



Trim Healthy Podcast with Serene & Pearl

Episode 355 – Escaping The “Not Good Enough Syndrome”

Air Date: 11/15/23- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “Gaining confidence in what you’re called to... even in your Trim Healthy journey... know that you’re not an imposter. No, reject those lies. It’s all about your identity. Embrace who you are.” – Pearl
- “I’ve got nothing... but at the same time, I’ve got EVERYTHING. I have the mind of Christ. And so, I am equipped!” – Pearl
- “Lead from your failure. Ride that energy. Lean into it. Receive the difficulty like it’s a gift.” – Danny
- “If we can talk about these failures and the feeling of inadequacy—we will enjoy so many more victories. We are called to great things... and we’re not perfect, but the point is that it is His strength flowing through us. The heart of Christ, the mind of Christ.” – Serene
- “Contend for muscle at 30 (or before) – this will be a huge help in the subsequent phases of life for a female... this will help decrease the damage caused by the decrease in your anabolic hormones.” – Serene
- “I’m NOT going to become frail with age! I’m going to *contend for strength*.” – Serene
- “If I could speak to teens—I would say, ‘Please, DON’T GO ON FAD DIETS!’ I have so much recovery that I’ve had to endure because of my bad / fad eating in my teens.” – Serene
- “I’m imagining myself at 88, running upstairs with grandkids hanging on my legs and arms and they can’t slow me down.” – Serene

Pearl's Imposter Syndrome Confessions...

From Pearl... "For so much of my life, I have struggled with feeling equipped for the tasks and goals of my life. We're going to be coming out with a new workout series on YouTube, and I'm just imagining people judging me as "some skinny thing," and why would people want to follow me? I'm not as built as Serene. All these thoughts. "I'm the least qualified" or "I'm not up to the task!" have been in my brain space. But I *am* up to the task. I have come so jolly far...and I know that it will benefit many different women.

And this all got me thinking... so many of us are called to many things and we don't even do them because of our thoughts of our ineptitude. I was thinking specifically about Moses and how he was called to lead the children of Israel out of Egypt. Some theologians say that he had a speech impediment...and we know for sure he felt inadequate. But he was leaning on others like his brother Aaron to try to reach toward that calling. But he was the one that was called to do it. I can just SEE him standing in front of the Red Sea when it parts. What a calling that was! Same thing with David and his calling to be the king. The truth is that he didn't look equipped to everyone else! They needed a king and the people of Israel wanted one that looked like a KING... the big one, the strong one. But God chose the one that looked the *least* kingly.

Now, speaking of all these things, I have received messages over the years criticizing some of the people that we have on our Coach Team... specifically those not yet at goal weight. But that's wrong. So many of our coaches have had incredible breakthroughs, some have lost hundreds of pounds... others have come through extraordinary hormonal and other physical challenges. Their stories are beyond amazing! And they should be able to share those with others. Those coaches that have gone through the most difficult things... sometimes they are the ones that have the most to give! Nobody should feel like they have had to arrive to help others.

Some of our Trim Healthy coaches are already at their healthiest weight, others are on their way... it is a journey for all of us. At a recent coaching retreat, we discovered many of our coaches have felt like imposters because of feelings of inadequacy. At that retreat, Serene and I told them we too feel inadequate daily. But we are learning to ignore that "not good enough" voice.

It's time to gain confidence in what you're called to... even in your Trim Healthy journey... *you're not an imposter!* Reject that lie. It's *all about your identity*. Embrace who you are in Christ. If you have been called to a lifestyle of healthy eating (and you have been because you have a body, and your job is to honor it) – then you are equipped!"

Bonus Muscle-Building Factoids

- Robust glute (bum) muscle is tied to the health of your brain... a bigger bum... a better working brain.
- There is no such thing as being “toned.”
- Either you *build muscle* OR your *muscle atrophies*.
- To get the “toned” look ... you’ve got to lift heavy weights and eat adequate protein while wisely and slowly shedding fat.
- It is very difficult to build muscle... you must lift heavy and get nerdy with your protein.
- You can’t stabilize your blood sugar when you don’t have muscle.
- Insulin resistance is caused when you’ve lost muscle.
- Building muscles means you are rebuilding your insulin sensitivity.
- Women decrease significantly in testosterone and estrogen during perimenopause then these hormones full tank during menopause.
- All three sex hormones (testosterone, estrogen, and progesterone) are ANABOLIC (aka muscle building)
- The muscle loss that women experience with age is significant in many parts of their lives.
- Contending for muscle at 30 (or before) – will be a huge help in the subsequent phases of life for a female... This will help decrease the damage caused by the decrease in your anabolic hormones.
- Tall, white, thin women are at the highest risk of bone mineral decline.
- Being underweight is the worst thing you can do for your bones.
- Research shows cancer survivors with the most muscle mass had the longest lives...and vice versa those with the lowest muscle mass had shorter lives.

Ectomorph, Mesomorph, Endomorph Defined

- *Ectomorph: Small frame, harder to build muscle*
- *Mesomorph: Medium frame, easier to build muscles*
- *Endomorph: Larger frame, carry more weight, naturally curvy*

Glute Goodness

"The brain-to-glute connection is crucial for proper posture, balance, and movement. The glutes are the biggest and strongest muscles in our body. They play a vital role in moving our hips by extending them backward, moving them sideways, and rotating them outwards. They also stabilize the pelvis and spine during functional movements such as walking, running, and jumping. A weak gluteal muscle can lead to compensation in other muscles and increase the risk of injury. Benefits of Glute Activation When you engage or "activate" your glute muscles, it can have several benefits. These include boosting your athletic abilities, decreasing the likelihood of injury, and improving your overall quality of life. Strong glutes can help you run faster, jump higher, and lift heavier weights. They can also prevent lower back pain, knee pain, and other common injuries associated with weak glutes." - [Article Link](#)

Work Out with Pearl and Serene!

Coming Soon...An all-new YouTube Subscription Series of 10, 25, and 45-minute workout videos from Serene and Pearl!



TH Pristine Whey Protein Powder

- ✓ Pristine Whey is different than most other whey proteins in that it is crossflow micro-filtered (CFM). This means it is the most undenatured form of whey available on the market. Its health-boosting native protein structures remain intact due to the gentle, cold-processed isolation method. Undesired particles, such as lactose, cholesterol, and even any de-natured fractions, are successfully removed. This means even those with dairy sensitivities can often enjoy our whey protein. Pristine Whey is potent and ultra-pure with the highest biological value of all proteins. It retains high percentages of immunoglobulin and minerals and is higher in calcium than other whey protein supplements.

- ✓ Like all Trim Healthy foods, Pristine Whey is of course free from sugar, artificial sweeteners, fillers, and other sneaky, toxic ingredients. Not only is it smooth, tastes fantastic, and comes without that chalky mouth feel that other whey proteins are known for... it also helps boost glutathione production in your body, which supports your immune system. Pristine Whey aids in serotonin production to help your mood gives great energy and has a fat-stripping form of protein to help slim you.
- ✓ Specifics:
 - Gluten-Free
 - GMO-Free
- ✓ Suggested Uses:
 - Shakes
 - Trimmaccino
 - Yogurt
 - Puddings

TH Optimized Plant Protein Powder (Coming Back Soon)

Trim Healthy Optimized Plant Protein breaks the mold of all former plant proteins. It is the first to be optimized with the correct amino acids required for ultimate muscle synthesis. Maintaining lean body mass is crucial for metabolism and overall health but turning this decline around cannot happen with just any form of protein. It requires a certain profile of amino acids.

- Targeted to fuel lean body mass.
- Precisely balanced amino acid profile.
- 1 serving bio-equivalent to 48 grams of protein.
- Enhanced bioavailability with a 3-gram bolus of leucine to stimulate muscle synthesis.
- 1 net carb

Suggested Uses

- ✓ Can be used 1:1 in any recipe calling for our original Creamy Dreamy Plant Protein.
- ✓ Oatmeal, stir in 3 Tablespoons after cooking your oats. It's that simple!
- ✓ Shakes & Smoothies
- ✓ Dressings & Sauces

Benefits

- ✓ High Source of Lean Body Mass Fueling Protein
- ✓ Natural Strength & Energy Booster
- ✓ Fights Inflammation

TH Essential Powder Pure Amino Acid Formula (Coming Back Soon)

ESSENTIAL is a custom blend of pure essential amino acids that provide the highest bio-available protein. When properly compounded, essential amino acids feed muscles, cut fat, fuel your workouts, amp up the protein in your meals and snacks, enhance mental focus, and help you live a more active lifestyle.

Essential amino acids are the building blocks of protein. “Essential” means they are not made in your body. You must get them from your diet to build muscle, repair your body, enhance your energy, and support your immune system. Each essential amino acid in this powder is uniquely formulated in the correct proportions to trigger optimal muscle synthesis for lean body mass enhancement.

Be sure to read the [FAQ's Section](#) found on the product page!

ESSENTIAL Benefits

- Helps body composition by raising lean body mass which cuts fat.
- Pre- or post-workout fuel.
- 90 bio-equivalent grams of protein in just one scant TBSP serving.
- Swift muscle replenishment with 3 grams of liposomal leucine.
- Amps protein in any meal or snack.
- Fights loss of lean body mass and insulin resistance.
- Gentle on kidneys and vegan based.
- Suitable for athletes requiring large amounts of supportive protein.
- Helps aging adults with energy and recovery.
- Excellent for those who are injured or convalescing and at risk of muscle loss from inactivity.
- Gluten Free and non-GMO.

TH Integral Collagen

Integral Collagen is a pure protein powder for health and beauty as well as yummy food creations. Pasture-raised cattle from the grasslands of Argentina and Brazil, our bovine Integral Collagen is pork-free and processed with integrity. It dissolves easily in liquid with no blending required and is completely tasteless. This makes it the perfect choice to swirl into Greek yogurt or pour into your hot tea for a nutritional overhaul.

Suggested Uses

- ✓ Soups
- ✓ Hot Drinks
- ✓ Smoothies

Benefits

- ✓ High Source of Protein
- ✓ Natural Energy Booster
- ✓ Promotes Joint Health
- ✓ Gluten-free, non-GMO

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