



## Trim Healthy Podcast with Serene & Pearl

### Episode 374 ~ Am I Struggling with Weight Because of My Age?

Air Date 3/27/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### Quotables

- “When you do a good workout, you get oxygen to your brain and your gut. And the gut heats up and it encourages healthy bacteria. Exercise increases your microbiome.” – Pearl

“I want my workouts to be an outward expression of what is going on in my Spirit. Because I believe they are symbiotic. They work together.” – Serene

**Listener Question- “I’m 36 years old, and I’ve been working on my fat loss since summer, and I’m finding it much more challenging than in the past. I work out at my local gym 3 times a week with HIIT. I might add some more walking for 30 minutes on an alternate day. I’m eating more XOs too. Am I struggling with weight because of my age? I am looking forward to Trim Healthy Wisdom!!”**

**On HIIT:** HIIT exercise can be included after your mid-30s but only if done wisely. They’ll need to be shorter and have more recovery to them. 2 – 3 hill sprints (all out for 30 – 40 seconds) followed by full recovery is an example of a HIIT routine that can work in your mid to late 30s and beyond. HIIT routines on the rebounder are also kinder to your overall hormone levels.

Why do we not recommend long HIIT sessions (especially after 35)? The reason is they can be cortisol-producing, and this can compromise fat loss. If you’re doing 45 minutes of HIIT, it can hurt you. It will raise your cortisol which puts more fat on your belly and inhibits your rest and digest state. In your late 30’s you’re heading into perimenopause, this is the season where your estrogen levels begin to drop, and your cortisol levels begin to rise. Adding in exhausting HIIT sessions only makes matters worse.

Estrogen naturally fights stress. It is a heavy-duty stress buster. When it decreases in perimenopause and then fully tanks in menopause... that puts cortisol in the forefront. Cortisol has to do all the heavy lifting of our stress whereas before estrogen took a big part of the load. You don’t want to surge out even more cortisol with long, hard HIIT sessions. Protect your adrenals by guarding against cortisol spikes!

**On Walks:** Walking lowers cortisol. It is great to do it on your alternate days from lifting heavy. Since you are lifting heavily, you do not need to make your walks super-fast or too arduous. Just enjoy them.

**On Fat Loss:** Your workouts are causing your metabolic health to increase. If you're not yet at your healthiest fat-to-muscle ratio though, perhaps pull back on those XOs or make them smarter and do some more S and E's. By making an XO smarter... we mean still have more fat than a regular E but don't go all out! We are all unique, some people who lift weights need all XOs but some don't. Perhaps you love sourdough toast. If you're having it dripping with butter as your XO... perhaps change that up. Enjoy your sourdough in different, leaner ways. Get in some more non-starchy veggies and egg whites, and a thin smear of avocado instead of so much butter. It can take a while to get there—where you can have the butter and toast consistently— but if you're still reaching for goal weight, think about substituting. Have the bread and butter as your “now and then.” Think about a delicious substitute for your other meals.

**Listener Question- “*The sisters’ faces are looking lovely and smooth for their mid-40s and 50s. Do the sisters use Botox?*”**

**Pearl and Serene-** Do we use Botox? Not exactly. We use our own special South Korean form of “tox”. Yes, it's legal. We'll be sharing exactly what we use and how we use it in our upcoming book *Trim Healthy Wisdom*. But for now, we'll explain that we do our own very diluted and conservative tox injections at home and we're not necessarily recommending others do it. But at a certain age, we can tend to look frowny, sad, mad... and we don't want to look that way. Those 11s between the eyebrows and overused muscles in the forehead... the furrows take over. We tried taping our foreheads for a time, because of the tension in our foreheads but that didn't give us a good result.

There's been a big DIY world around skin procedures since COVID. During the pandemic, people couldn't go and get the work that they wanted done. So, they started sharing videos from professionals online and from those who had specific successful protocols. And we asked, “Why can't we do that?” So, we started to research and then we started to practice.

A piece of advice... don't ever just start jabbing your face! You'll mess up! Be sure to follow tutorials on how to do it correctly if you're interested. The tox we use is very pure and there are many dermatologists out there now who believe it is healthy and age-preventing for the skin. It lasts for about 4 months and is not expensive. It helps keep the frowning, drooping, and lines at a minimum.

Several studies are showing that relaxing frown and worry lines with Botox can lower anxiety and depression. One study is linked below but we'll share more of the pros and cons and research in our book.

We also do some other procedures such as red-light therapy and cosmetic microneedling on our faces. One of the other main things that have helped our faces tone up is facial fitness exercises. We'll be posting videos of those in the future. The other important thing we have done for our faces is use an Estriol/DHEA cream. We'll have a lot more specifics in our upcoming book ***Trim Healthy Wisdom***.

## **“Superfood Spotlight” ~ Blueberries!!!**

Try salmon with blueberries and goat cheese on a salad! Blueberries twice a day are a great choice (first on your oatmeal or quinoa or as a side to your eggs, and then another time during the day – perhaps in a kefir bowl in the afternoon or on your salad in the evening).

- The deep blue/purple hue of the blueberry is due to anthocyanins which are powerful antioxidants highly abundant in blueberries that fight disease
- They are rich in Vitamin K, excellent for the heart and entire cardiovascular system
- Blueberries are excellent for the microbiome... they are a great food for healthy gut bugs to thrive on
- They are preventative and healing for type 2 diabetes
- They lower inflammation
- They are incredible for the brain, they lower dementia and Alzheimer's risk (many studies conclude this)

**Complimentary Recipe:** [Goats In the Berry Patch Salad!](#)

## **Digging Deeper**

**Study:** [Botox Injections May Reduce Anxiety](#)



# PRODUCT SPOTLIGHT

## [YouTube Membership Program](#) [TH Fitness Sessions & More](#)

TH Fitness has a home! Join our new YouTube Membership and embark on a transformative journey to a healthier, fitter you. Priced at just \$14.99 a month, this membership unlocks weekly videos. Some of these will be wellness tips, mouth-watering recipes, and live sessions with us... your crazy sisters. But the focus is our new series of workouts. We've discovered exciting new exercise knowledge, and we don't want to leave you behind. So, come build back your lean body mass with us, ignite your metabolism, and burn fat. Get on over here and have a blast working out with us!

We've each created our workout series with a primary focus on strength training. There are fun rebounding workouts there too and soon to be a walking series. 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 talking about Push 25 sessions - My strength 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 talking about Strong 45 sessions - 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.

This new YouTube subscription is your passport to a vibrant community and a personalized approach to smarter, more effective fitness. Invest in yourself, make each week count, and let's cultivate a smarter, healthier, happier lifestyle together!

### [TH Optimized Plant Protein](#)

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 bioequivalent 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!

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