



Trim Healthy Podcast with Serene & Pearl

Episode 359 – The REAL Reason why SUGAR is so bad for you...

Air Date: 12/13/23 - [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “Devitalized sugar is going to do worse things for your body than almost anything else. These things jolly well ruin your metabolism (when you’re having them frequently). It’s also changing your DNA!” – Serene
- “We are purists when it comes to putting things on our skin! You might as well EAT the things that you put on your skin.” – Serene
- “I don’t know how I would live my life without kefir!” – Pearl
- “We don’t necessarily say “greens at every meal” ... we emphasize a PLANT STRONG LIFESTYLE.” – Pearl
- Beef liver is a foundational food from our forefathers...They used to eat nose to tail. It is one of the most potent and nutritional foods ON THE PLANET. – Serene

Listener Questions from Leanne ~ Answers from Pearl & Serene below the questions.

My question is this, please give us Mamas all your one (or two) sentence answers to the common **“why”** questions you get asked about your health and nutrition choices (including some of the questions I listed) so that when we Mamas are asked these questions, we can help spread the simple truths of THM and lead other people into health freedom! Fire away, girls! I’ve got my pen at the ready!

Q: Why do you wait 3 - 4 hours between meals?

- Past 4 hours, our bodies start to get into a catabolic state... we start breaking down muscles at this point, and in turn our metabolism slows down.
- Studies show that a minimum of 4 protein servings a day is what it takes to prevent the decline of lean body mass... less than 3 protein servings a day does not halt this decline that begins at age 30. All our meals need to be grounded in protein.
- Leaving the 3 hours in between meals also helps you keep your carbs and fats separated... so they're not Crossover meals.
- With the 3-hour limit, you are also leaving enough room between meals to build a proper appetite that is fed by good healthy food ... and not random snacking and grazing.
- You are getting your leptin (full) signals reset and your ghrelin (hunger) signals are also reset.

Q: Why do you incorporate CBD into your daily routine?

- **Pearl's Answer...** I use Chillax nightly right now because it calms my sleep. We do want to feed our endocannabinoid system however it is not a must with Trim Healthy. My brain relaxes more with CBD for sleep.
- **Serene's Answer...** I go through seasons... sometimes I use it daily, then other times I don't. We do have a huge amount of cannabinoid receptors throughout our bodies. Right now, I'm taking a few drops of our Heavy Hitter under my tongue once in the morning and once in the evening.

Q: Why do you use natural makeup, hair care, and skincare?

- The skin is our biggest receptor organ...even larger than your digestive system.
- Whatever you put on your skin goes directly into your bloodstream.
- We are purists when it comes to putting things on our skin! You might as well EAT the things that you put on your skin. A lot of the cleaning chemicals that are used for laundry, etc., are TOXIC (like the ones that are in dryer sheets).
- Without getting too obsessive about it, we also recommend things like wool, bamboo, and linen for underclothes. Cloth touches your skin and affects your overall health.

Q: Why don't you eat sugar or white flour?

- Devitalized sugar is going to do worse things for your body than almost anything else. These things jolly well ruin your metabolism (when you're having them frequently). Sugar also changes your DNA and makes it more susceptible to disease. It puts you at risk of developing epidemic diseases like diabetes, cardiovascular diseases, etc. The initial stage of sarcopenia is diabetes! High blood sugar initiates sarcopenia and sarcopenia squashes metabolism (your ability to burn food).

Q: Why do you take baobab, maca, ashwagandha, and beef liver capsules?

- Baobab. It's one of the most powerful pre-biotics in the world. Profound gut diversity is cultivated... bifidobacteria love it. It is high in citric acids, and ascorbic acids and has fantastic bioavailable amounts of EGCG (the disease-fighting compound in green tea).
- Beef liver is a foundational food from our forefathers... They used to eat nose to tail. It is one of the most potent and nutritional foods ON THE PLANET. Methylating KING. We do not enjoy eating liver so take grass-fed, full-fat liver capsules.
- The most absorbable B12 is in beef liver... Great ENERGY food... Vitamin A, heme-form, Vitamin D and D3, and healthy Iron. Very helpful for women...
- Maca and ashwagandha are great adaptogens that help the body go through stress.

Q: Why do you have greens at every meal?

- We don't necessarily say "greens at every meal" ... we emphasize a PLANT STRONG LIFESTYLE.
- Plants are full of MICRONUTRIENTS. Get your veggies as often as possible... especially the non-starchy ones.

Q: Why do you eat sourdough bread and kefir?

- They are the "sour foods" that we want to have in our diet that fight insulin resistance (we'll hit on this more in our upcoming Trim Healthy Wisdom book). They are amazing for the microbiome. Kefir creates a healthy nest in your gut to produce pre-, pro, and postbiotic acids which are all important.
- Milk kefir has more strains of healthy bacteria (as many as 50 strains) than water kefir and yogurt. There is a multiplication of nutrients! It is colonizing good things in your gut.
- Sour foods like sourdough are more broken down and their nutrients are far more available to optimize health.

Q: Why do you keep carbs and fats separated for most meals?

- If you need to lose weight, single fueling (burning either carbs or fats) rather than double fueling (trying to burn both in one meal) enables your body to burn just one macronutrient and then burn your body fat for extra fuel. Combining significant amounts of both fats and carbs in a meal typically stops fat burning as it takes twice as long for your body to burn all the fuel, so your body does not get the chance to burn body fat. You're doing yourself a favor when you root your meals in protein and alternate between fats (S Meals) and carbs (E Meals). You do not miss out on either nutrient, so your metabolism does not come to a screaming halt and your body gets what it needs from these two primary macronutrients.
- Crossovers (XO) are ideal (especially with a fast metabolism) ... but you're slowly working toward this with fuel separation.

Q: Why do you do strength training?

- When you lose muscle, you are losing your metabolism, you are losing your bone strength, you're losing your immune system.
- After 30... You MUST contend to keep your muscle mass... or you'll lose it!
- The best thing we can do for fantastic aging is contending for our muscles. It is our anti-aging organ.
- Protection for your brain is a huge benefit of strength training... there is a direct correlation between muscle and brain degeneration. Build your GLUTES and THIGHS and that will help keep your MIND!



[Trim Healthy Chillax Full-Spectrum Hemp Formula](#)

Know anyone who needs to take a chill pill? Maybe that's even you... or a family member? Now you can think in terms of chill drops rather than chill pills. Chillax is a full-spectrum hemp formula infused with herbs chosen for their calming and de-stressing benefits.

- ✓ **SUGGESTED USE:** Place a few drops to one full dropper under the tongue and allow to absorb for a minimum of 30 seconds. Take once or twice daily or as needed. Potent, yet gentle. Use under adult supervision.
- ✓ **INGREDIENTS:** Herbal-infused MCT Oil (Chamomile, Passionflower, Lavender, Catnip), Full-Spectrum Hemp Extract

Note: Due to one or more of the herbs infused in this product, we do not advise to use during pregnancy. For nursing mamas, while we do not know of any contraindications, we always recommend that each woman do her own personal research regarding ingredients and only use those products that she feels are the best fit for each season of her life.

Trim Healthy Heavy Hitter Full Spectrum Hemp Formula

Are you or a loved one facing a challenge that requires big guns to help your body battle? Heavy Hitter is this kind of powerful weaponry with a whopping 3000 mg of full-spectrum hemp cannabinoids. If you are searching for natural potency you have picked up the right bottle. This is designed to nurture your body's endocannabinoid system, which is involved with mood, sleep, memory, digestion, immune system, skin and so much more. Heavy hitter is our most powerful hemp formula, you can tell from the taste... seriously strong but just put your big girl or boy pants on and shove it under your tongue like a boss!

- ✓ **SUGGESTED USE:** Place 1/4 to a full dropper under the tongue and hold for a minimum of 30 seconds twice daily or as needed. (Yep, it's strong and hempy tasting... you can do it) Use under adult supervision.

- ✓ **INGREDIENTS:** MCT Coconut Oil, Full Spectrum Hemp Extract

Note: Concerning pregnant or nursing mamas, while we do not know of any contraindications, we always recommend that each woman do her own personal research regarding ingredients and only use those products that she feels are the best fit for each season of her life.

Trim Healthy Baobab Boost Powder

Welcome a multi-talented, multi-tasking, multi-vitamin, and mineral one-of-a-kind supplement into your life. This ultra-low net carb powder is like a daily "multi" but is 100% real food! That's why we call it Baobab Boost because this amazing fruit grown on the majestic Baobab tree boosts your nutrition in every area. Most importantly, Baobab Boost is a delicious way of boosting your vitamin C. Having a rich supply of this vitamin is a huge game changer when it comes to losing weight.

Vitamin C-depleted people are resistant to fat loss. Clinical studies show those with adequate vitamin C levels oxidize 30% more fat during exercise than individuals with low levels. Vitamin C helps prevent weight gain and makes it easier to lose it.

Baobab also improves blood sugar levels and supports adrenal health (adrenal-depleted people are often resistant to fat loss). Vitamin C also enables proteins such as collagen and gelatin to work more effectively and safely in your body.

- Baobab's citrus and sherbet-tasting dried flesh has five times the fiber of oats.
- Higher antioxidant levels than any food on the planet. Eight times that of the super berry Acai, and more than both blueberries and pomegranates combined!
- It has more than twice the calcium of milk and double the magnesium and iron of spinach. Baobab is loaded with six times the potassium of bananas.

❖ **Benefits**

- Nutritional Booster
- Antioxidant King
- Reduces Inflammation

❖ **Suggested Uses**

- Smoothies
- Sippers
- Soups
- Bars

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