

Trim Healthy
W I S D O M

PYY Booster (FP)

(P-The PYY Booster is the simplest of the Wisdom Helpers mentioned!! It is an incretin hormone natural releaser combination of ingredients and what we call a “Wisdom Helper” that will help to tame any “food noise” that you may be experiencing. I like the texture and taste of this strange little concoction, especially when using the optimized strawberry-flavored whey. I start spooning it into my mouth just before starting my meal and finish it along with the rest of my meal. When I use these natural releasers, I experience a far greater sense of calm. I no longer need to tune food noise out as it recedes into the background. You’ll have to find out which of the Wisdom Helpers works best for you or which combination. I use all four, not at the same time, of course, and not every day, but depending on my needs or desires. Some days, I struggle more with food noise, and they come in so handy; other days, I don’t need any of these helpers.

INGREDIENTS:

- ½- ¾ cup *Home Fermented Kefir* (lean)
- 1 Tbs [TH Whole Husk Psyllium Husks](#)
- 1 Tbs [TH Optimized Whey Protein Powder](#) (any flavor)
- 1 Tbs [TH Optimized Plant Protein Powder](#) (optional; only use if you’re using this as part of your protein quota for your meal)

INSTRUCTIONS:

1. Mix all ingredients well until combined.

NOTE:

Drink plenty of water when using recipes that include whole husk psyllium husks. To read even more about the *PYY Booster*, see page 325 of Trim Healthy Wisdom.

