



## Trim Healthy Podcast with Serene & Pearl

### Episode 375 ~ Become a Master of Your Healthy Journey with These Tools

Air Date 4/3/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### Quotables

- “There are people that need hormone replacement. Some men and women deeply need sex hormones and thyroid hormone replacement for a healthy life. And some people need GLP-1 replacement (incretin hormone replacement).” – Serene
- “We want to MASTER the art of aging fantastically.” – Pearl
- “When we’re young, we have the gift of anabolic health. When we’re older, we get the wisdom of artistry.” – Serene

#### Danny Asks- What is [KIAORA](#)?

**Serene and Pearl Answer-** Kiaora is a traditional greeting in New Zealand, and it means “life to you.” It is the name of our hormone replacement and peptide therapy program. So, we are shooting to release sex and thyroid hormones later this year.

We launched, though, with GLP-1 and GIP incretin hormones, and they are for people who are deficient in incretin hormones (and that means you are fat loss and insulin RESISTANT). In other words, the diet and exercise measures that work for others don’t work for you. The peptides (which are small hormones) themselves are fat-loss targeting, and they are helpful for those who have tried everything else.

We are approaching things differently than the big brand names Ozempic and Wegovy. The titration for ours is different. It’s what we call “low and slow,” because the side effects have been intense for those who take it too aggressively. Our doctors believe incretin hormone replacement is helpful, but that it should be done differently– it should be done more *conservatively and safely*.

When we first heard about these peptide therapies, we were at an anti-aging conference called the World Peptide Congress—with alternative approaches from biohackers and doctors. Peptides are the future of medicine because they’re natural.

At this conference, we learned about GLP-1 mimetics (because they mimic the hormones that we naturally make). We were learning about all of this for anti-Alzheimer's, and anti-cancer. This was before it became trendy for weight loss because people realized that it helps folks lose weight. After all, it makes you insulin-sensitive again and reverses insulin resistance.

But just like anything effective and new, it became sort of like the Wild West where people have been going on these peptides without proper restraint and moderation. We see the benefit, but also the danger if they're approached incorrectly. Even though people have accused us of abandoning a holistic approach, we just want to provide a safe way for people to approach this peptide therapy.

We have heard from people who are so stuck and broken and desperate. It is such a cry, and we have decided to not leave these people behind. These GLP-1 mimetics are a game-changer for many of these people (Serene – including my husband Sam)! Some of these people have constant negative food noise, and it can help with that. Some have certain genetic SNP's that do not allow for proper satiety (they're known as obesity genes). Their insulin doesn't work as well, it rises but doesn't back down again and they don't have adequate incretin receptors. Offering these GLP-1 and GIP peptides is one of the things Kiaora brings to the table.

For the women (or men) who are interested in this program, we are recommending they have their protein down and an exercise program in place. Because otherwise, it can cause weight loss of muscle mass. You **MUST** have a strength training regimen. GLP-1 isn't sustainable if you don't have healthy muscle increase and training (we recommend 3-4 times a week). Metabolic brokenness is healing to walk out over time using all the tools out there.

## **Health Artistry**

Pearl shares... Becoming an artist is a work of art on the inside and an artist gains knowledge and skills in every season. A work of art does not just happen on its own, but what does happen on its own is decline. While becoming an artist you will learn about commitment and dedication, about digging in when you do not want to dig in, you will begin contending and become passionate about becoming an artist! When artists work on their masterpieces it can be tough, a masterpiece takes time...healthy frustration is part of that artistry. You will practice and you will become skillful on your health artistry journey.

Serene shared a wonderful quote... "Youth is a gift, but age is a work of art!" Aging fantastically IS a work of art! You can still become an artist as you begin to become well-seasoned in wisdom, remember it is never too late. When we are older, we are not left to rot, we gain the wisdom of artistry! Say, "I am an artist!" It is a fun hobby, artists have tools, and we need to use different tools for different seasons! An artist has patience and is willing to do the same thing repeatedly.

## Artistry Later in Life

Some people get to start their lives with the gift of health. But for some it's not until they're older that they get to embrace excellent health and physical fitness – we're calling this approach "health artistry." If you are in that season where it is "not" a gift anymore and things are not happening by themselves anymore... join us! It's never too late to start, it is never too late to become an artist!

## Train with Joan

Follow Joan on Instagram; the link is below. Joan didn't start until her 60s or 70s. And now she is in incredible shape. You can also read her book. She was in very bad shape. She had a post-menopausal belly. She had no muscle tone and was significantly overweight. But then she started strength training and fueling with protein and other healthy foods, and she is now in AMAZING shape. Joan is graceful and well-seasoned in wisdom as well as in artistry!

If you're in that season we are encouraging, you to join us and get into the best health of your life!

## Digging Deeper *Train with Joan*

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## [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. Click the link to learn more.

[www.joinkiaora.com](http://www.joinkiaora.com)

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