



GLP-1 Resource

Our Stance On GLP-1 Peptide Therapies

We wanted to take a moment to lovingly clarify something. There's been some confusion — and a bit of misinformation — about who we are and where we stand, especially around the topic of GLP-1s.

Recently, in our Facebook group, a Mama who had been out of the THM loop for a while asked an honest question. THM still made sense to her, but she'd heard some things that left her confused. She wanted to know if GLP-1s were now "the THM thing," and what our true stance actually is. She'd even heard that Pearl was using one... wait, what?

Her questions weren't judgmental. They were thoughtful and fair — and many others share them. She asked:

1. Why aren't GLP-1s considered a quick fix?
2. Do the benefits truly outweigh the risks — and if so, why are these different from other "quick fixes"?
3. If the THM lifestyle is still so healing, why would GLP-1s ever be added?
4. Is THM still rooted in healing through food, or has the philosophy expanded?

Those are good questions. Important ones. And while we promised ourselves that we'd write shorter books — and we did — this conversation deserves some space. So, forgive us if we take a few paragraphs to answer carefully.

First, we want to be crystal clear about our stance on GLP-1s — the good, the bad, and the misunderstood. We've talked about this on our podcast, in posts, and even devoted two chapters in *Trim Healthy Wisdom* to the topic, but we know not everyone sees everything we share. So here it is in one place.

(Pearl here — taking the mic for a moment. First, the "Pearl uses a GLP-1" rumor... I've never used one for weight loss. I understand why some people do, especially with stubborn blood sugar issues, but that was not my reason.

I trialed a very small, micro-dose last year because of emerging research around inflammation — particularly brain inflammation. Our grandmother died from Alzheimer's, and there is some compelling research around neuroprotective effects. When micro-dosing became available and BMI was no longer a requirement, I explored it briefly out of curiosity and research-nerd interest.

I'm no longer using it. Even at a low dose, it caused unwanted weight loss, and I'm already at a healthy weight. I don't desire "skinny." Serene has never used GLP-1s. Her husband has, since 2021, with excellent blood work and physical outcomes due to genetic blood sugar challenges that became harder with age.)

Our Actual Stance

THM has not turned into a GLP-1 program. Not even close. THM is, and will always be, a lifestyle approach to long-term health. Food and movement remain the foundation. That has not changed.

We do believe, however, that there are times when certain hormonal prescriptions can be helpful for some people. And that word matters — *some*. Many women will never need GLP-1s. Others may benefit from them as one tool within an already wise lifestyle.

Some voices call all GLP-1 use a "quick fix." We can't fully agree with that — not when they're used wisely, conservatively, and never in place of diet and lifestyle. We refuse to leave women abandoned who are truly doing all the right things and still struggling.

So, yes, eating well and moving our bodies always come first. But some women have genetic challenges (hello PCOS), long dieting histories that damaged incretin signaling, or environmental and metabolic factors that food alone cannot fully repair. These women often try harder than most — and still struggle. For them, supporting incretin hormones can sometimes help restore what their bodies once made more easily.

What Are Incretin Hormones?

In the swirl of sensationalism, something important got lost. GLP-1s are prescription medications, yes — but they aren't foreign substances. They engage the same receptors as the incretin hormones your own gut releases after meals — like a lock and key designed for the same door.

We have names for seasons of hormone decline — perimenopause, menopause, even “thyroid pause.” If incretin decline had a name, this conversation might feel very different.

Some hormones, once gone, cannot be restored by lifestyle alone (think estrogen after the ovaries shut down). Others can be influenced — but only to a point. Genetics and dieting history matter. Some women simply cannot regain full incretin function through food alone. That’s not our opinion. That’s physiology.

Can’t We Heal Through Food Alone?

Food *should* be our first medicine. That belief is the backbone of everything we teach. But food cannot fix everything. Many women can stimulate their own incretin hormones through protein, fiber, fermented foods, and movement. That works beautifully for most. But certain women do all of that — and still struggle. For them, additional support can matter.

Just as diet cannot restore our sex hormones after menopause, it cannot always restore incretin hormones for every woman. For some, supporting low incretin function can be part of their breakthrough — alongside wise eating, strength training, and patience.

Are GLP-1s a Quick Fix?

They *can* be misused — and early on, many were. When GLP-1s became sensationalized as “weight loss drugs,” dosing was often too high and too fast. That led to muscle loss, sagging skin, and digestive issues — the same things we see with any rapid weight-loss approach. But that was a wisdom issue, not a hormone issue. Other prescription hormone medications can be overdosed as well. Too high testosterone, estrogen, or thyroid all have their own side effects. Wise dosing is key for all hormone systems.

Used thoughtfully — often in very small or micro-doses — GLP-1s do not replace protein, plants, or strength training. They simply allow those things to finally work for women whose systems were stuck.

And to the last question — whether there are benefits beyond what they’re known for, yes, research is now showing benefits beyond weight and blood sugar — including lower inflammation, liver fat reduction, pain improvement, and even reduced cancer risk, likely due to decreased systemic inflammation.

Our Heart

This email is not here to promote GLP-1s. It is not to tell anyone to use them or not to use them. It's here to clarify our heart.

We believe in food. We believe in movement. We believe in muscle, metabolism, and patience. But we also believe that shame has no place in wise, individualized health decisions made with a knowledgeable practitioner.

Some women will never use hormonal support. Some will use one kind. Some may use several. None of those choices defines our faith, discipline, or worth. We each have our own path forward.

THM remains what it has always been — a grace-filled lifestyle rooted in wisdom, not extremes. We are here to bring sanity back to the nutrition space and by doing so... bring greater health to every home. Our hope is simply that every woman feels seen, supported, and free to pursue health without condemnation.

*love,
Anna & Paul*

Additional Resources and Information:

Key Podcasts On GLP-1

Bonus Series 9: Top 5 Tips for "The Age of Ozempic"

- <https://www.podbean.com/ew/dir-4d7x7-1e219c2f>

Episode 354- Peptide Therapies. A Deep Dive with Special Guest Dr. Kay Chandler

is a key episode that is a must-listen for all who want to get more information about GLP1 Therapy.

- https://www.youtube.com/watch?v=gARwf_A8Njs
- <https://www.podbean.com/ew/dir-1stm3-1bc301ea>

Episode 456- Microdosing... The Secret to Feeling Like Yourself Again with Special Guest Stephen LeMarr, CEO of Kiaora

- <https://www.youtube.com/watch?v=5pUu1kiaSlw>

- <https://podcasts.apple.com/us/podcast/ep-456-microdosing-the-secret-to-feeling-like/id1688456542?i=1000732737625>

Link to the Kiaora- GLP-1 Program

So much amazing info found here!! Keep scrolling down this page, and you will find FAQs, a video from Pearl and Serene, and some amazing testimonies, too!! It is here that you may take the assessment when you are ready to start GLP-1 incretin therapy. This is a must-read page!!

- <https://www.kiaora.com/glp-1>

Trim Healthy Jam-Packed Possibility Menu- The Jam-Packed Possibilities Menu is for smaller appetites (specifically for those using GLP-1 therapy).

- <https://www.trimhealthymedia.com/wp-content/uploads/sites/2/2024/01/22114918/Jam-Packed-Possibilities-Menu.pdf>

Trim Healthy Wisdom- Book References

- Chapter 17 of Trim Healthy Wisdom- Wisdom is Peace with Food: Part 1- Incretin Hormone Therapy
- Chapter 18 of Trim Healthy Wisdom- Wisdom is Peace with Food: Part 2- Natural Releasers.

Wisdom Helpers from The Wisdom Recipe Collection to Help with Natural GLP1 Release

- <https://store.trimhealthymama.com/wisdom-helpers/>

Facebook LIVE with Pearl & Serene~ Your Concerns and Questions about Incretin Hormone Therapy (GLP -1) Addressed.

- <https://youtu.be/g8Hw0QCJeAQ>