



Trim Healthy Podcast with Serene & Pearl

Episode 371 ~ Optimizing Workouts ~ Are you Losing Muscle Mass Unknowingly?

Air Date 3/6/24 ~ [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “You get it right when you get your protein right.” –Danny
- “When you take our protein supplements, you’re not necessarily going to *feel* something right away. But you will see the results over time.” –Pearl
- “It’s not just about protein. Slow, gently burning carbohydrates are a big part of the fuel you need – just as much as protein! Becoming a successful CONTENDER requires both protein and carbs.” –Serene

Listener Comment from Jenn

“Over the past two years, I have been working to regain strength after some chronic health conditions in my mid-30s. I started walking every day and then added some small weights and dumbbell exercises. Now I go to the tiny fitness center once a week. I’ve been discouraged because I haven’t been able to increase my weight—especially in my upper body where I need it the most. I was losing any more muscle, but I felt like I was in limbo... when I started using Essential and the OPP, I got 25g of protein (Nerd Level 3) and I am happy to tell you that I was able to increase my weight by 5 lbs. I’m turning 40 next month, and I wanted to say thank you!”
–Jenn

Protein Versus No Protein Supplementation

We cite several studies in our upcoming book regarding protein supplements versus no protein supplements when you’re again – and the science is clear... you make gains when you supplement it with protein. If you don’t, you simply can’t achieve the results that you want (there are exceptions, but as a rule, protein supplements are necessary for real strength increases). You are going to build muscle if you work out if you’re in your 20s. But once you’re in your 30s, protein supplements are a requirement. But, to reiterate, the studies showed zero lean body mass increase for study participants who didn’t take the supplements, and for those who DID, they had lean body mass increase and reduction of fat.

Why is Glycine Added to Our Optimized Proteins?

Originally, our food scientist had encouraged us to add glycine to our proteins. It is an incredible delivery system. We have glycine receptors all along our esophageal lining, and the glycine helps transport the protein right into the cells. It provides incredible absorption. Glycine has many benefits for blood sugar control, incredible mood enhancement, and mental clarity. Glycine is incredible for muscle stimulus and synthesis... it makes the human growth hormone surge, which is necessary for building muscle.

Listener Question from Judy

“Has anyone talked about just plain ol’ hard work instead of exercise? From Spring to Fall, I do a lot of outdoor work. I also walk often. How to gauge whether I’m losing muscle?” ~Judy

This listener lives an amazing, very “longevity” oriented lifestyle... so her lifestyle is going to help with all metabolic markers. Judy will have a generally greater calorie burn than less active people and will retain a certain amount of lean body mass that others do not have (in her upper body if she is hauling wood etc.). But as we age, muscle declines in certain areas that are not built back up with just general “hard work.” What we need, as we get older, is a very popping muscular bum. Why? It looks great, yes, but that’s not the main reason. It is associated with a stronger metabolism, far greater brain health, greater bone mineral density, better insulin sensitivity, and a stronger immune system. This is all because our glute muscle is the largest in our body. As we age though, our bum muscle declines... swiftly once menopause sets in but significantly in the perimenopause years too. It takes specific glute building, and strength movements to bring it back. General “hard work” doesn’t activate the glutes enough.

We encourage Judy to build her glutes! She doesn’t have to strength train three times a week like the rest of us with less active lifestyles but just takes ten minutes, one or two times a week to focus on her glutes and do moves such as weighted squats, and weighted hip thrusts will go a long way to fire up her metabolism even more and give further protection to her hips as she ages. (Hip breaks are a big mortal concern for women and glute training helps to remineralize the hips). Muscle strength preserves bone strength. Judy has a fantastic lifestyle, and we applaud her, she just needs to take a little bit of extra time each week to nurture her lower body’s largest muscle groups. -Serene & Pearl



PRODUCT SPOTLIGHT

Trim Healthy Optimized Plant Protein

- ✓ Targeted to fuel lean body mass.
- ✓ 1 serving bio-equivalent to 48 grams of protein.
- ✓ Precisely balanced amino acid profile.
- ✓ 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

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 **ESSENTIAL** 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

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