



Trim Healthy Podcast with Serene & Pearl

Bonus Series #9 ~ Five Tips for “The Age of Ozempic”

Air Date 4/9/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Pearl and Serene- Today we’re giving you our 5 best tips to bring some balance and wisdom on this controversial topic of weight loss through the new peptide therapies that are storming our culture.

There’s no question about it: *We are in the middle of a revolution...* It’s being called “The Age of Ozempic.” We’d be surprised if you haven’t heard about these GLP-1 therapies. The brand names may ring a bell for you. For semaglutide it’s *Ozempic* and *Wegovy* and for tirzepatide, it’s *Mounjaro*

We aren’t going to go into all of the science behind semaglutide during this video. To hear more on that, you can check out [an insightful interview with Dr. Kay Chandler, the Surgeon General of the State of Arkansas](#).

But being that we are all about the intersection of cutting-edge science and ancient wisdom – the question is: How can we balance the two? Because there are ways that it can be done wrong! Some huge breakthroughs are happening.

A little background on our journey – we first became interested in these therapies back in 2020. They were pretty much unknown at that point for weight loss (they’d been around for over a decade for blood sugar) but they were being mentioned in some biohacking/longevity communities we were involved with. The following year we attended a peptide, hormone, and longevity convention with practitioners from all over the country. The spotlight beamed directly on these medications, known as GLP-1 agonists, and their positive impact on metabolic disorders.

- **Serene...** At that conference, I realized the huge impact these therapies could have and became personally involved by getting Sam (my husband) treated with one of them. Sam’s family has some genetic metabolic issues that are very challenging. Sam was one of those... no matter what he did... his body kept

slowly gaining weight. Serene had him eating close to perfectly on plan and at best he could lose a few pounds but then it would creep back up. His body was inflamed, his insulin was high, his A1 C was creeping up, and his CRP-1 number was elevated. Sam's journey was amazing. His bloodwork turned around. He lost the weight... Honestly, he tells me he feels like a new man. Of course, he kept his diet and exercise dialed in but this time it worked.

Today – No matter which way you turn, there is a flood of information out there and so we are adding our perspective from experience and years of study.

What's Being Said?

Let's briefly just look at the most recent "hot button" things that are being published and discussed regarding semaglutide (or its brand name, "Ozempic").

- **VOX discusses:** ["Obesity in the Age of Ozempic"](#)
- **In NPR:** ["Ozempic is making me rethink how to be a body-positive doctor."](#)
- **How about this Vogue article:** ["Will The Age Of Ozempic Bring About A New, Even Darker Side To Diet Culture?"](#)
- **Or this scary-sounding piece from CNN:** [Ozempic isn't just a 'wonder drug.' It can also be a warning sign](#)
- **Or how about this bizarre title from the magazine "The Atlantic":** ["In the Age of Ozempic, What's the Point of Working Out?"](#)

Great question! If you can lose weight with a shot, what IS the point of working out?? We are going to answer this very important question, among others, in this video. The question is... are people just cheating the system to their detriment? Or can we dig deeper to find the reality of what is taking place?

Here's a quote from a different perspective in the "Real Clear Science" article response to that prior article just mentioned:

[Ozempic, The Atlantic, and the Dangers of Anti-Exercise Rhetoric](#)

- **Listen to what this article is saying: “Ozempic, a once-weekly injectable medication, results in the shedding of lean muscle mass as well as bone density deterioration.”**

Okay, so that is some of the noise out there, but, again, what does ancient wisdom say about this cutting-edge science? Is it possible to believe wholeheartedly in a lifestyle approach to healing and wholeness and extend an olive branch to these cutting-edge therapies that seem opposing on the surface? Because we certainly aren't saying there are *no potential pitfalls* for these therapies. Embracing the age-old truths of *moving well* and *eating well* can't be ignored (or take a back seat!). We can't toss those out just because science has given us something new. Here's the truth... ancient wisdom cannot be replaced... but it can be built upon. (Thyroid and sex hormone issues should still be addressed as well – GLP-1 therapies are NOT the answer for everything).

But, In Defense of GLP-1 therapies... after working with hundreds of thousands of women (and some men) over the last decade we have come to some conclusions... Many do NOT need these medications, but we have worked with people who have metabolic disorders to such an extent that their bodies are screaming for life. It is beyond challenging for them to find their healthiest weight and blood sugar levels even with every lifestyle box ticked well. No matter how dialed in a diet is, or how committed someone is to exercise, inflammatory fat layers barely budge. Blood markers remain high... In many of these tough cases, we've seen these therapies that perfectly mimic the natural functions of the body be absolute *game changers*.

Women (and men) who have given a healthy lifestyle their best shot for years and feel disappointment and frustration that their efforts do not work like they do for others, finally experience breakthroughs. Then together with a wise diet suitable strength training, and sometimes thyroid and sex hormone replacement, these peptide therapies fit like the missing piece to a health puzzle.

Those who previously felt very little hope finally find their turnaround. Now time for our tips for those who do opt to use these peptide therapies.

Our 5 Tips To Thrive

First a Disclaimer: *These medications are not for everyone. But if your practitioner feels you could benefit from them and you are prescribed one of them, consider the following advice.*

1. “Low and Slow”

- Best results are not the fastest results.
- Start at the lowest dosage prescribed and talk to your medical practitioner about staying there for as long as you can.
- Try to ignore the temptation to “keep up with the Joneses” so to speak.
- Others who are on higher doses and losing more than one pound per week may gush about their success.
- You don’t want that because it only looks like success however, it is not...
- This is NOT fat loss, but rapid weight loss... and much of it is precious muscle tissue that weighs more than fat. This leaves the body lighter but compositionally “fatter” which ultimately sabotages the metabolism... and all that weight could return plus MORE.
- Instead, let your body shed fat safely and slowly while keeping its muscle.
- Preserving or even trying to grow muscle mass while on GLP-1 therapies will create a burning body that will ignite true, *sustainable* fat loss... and promote metabolic changes where you may no longer need the therapy!
- This will *not* look like multiple pounds lost every single week.
- Consider discussing with your practitioner staying on the lowest dose for at least 90 days on the lowest dose with blood work taken at the end of that time to see if positive shifts in metabolic markers are happening.

2. DON'T Skip Meals

- Your appetite may go down somewhat.
- You don't have to eat huge meals but don't skip them just because you don't feel your regular amount of hunger.
- Skipping meals causes a state of LEA (low energy available).
- It also lowers leptin and thyroid hormones.
- Include protein in every meal and choose from healthy carbs or healthy fats to focus on or smaller amounts of each in the meal.
- Using Sema or Tirzy to intermittent fast is the wrong approach and it will harm your metabolism in the end.

3. Include Four Protein Fuelings a Day

- You must avoid losing more muscle mass (while you lose fat!)
- Adequate protein is crucial to ensuring this muscle wasting doesn't happen.
- Adequate is a minimum of 25 grams per meal.
- Consider, also, the leucine content of your protein. With insufficient leucine (one of the 9 essential amino acids) you cannot protect or build your lean body mass.
- Essential Amino Acid supplements and other "complete proteins" that contain a 3-gram leucine bolus per serving will protect against muscle wasting.
- When you can't think of eating much, just taking a drink of Aminos will make certain you get all your protein needs filled. If you can't purchase ours or don't want to, find another with similar nutritional stats.

4. DON'T Use the Meds to Eat Whatever

- Healthy eating is the key to these medications work best
- Abstain from fried or sugar-filled foods. These lead to worse gastrointestinal and other side effects for many.
- Just because Sema and Tirzy tend to lower appetite, please don't fall into the trap of thinking you can now just eat small amounts of devitalized foods and be fine.
- Yes, you still might lose weight this way, but it is not a healthy approach.

5. Strength Train 3 Times a Week

- Weight training, along with your four protein fuelings a day will be imperative to protect your lean body mass.
- Use heavy weights (however not too heavy that you injure yourself) and target your glutes and lower body for two of the days and upper body for the other day.
- Walking is encouraged for two more days per week if you can find the time but the most important exercise session while on these medications is your weighted ones.

Conclusion

Much of what we cover in these five tips is about embracing a healthy sustainable lifestyle. We don't have to be those who REJECT the new, cutting-edge science out of the gate. But let's scrutinize and consider how things fit into a broader health paradigm. Embracing Ancient Wisdom and cutting-edge science together is and will be beneficial as we move through the revolutions that are taking place in the medical space.



PRODUCT SPOTLIGHT

KIAORA

Kiaora, is a pioneering hormone therapy platform focused on holistic healing for women. Our mission is to normalize hormone therapy, addressing the challenges women face throughout life's seasons. Partnering with leading doctors, we've developed innovative thyroid and sex hormone therapies to transform women's health. Meanwhile, we're offering incretin hormone therapy for weight management. Trim Healthy's commitment to blending ancient wisdom with modern science continues, ensuring tailored solutions for evolving hormonal needs. Discover how our innovative approach can support your health and wellness goals like never before.

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