



Trim Healthy Podcast with Serene & Pearl
Episode 373 – Debunked: Does a Plant-Based Lifestyle Battle
Cancer?

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Quotables

- “We read many books and studies about how terrible meat is—and we paid the price for those studies, and our bodies became undone because we gave heed to them.” –Pearl
- “I’m stronger and healthier and more vibrant now in my late 40s than I was in my early 20s and the main thing I changed is eating the healthiest forms of meat and dairy!” –Serene
- “We were so wonky during our vegan stage; we even thought our poop was superior to that of others because it wasn’t defiled by animal foods.” –Serene
- “When my father-in-law died, he was just skin and bones. He was juicing and following the raw food vegan protocols. But he didn’t have the brick-and-mortar in his system to fight. Healthy, clean animal protein could have provided that to him.” –Serene

Question from Joyce: “I am a breast cancer survivor, so I also follow ChrisBeatCancer and his plan is radical. He has different thoughts about veganism and vegetarianism... I would think it’d be difficult to follow, but if I was fighting for my life, I’d seriously consider jumping into his plan. But I want a balance.”

First, we want to state that we celebrate whoever is out there dedicating their lives to helping people! So, our first assessment is that Chris is getting people off the Standard American Diet and adding in a lot of plant-based super foods. This is helping them detoxify their diets by removing chemicals and a lot of other negative things! Just the removal of the JUNK gives some instant results, which does lead people to conclude that the plant-based aspect of the DIET is working, whereas many times it’s just the removal of some terrible things that causes some

positive quick results. Much love to Chris for all that he's doing! But we do have some different perspectives because we spent many years in the plant-based lifestyle.

We were both staunch vegans for over a decade. We have been through some experiences that have led us to a different opinion (than what Chris has), but we don't have less respect for those who disagree! It's healthy to have discussions with those who don't agree with us on everything. It can be dangerous to keep ourselves away from different perspectives.

Chris wrote an article called [“The Animal Protein Cancer Connection.”](#) If you read this article, you may very well conclude: “I'm never touching meat again!” And we used to have a full bookshelf full of “MEAT IS GOING TO KILL YOU” type books. A high-level summary of Chris' article is that meat, supposedly, causes cancer beyond a shadow of a doubt. Now, just for clarity, we have a lot of experience in this area. We attended many vegan and anti-cancer groups and conferences over the years. We are familiar with the studies. We know the arguments. We know that some people beat cancer through this approach, but many of the people that we saw at all those conferences have passed away. Plant-based approaches do incorporate a lot of excellent, HEALING FOODS. But they're also missing out on many healing foods!

Many studies demonstrate that those with more muscle are most likely to survive cancer and live the longest lives. This article on [Body Composition & Cancer Survival](#) is an interesting analysis of the research. How do we get the most muscle? Through the most bio-available proteins— animal proteins. We're talking about clean, pasture-raised sources of meat (not junk from Fast Food joints). And if we were fighting anything (such as cancer), we would make doubly sure that we were only eating organic meats.

A Broader Perspective

[Here's a newer study from 2023](#) that indicates that there is a compound called TVA in red meat that fights tumors. TVA is found in cows, sheep, dairy, cheese, and yogurt.

So, there are studies for meat and against meat when it comes to fighting diseases. We came to a crossroads. Who were we going to believe?

And that's when we had our breakthrough. It was through an understanding that God gave us all the food groups (Deuteronomy 32). And on top of that, you can see that people ate all the food groups throughout history (meats, grains, greens, etc.). In their traditional and pure forms, these things are a gift from God. They were eaten by the people throughout the Bible, Jesus ate them when he was on the earth, and so the conclusion is that our sicknesses are NOT from them. They're from something different. We can't look at the things that have been used for thousands of years and sustained civilization as a part of the problem (bread and meat are great examples of this). The real question is ... what kind of unhealthy, modern processes and ingredients are being added to these things? Why would we demonize WINE (in moderation), for instance? These things have been around for thousands of years.

We can just look at our bodies as examples. I'm (Serene) stronger, healthier, and more vibrant now in my late 40s than I was in my early 20s and the main thing I changed is healthy forms of meat and dairy! Helpful forms of meat, in moderate portion sizes (4-6oz), are fantastic and needed. But that's not to say it should be the only major thing you're eating in your diet. We

want to stay away from demonizing foods and approach all these things with moderation and celebration of food diversity.

The thing about eating meat is that the microbiome needs plants to help us digest them safely. A diet too focused on meat can be problematic. A diet without meat can also be... meat needs plants and plants need meat.

A [Meta-Analysis published in 2018](#) states this about red meat regarding cancer:

Red meat is a nutrient-dense food providing important amounts of protein, essential amino acids, vitamins, and minerals that are the most common nutrient shortages in the world, including vitamin A, iron, and zinc. Despite claims by the World Health Organization (WHO) that eating processed meat causes colon cancer and red meat probably causes cancer, the observational data used to support the claims are weak, confounded by multiple unmeasured factors, and not supported by other types of research needed for such a conclusion. Although intervention studies are designed to test the validity of associations found in observational studies, two interventions of low-fat, low-meat diets in volunteers that failed to find a benefit on cancer were not considered in the WHO decision. The association of red meat consumption with colon cancer is likely explained either by an inability of epidemiology to detect such a small risk or by combinations of other factors such as greater overweight, less exercise, lower vegetable or dietary fiber intake, and perhaps other habits that differentiate those who eat the most meat from those who eat the least.

On Chemo

In certain cases (Serene – as in the case of my son Arden) Chemotherapy can break the back of cancer. It can be part of the natural healing process. It's both a poison and a healer. Yes, people have also died from chemo, so it is part of a solution for some and not for others. There should be some preliminary things that you take care of if chemo is the route that you choose (such as a healthy diet and keeping your outlook in a positive state).

A Note on Spiritual Healing

It's a Biblical reality that our spiritual state does affect our physical state. Bitterness dries up the bones. Laughter is the best medicine. If we're only relying on our strength to heal us, then we're all going to get into the grave. We believe the Cross of Jesus has the final word. All healing ultimately comes from the Healer. We have example after example of God healing people through His supernatural power.

Conclusion

Don't throw the baby out with the bathwater when it comes to food trends. Take the time to research and get a good handle on the issues. We go back to the roots of our plan because we believe it stands the test of time for cancer and other health challenges.

Digging Deeper

- ❖ Meta-Analysis: [What is the role of meat in a healthy diet?](#)
- ❖ Study: [Red meat compound fights tumors](#)



[TH Optimized Whey Protein](#)

Now WHEY better! Trim Healthy Optimized Whey has taken the tried-and-true benefits of our traditional pure crossflow micro-filtered (CFM) whey... the least denatured of all whey isolates, and amped up the goodness. All the blood sugar lowering, excess hunger suppressing, muscle building, belly fat shredding, and immune-enhancing merits of whey are now provided with extra “oomph” to make your body more of a burner!

With our science-based liposomal delivery system, whey’s remarkable biologically active peptides are now ushered into your muscle cells even faster. This allows for even better nutrient absorption and faster recovery of muscle tissue. Using the same serving size as our original whey isolate (just 4 Tbs) we have now achieved a 3-gram bolus of muscle synthesis triggering leucine. This is not attainable with regular whey at this serving size, but our goal was 3 grams of leucine because that is the amount research shows to be the most effective for rebuilding lean body mass. Your serving of Optimized Whey is now more anabolic with fewer calories. This makes it even leaner and meaner!

Optimized Whey now contains the bioequivalence of 48 grams of protein. This means more effective protein support for your workouts and less muscle and tissue breakdown during times of stress. (Stress is a huge muscle killer!) It has more power to help sensitize your muscle cells to insulin, so rather than saying “no” to insulin, which happens more and more as you age, your muscles say, “Yes, please!” This results in overall lower blood sugar and less risk for pre- and type 2 diabetes. The addition of specific synergistic amino acids in Optimized Whey imparts higher immune activity with enhanced glutathione production. It is designed for better mind and body energy and enhanced mood support.

Our whey has always been lactose-free, but despite that, some folks find whey to be a little rumby in their tummy. Whey protein shreds belly fat, but it can sometimes cause a bit of stomach bloat. Optimized Whey is designed to calm a distressed gut. The addition of a science-based bolus of the amino acid glycine helps whey go down easier and aids in soothing any gastrointestinal issues.

With all these benefits, Optimized Whey is a no-brainer, but we are also proud to say it is creamier and yummier than ever! So much more than a supplement, Optimized Whey is a “super supplement” that tastes amazingly more like a treat!

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 Pristine Whey Protein Powder Unflavored

✓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 & Smoothies
- Yogurt
- Pudding

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 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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