



## Trim Healthy Podcast with Serene & Pearl

Episode 363 – Shocking Consequences of Neglecting Your Health in Your 20s

Air Date 1/10/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

### Quotables

- “Dear younger women...DO NOT let protein deprivation happen! You won’t get insulin resistance and you won’t lose your metabolism if you focus on protein.” – Pearl
- “They’ve done studies on women that have more protein in their diet versus less– and the ones that have more protein have more babies across the board.” – Serene
- “We don’t need as much protein pre-menopause, but that’s simply because peri and post are so extreme. But your transition into those later stages will be easier to manage if you focus on protein NOW.” – Pearl
- “Always eat breakfast!!” – Serene

### What Would We Tell Our Younger Selves?

This podcast is for my daughter Meadow (Pearl speaking) ... she wanted to remind me that our podcast is for younger women and not just grandmas! She said, "It's called 'Trim Healthy Mama,' mom, not 'Trim Healthy Grandma.'" Meadow is 28, and it's a good question!

We want to be able to speak to the younger women who have issues that are more unique to their stage... for instance, PCOS. Did you know that 1 in every 10 premenopausal women have PCOS? That, of course, is not the only topic... What would we say to our younger selves if we could...if we could speak to ourselves in our teens and 20s, what would we say??

**Pearl...** Dear (younger) Pearl, some things don't change...**Get your jolly protein and start being nerdy about it at a much younger age...** Please get nerdier about protein than you are... You're going to lose so much muscle mass on that vegan diet. Your muscle-to-fat ratio isn't healthy—even though you're at a healthy weight. You're losing too much strength and you're developing insulin resistance. Even though you'll have a chance to gain it back when you get older, you don't need to go through all those trials!

**Serene...** Dear (younger) Serene, please don't go vegan at 8 years of age. **Learn to nourish yourself...You're hurting yourself by not eating all the food groups.** It's all good that you want to be off sugar, but you need more protein! You're not getting enough healthy animal fats and proteins to nourish your hormones! Your lifestyle choices are leading to a late first period (at

16!) ... that is psycho late. You're stopping your ovaries from turning on at a normal age. You're not nourishing yourself with proper calories and you're going on your anorexic runs. As a young lady—just let go of some of your strictness and rules and kick them to the curb! Relax!

**Pearl and Serene...Keep and maintain your muscles by LIFTING HEAVY.** We wasted so many hours “working out” in ways that weren’t beneficial. We’re telling our younger selves: “Don’t waste your time on the treadmill, and on constant cardio.” And bodyweight workouts will only get you so far. Cardiovascular exercises were emaciating our muscles. We’re not anti-cardio... just make sure you do lift heavy still. Long-distance running for women can be detrimental—and there is so much research to support that. You want to walk?? Walk for hours—it has positive results with your cortisol, it’s anti-aging and fights depression. We could talk all day about the benefits of walking. If you’re not keeping and building muscle, you lose your metabolism!

**Pearl and Serene...** We would talk to our younger selves about how to eat to balance our hormones. **Balancing blood sugar is the foundation of what hormones are... Talking to our younger selves we would hit on sugar consumption (which ultimately includes those devitalized carbs from bread and pasta, etc.).** We aren’t against ancient grains for bread or white potatoes!

To those who are younger, **we *must* talk about Polycystic Ovary Syndrome (PCOS).** Neither of us had PCOS, but women commonly suffer from things such as cysts on their ovaries and their metabolism getting out of whack...sometimes periods skip, and infertility can happen. The inability to lose weight, high insulin, and a compromised thyroid are a few core symptoms and they can affect your hormones. PCOS is NOT always due to what you’re eating, but you must be far wiser about what you’re eating. My daughter Meadow had PCOS (Pearl speaking) and she was able to walk out of the insulin resistance on the Trim Healthy eating plan. It’s not always that easy for all those that walk out of PCOS. To those younger ladies who are suffering from PCOS, get the sugars and devitalized carbs out, get your 25g-30g of protein per meal, and eat tons of veggies... and don’t fear good carbs! Removing healthy carbs negatively impacts your hormones (especially cortisol) your adrenals and your thyroid. Our friend, Dr. Kay Chandler, the Chief Medical Officer for our Trim Healthy Medical division has worked with many women with PCOS...and she has found success when she (1) optimizes their thyroid, and (2) gives them progesterone—and (3) sometimes GLP-1 therapies such as Semaglutide (Ozempic) and Tirzepatide (Mounjaro). And that has been very successful for her patients... they experience healing... and sometimes, just sometimes, you can simply dial in your diet and that does the trick (gentle carbs).

## Trim Healthy Wisdom Excerpt

“To younger women (who are still menstruating) ... you lose close to a pint of blood a month. Blood is largely protein. Your body must manufacture all of this anew once it is lost. Without adequate protein to do this, your body becomes stressed and depleted in other areas. You must have enough blood to survive. Your body will sacrifice other areas of need to build back your blood levels. Plus, you want to catch this muscle nosedive before it happens so that you can burn larger amounts of protein that your body will depend on...and not get into this loss of lean body mass fix that most women end up with when they start their hormonal decline.”

– *Trim Healthy Wisdom Excerpt*



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We've each created our workout series with a primary focus on strength training. All our workouts are designed to help you become a burner! What's a burner? Someone who reverses insulin resistance and burns through food fuel and blood sugar even amid hormone challenges! You will find a workout series that fits your lifestyle. Or pick from our many workout options according to your lifestyle. You can do all our workouts at home or take us to the gym on your phone.

Pearl Here - My sessions are just 25 minutes long and are so simple! All you need are some dumbbells. They're perfect if you're at a beginner or intermediate fitness level. But in no way are they insipid. Your body will transform!

Serene Here - My sessions are 45 minutes long and I use a barbell, but I show mods on how to use other simple things like dumbbells. If you're like me and a total dork about getting your lean body mass back and building some serious tight, high glutes... join me! My workouts are for intermediate or advanced fitness levels, but beginners are welcome if you want to use the mod boxes.

We also have 10-minute workouts - These are called Fit 10 - led by our cousin Cal, a retired marine and expert fitness coach. They're perfect if your life feels too busy for exercise or if you can't fit one of our sister sessions in. They'll get you fully fit in just ten minutes.

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