



## *Trim Healthy Podcast with Serene & Pearl*

### *Episode 358 – More Muscle... Less Cancer?*

Air Date: 12/6/23- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### **Quotables**

- “Building muscle fights cancer!” – Serene
- “I want to be healthy long term... I want to be able to walk in functional fitness for the rest of my life. There is a direct correlation between muscle mass and the strength of your mind (your mind degenerates alongside your muscles).” – Arden
- “If you’re a plant protein user... look at its ingredient facts, if it doesn't list leucine as a minimum of 2 grams but better yet 3 grams... it is not doing the job. There’s no way around it.” – Serene
- “The TRUTH was that hemp-heart protein (our old Creamy Dreamy) was INSUFFICIENT for muscle synthesis... so we added the necessary amounts of leucine from a plant-based source (specifically a 3-gram bolus of leucine) because that is what research says TRIGGERS muscle synthesis.” – Pearl
- “You don’t get everything you need from collagen as your breakfast protein. You get a lot from the collagen on its own, but it’s just not everything you need from protein.” --Serene

#### **Question from Jackie O. (one of our loyal listeners) about Protein...:**

*“I have a 39-year-old hubby who LOOKS fit, strong, and amazing! He goes to the gym after work but hates it. He is always tired. His breakfast is either 2 eggs with toast and coffee, a bowl of cereal, or homemade oatmeal with sugar, apples, and cinnamon. Lunch is a meat and cheese sandwich on homemade white bread (he makes it, not me) with one slice of bologna (so little protein!!) or peanut butter and jelly, and his snacks are pretzels and an apple. For dinner, he eats one of my great dinners and for him, it’s usually a xo.*

*But I am sure he’s not getting enough protein. This is literally what he eats every single day! And he still believes in the food pyramid... he also says that when he eats more protein, he feels worse. I want him to have more energy and feel good after the gym... and to be healthier for life! I would love some feedback/advice on this! What do I do?”*

## Jackie's Questions Answered...

**From Pearl...** My husband... Mr. Charlie Straight Pants... is one of the most stubborn men ever ... maybe? He doesn't listen to a lot of the Trim Healthy advice that I give (right away). But I want to bring him wisdom though— as his wife— and I am a voice of wisdom for him, biblically speaking. While it's important *not* to nag, I take a fact-based approach with my husband. So, it's very helpful to bring up the facts. And that's a good starting point.

**From Serene and Pearl...** Now, when it comes to protein, I would show your husband the studies yourself. Do some digging. They are accessible online. The reality is that the “food pyramid” or the “Standard American Diet” is deficient in healthy quantities of protein and will lead to muscular decline (and eventual degeneration)—especially for those over 30 or 40. Because men have more muscle – they need more protein... or the muscles are going to go away.

Your husband (Jackie) is into facts and figures. Get some of those studies ready. You are saying he's not feeling well, and the reality is that if he's not getting enough protein, he's beginning to fight the effect of Essential Amino Acid depletion. You can't perform well if you aren't getting enough protein. He is only getting 10 grams of protein for breakfast.

**Our Bottom Line for Jackie...** Get the studies lined up for your husband. Body mass decline will happen with protein deficiency... the US guideline for protein is .8 grams per kg of body mass per day but studies show that leads to muscle decline. Research shows you need much closer to 1 gram of protein per LB of body weight. Here is an excerpt from the authors of a protein study published in Science Direct in 2021 “Nevertheless, this study, and the previous meta-analysis, suggests that a protein intake (~1.6 to as high as 2.2 g/kg/d) far more than the current recommendations (0.8 g/kg/d) may be optimal to maximize the daily body protein balance and muscle protein accrual.”

Perhaps encourage your husband to drink ESSENTIAL and creatine on the way to or from the gym. Three to four times a week at the gym may be a better approach (instead of daily as he mentioned he feels worn out and he already has a physical job). But let's bring Arden in for some more insight...

**From Arden...** I am 6 ft. 5. I got stage 4 cancer, and I was down to 125 LBS (when my healthy weight previously was 175 LBS). We must contend for muscle. I have embraced that in my journey of building muscle from 125 LBS to my current 210-215 LBS. If you're a man, and you're fit, protein WILL make your life easier. Focus on streamlining (maybe 3 times a week working out). You must fuel yourself directly after a workout. As a man, I focus on the basics of animal protein- chicken, beef, and eggs.

I have had to be extreme to get myself out of the dangerous low-muscle stage I was in. But gaining back my muscle has made me feel fantastic and according to much research, it gives me a much greater chance of a long life after cancer. In the morning **Pre-Breakfast**, I'll have a cup of oatmeal and a cup of Greek yogurt with honey... and then I'll work out. And now, I'll have 4 eggs on 2 pieces of ancient grains sourdough toast for **Breakfast** (I don't personally use whey right now as I am experimenting with gaining my muscle with whole foods only.) And then, after that, I'll have 6-7 eggs in a blender with a tablespoon of peanut butter, a banana, and raw milk. **Lunch** is generally ground beef (and brown rice). 5 meals a day plus snacks... but that's *bulk-up mode*.

I throw in a salad for good measure... I eat lots of greens as well. Lots of meat for **Dinner** with veggies.

I want to be healthy long term... I want to be able to walk in “*functional fitness*” for the rest of my life. There is a direct correlation between muscle mass and the strength of your mind (your mind degenerates alongside your muscles). I eat about 1 gram of protein per pound of what I want to attain (for a man) ... I am trying to get up to 230 lbs. (I am currently 215 lbs. and I’m trying to get to 230 lbs.).

### ***Another Listener Question...***

#### ***Can you please bring back the Creamy Dreamy Plant Protein?***

**From Serene and Pearl...** Originally, when we first launched our plant protein, people loved it... we loved it... yet we were faced with some new knowledge, and we couldn’t and wouldn’t cover it up. We’ve staked our reputation on sourcing and offering the very best products... and this couldn’t be an exception to the rule.

The TRUTH was that... “All on its lonesome” hemp-heart protein (our old Creamy Dreamy) was INSUFFICIENT for muscle synthesis. Meaning it couldn’t protect and build our lean body mass which is protein’s first job and the reason it is fire for metabolic health. We had thought it was complete... we had thought it would build body mass... we had thought it was muscle building but upon deeper scientific understanding... it became clear that just like most proteins it wasn’t doing all these things. Even though it had all 9 essential amino acids to make it technically complete... it was by no means adequate. The main problem was that it didn’t have enough muscle-triggering leucine. Just because it was in there didn’t mean it was at levels that could do anything. Research showed it could do next to nothing. This is the same problem for other plant proteins on the market, most have even greater gaping holes.

With our new [Optimized Plant Protein \(OPP\)](#) we were able to achieve what we truly believe is the best, most enriching, most muscle-synthesizing plant protein available anywhere in the world. We still love animal proteins but boy if you want an effective plant protein... we jolly well did it! We came out of that grueling process with that KEY to optimizing... perfecting... getting this thing to be its best self. And “viola,” we came out of the lab with our [Optimized Plant Protein \(OPP\)](#).

*Leucine* is the muscle-building boss of the 9 essential amino acids – and in most plant protein powders it is too low and will not build muscles or revive your metabolisms. This is not being said but it needs to be. If you’re a plant protein user... look at its ingredient facts, it doesn’t list leucine as a minimum of 2000 mg or 2 grams but better yet 3000 or 3 grams... it is not doing the job. There’s no way around it.

With **OPP**, we kept the foundation the same (the hemp heart protein) ...BUT we added the necessary amounts of leucine from a plant-based source (specifically a 3-gram bolus of leucine...Why, because that is what research says TRIGGERS muscle synthesis. And we added *glycine* which is also muscle fueling but also an important part of our proprietary liposomal delivery system.

This is **WHY** and the backstory behind why we moved away from Creamy Dreamy on its own and went permanently to the Optimized Plant Protein.

### **Question from Robin... Exercise While Pre-Menopausal**

*I'm currently taking hormone and thyroid meds. I don't want to raise my cortisol levels too high. I've been working out. I've been lifting weights (7-10lbs) plus doing cardio 3-4 days a week... is this too much?"*

**From Serene and Pearl...** If people love to do cardio, then do it! We love to walk. Walking and hiking reduce stress, and it reduces cortisol. We walk and sometimes hike for cardio... But we do it for pleasure. We think (Robin) should perhaps rotate between the two. Cardio one day, lifting another... to avoid aggravating the cortisol and if you start to gain weight. Walking lowers your cortisol... doing some sprints will also be beneficial. Strength training is so powerful for your metabolism. As you gain and build lean body mass. You are building your lean body mass. Cardio alone won't be complete. Be sure to rest on the days in between! Don't overdo steady-state cardio. Walking lowers cortisol... throw some sprints in with it but don't overdo it. We recommend three strength training days with two cortisol-lowering cardio days in between.



### **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 & Suggested Uses**

- Gluten-Free & GMO-Free
- Shakes
- Yogurt
- Puddings

## **TH Optimized Plant Protein Powder**

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

**Coming Soon...** “**Trim Healthy Complete Collagen**” Our collagen with a lot of amazing things added. Stay tuned!

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