cause an imbalance and that can actually make you feel worse than taking nothing. They suggest that Hannah find a doctor who will help her with hormone replacement therapy and help her get her thyroid optimized.

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