



Trim Healthy Podcast with Serene & Pearl

Episode 348– Dear John, Goodbye.

Air Date: 9/27/23, [Click Here for iTunes](#) and [Here for Spotify](#)

Quotables

- “There’s nobody like John. He’s one in a million.” – Serene
- “When I got here, John was the guy that was making a brand out of my friends’ book.” – Danny
- “I thought I understood ego, having worked in the music industry. But I realized I had never seen “ego” until I had to be involved in the medical industry.” – John Gusty
- “I think someone can tell you that you have something (some kind of condition) and that can actually manifest itself because it is spoken over you.” – John Gusty
- “This is my opinion: I think there are categories like Multiple Sclerosis (M.S.) and Lyme’s disease that are given as diagnoses when the reality is that the doctor doesn’t know...They’re just big buckets to put things in.” – John Gusty

Roots and Memories

John- In my career before Trim Healthy, I wore every hat that you could in the music industry...from working the record store... to producing... to being a musician. But after decades in that industry, I decided to take a leap of faith away from it. I had become disillusioned with the direction that many were going, specifically one very well-known artist who was on the road constantly.

I didn’t know what would come next, and in mid-2013 I got a call from Charlie (the CEO of Trim Healthy and, of course, Pearl’s husband). Charlie told me that he wanted me to help with their website among other things. At that moment, they were in the wild flurry of their original book, [Trim Healthy Mama](#), becoming a bestseller.

When I first came into their old house, I stepped into quite a remarkable scene...piles of books being wrapped on the kitchen table, letters from fans piled high...and they didn't even have a website! As I joined the team, it was unanimous that they wanted to do more, and I became a big part of that "more" becoming a reality.

Even though stevia was fairly unknown, it was the first product they wanted to launch. That became our first big project to tackle! Sam jumped on a plane and found a source for stevia and we launched the first product [Trim Healthy Pure Stevia Extract Powder](#)! The root system of Trim Healthy was being formed... more books and more products came, and then the Membership Site was launched... The rest is history!

So, after a decade with Trim Healthy, I'm stepping away for the only reason that I would...to focus on loving my wife Dawn in this season. We don't know what's ahead, but she has had to push through some very difficult health challenges. We do have real hope...and we're exploring some innovative treatment options for her. If you want to keep up with our journey in the days ahead, her website www.dawngustly.com will be up and running soon!

Goodbye Note from the "Trim Healthy Remote Staff Team" ~ Read by Pearl

Dear John,

When we heard you were leaving us, we could hardly believe it but knew immediately it meant your family needs you home. If there's one thing we know about you - family comes first. Thank you for all the good times and for being there in the hard times. From the late night sale prep, the weekend tech emergencies, to the everyday responsibilities, we can't imagine a John-less THM. Remember when you asked us to send out hundreds of replacements for those mismeasured doonk spoons? So much has changed in the last 10+ years. Some things we don't miss - like those midnight cyber sale crashes - but other things we will hold as treasures in our hearts. Thank you for helping us to grow as a team by your leadership, patience, and guidance. We meet thousands of people in our lifetime, yet every now and again there is one who stands out and truly never is forgotten. Thank you for being that 1 in 1000 for us!

With Love from Your Devoted Minions... A.K.A. "TH Remote Staff Team"

Bev, Cindy, Denise, Esther, Janet, Jessica, Kris, Shannon, Steph, & Syah

A Walk Down Trimmory Lane a.k.a. "Memory Lane"

- ✓ Check out ["The Unshow"](#) in all its glory!! 28 amazing episodes in all!
- ✓ That one time, when Serene and Pearl launched a [radio show](#)!



Trim Healthy Product News & Notes Spotlight



TH Pure Stevia Extract Powder

- ✓ *Trim Healthy's FIRST Product!! 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.*
- ✓ *We made sure the extract you hold in your hand is non-GMO, USDA-certified organic, and GMP and FDA-compliant.*

Trim Healthy Membership Website

*The **Trim Healthy Membership Website** is a treasure chest of a vast array of incredible information to help you find support & encouragement on your **Trim Healthy Journey**!*

- ✓ **THM Recipe Database-** *You will find close to 2,000 Trim & Healthy recipes!*
- ✓ **THM Menu Builder-** *Create, share, and print menus. Create & print shopping lists!*
- ✓ **THM TV (A Library of Videos)& THM Info Library-** *Info on ALL things Trim & Healthy!*
- ✓ **Exclusive “Member Only” Recipes**
- ✓ **Official THM Pre-Made Idea Menus-** *Pep Talks from Pearl & Serene preface each menu!*
- ✓ **Main Street Forum-** *Have your questions answered and receive encouragement & support!*
- ✓ **All Current Members receive a 10% discount on eligible THM online store purchases!**

[Click here for more Trim Healthy Podcast Summaries.](#)