



Trim Healthy Podcast with Serene and Pearl

Episode #321 – It's All About The Booty

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*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny

S This is the PODdy with Serene.

P And Pearl.

S Get it right, P-O-D-D-Y.

D We're rolling on the Trim Healthy Podcast. What's up, PODdy people of the world? Yo, yo.

00:00:27

S I'm so glad you are dressed like a cray-cray today.

D Hey, what do you mean?

S No, that is a beautiful outfit for somebody of that ethnicity.

D What ethnicity?

S But on you, you know.

P It's because he can make himself of any ethnicity that he does it.

S But the problem is, I'm so glad you did come like that, because it will take the camera off of my bad hair day.

D Oh, hey, you're having a good hair day.

S No, it's bad. But anyway, let's continue.

D But this is me. This is my new religion.

S No it's not.

00:00:59

P Okay, so.

D No, listen, listen.

S No.

D I found Jesus.

P Yes.

D And it turns out he's 50% Spanish.

P Okay but, oh, were you thinking that was a Spanish outfit?

D It's just...

P I was thinking it's...

S It's Indi

P Bollywood. Bollywood. That you were...

S Inquisitor, whatever that word is.

P That's what you were doing?

00:01:19

D What?

S No that is so like, I want some curry. That's what it is.

D This is very Christian.

P I guess so.

S No, I don't see any Chosen movie.

P It depends on how you look at it. But for all the people, I'm sorry.

D You don't see Chosen when you look at this?

S No.

P Yes.

D What if I do a bad Russian accent, then will you see Chosen? Because that's about what they're doing.

S No, that's it.

P Okay, but I do have to say something. For the people who are listening, and most of them are listening not viewing. We have still most people listening rather than viewing, even though we're getting more viewers every week. I'm sorry, you guys, because we're taking so much time for Danny's outfit.

00:01:52

S Yes, I'm sorry too. Let's get on with meat.

D Well, I've got meat for you.

P Okay.

D Hey, I brought some meat, actually.

P Okay, what?

D So I brought a product I wanted you to review. When I see it on the shelf, I sort of just grab it and I glance over the ingredients just fast enough to be like, I'm satisfied. Yes, I don't understand a couple of these things. But I wanted to get the pro-opinion.

P Okay.

D Yes.

P We'll do that and then I've got some meat.

D Well, yes, this is meat.

00:02:18

P Okay, bring your meat.

D Okay.

P Okay.

S That isn't meat.

P Protein chips.

D It's actually meat. Look. Made with chicken breast, egg whites, and bone broth.

P Okay. Okay, so they're chips made with chicken breast. They do pizza crusts like that. It's called WILDE.

D WILDE.

P I guess, they're like, can I have a look?

D Yes, and what got me is it says 10g of protein.

S Okay.

P Okay, yes.

S Are we going to open it up and have a chew?

D I think we should have a taste.

00:02:42

P That's right. Okay, so but let's have a look at the ingredients, Serene, because you're a purist, you might not eat them.

D Are you guys unable to open that bag?

P Where do you find them?

D Why's all the new, at Kroger.

S How come I can lift barbells and I can't open this pack?

D No, it's like the cheap, bad-for-you chips are easy to open. And the healthy stuff...

P Yes.

D Why is it that you need a chainsaw?

P Do you know why? Because they're nitrogen packaged so well because they don't have all the preservatives.

S Why don't you try that?

P Oh, there's no way.

00:03:02

S No, no, try the way I was doing it.

P Okay.

D There's probably like a little tab. You can't open the chips?

P No, you do it.

S Do it the way we were doing it.

D I can't believe you guys can't open these chips.

P He did it. He did, I guess. You need scissors.

D All right, first review. The first review of the WILDE protein chips, you can't eat them. Yes, why is that so necessary?

S That's so good because I thought I was so weak.

P You know, you're going to have to use your teeth. You're going to have to use your teeth.

D Yes. Look, look, look. Look, all the people at WILDE right now are just like, just tear the little thing we made for you to...

P Oh, you're supposed to tear.

S Who knew, though?

00:03:58

P Who knew?

S Like you need instructions.

D Oh, but I didn't tear enough.

P Now you open. Now you get that, okay? Can we look at the ingredients before we partake? Because it says, okay, we'll see if all the Trim Healthy Mamas want to eat them. Antibiotic-free chicken breast. Native tapioca starch. That means that there is going to be a little bit of a Crossover because they're 10g of fat.

S Yes, but the starch is only, it could be a little bit of a nice helper because it's only 6g of net...

D You're not on the mic.

P Yes, Serene, speak into the...

S It's only 6g of net calories per serving.

P Okay, so there's not much tapioca starch. They've got some safflower and sunflower oil that it's kind of baked in. So that's not a stable oil. So it's kind of...

S Yes, but they're very yummy.

00:04:40

P A personal choice not.

S Just to let you know, they're very yummy.

P And they've got 10g of protein.

D Okay, but Serene's eating them.

S I wouldn't like choose...

D Good, right?

P Wow. Wow.

S Like choose to put them in my cupboard every week. But I would have a handful on the airplane with my hubs.

D Okay.

P So it's kind of like coloring, kind of, outside the lines and choosing your own choices for THM. They're a protein.

S They make you want to lick your fingers.

P Wow, they're good.

00:05:04

D Yes, they're really good.

S I'm telling you.

P Wow, they're good.

D Yes.

S Some of those protein things that you eat are so cardboard-gross. Those are good.

P Those are.

D Yes.

S It's probably because they didn't bake them.

D I find that I eat way too many of these at a time. But it doesn't hurt.

P I'd guess that they're expensive.

D I don't even remember.

P Oh, because you're just flush with money.

S Because now you're so Hollywood famous.

00:05:26

D I'm flushed with money now.

S Yes, so Bollywood, Bollywood famous.

D Ballerwood.

S You just swipe the card. You don't even look.

D Yes. Yes. No, I use an iPhone.

S But Pearl's got meat, Dan, so what else have you got?

D I just wanted to review these chips.

S Okay.

D On a scale of one to five, what are you giving them?

P Yumminess if five.

S Yumminess is, I was about to say yumminess is ten.

D Okay, let's do a couple of categories. Yumminess is five.

P Out of five.

S Yes.

00:05:47

D Out of five.

S Can we do it out of ten?

P No, he said five.

D Five's an odd number.

S Okay.

D That way you've got to pick.

S Just what about people like me who are just not switched on now and think it's five out of ten all of a sudden?

P Don't be annoying to our listeners. They don't have time for this.

D Well, we gave the parameters.

P Five is good. Go with five.

D So you give it a five for taste. What about for weight?

S Like weight control?

00:06:06

P Oh, low.

S If you ate the whole bag, zero.

P Can I look at the, can I look? No.

D Well, if you ate a serving which is 20 chips.

S Oh, that's fine. That's a nice helping, that's fine.

D Nice.

P Yes, barely.

D Okay, what about for overall health?

P 170 calories for 20 chips...

S Well, there is an oil in there that is not fully saturated, and that's heated it up to high temperatures because they're, obviously, fried.

D Okay.

S And so, for health, you're getting a little trans-fat.

P Yes. So just know that, but it's up to you. You know what I'm saying? I wouldn't...

S If you're, basically, like a non-trans-fat eater, this will be the best trans fats to add in on occasion.

00:06:41

P Yes.

D I identify as a non...

P So if we were going to put those into our app, everyone's like...

S You get a big X.

P No, no. We would say, I don't know what we'd say because they're kind of on plan but they're kind of not. It depends upon what you want.

S But they're yummy.

P And I would totally have some on occasion and I wouldn't feel bad.

S I wouldn't ever have a potato chip, but I'd have one of those.

P Yes. I would totally eat a potato chip here and there, but...

D I'm going to share it with the group.

00:07:07

P Okay, let's go on to our meat. So today I want to talk about what's worth contending for as we age. I guess I want to talk about fantastic aging because I think a lot about this. Because I'm in this season of what should I work for? What should I put my time and money into? What should I focus on as I'm in my 50s? And even this is something to think about when you're in your 40s, probably even in your 30s. 30s and beyond.

S I think starting as early as poss.

P Yes. But in your 20s, you're not really...

S No, but 30 is not too early to start.

P Yes. No.

S Contending.

P So what's worth it and what's not? What's an obsession that's not worth it, and what is a benefit for your life? What are the things to focus on? And I think it's very personal for me what I'm going to share today. You'll probably share too, Serene. We have similar interests, of course, because we kind of journey our lives together.

D I might share, who knows?

P Yes, you might.

D I don't know.

P If you fix your hair first, I'll let you.

00:08:09

D Whatever.

S Now he's doing it up. I had such a bad hair day, like, I couldn't even put my fringe down. Yours might be mine like 100 times over. It's like you've never washed it.

P It's bad, Dan.

S You've taken a long trip to India.

D That's so funny.

S And you haven't been able to shower. You've just got off the plane. A long 26-hour trip and you still haven't showered.

D With this shirt slash skirt, I don't know what these are called, and this hair, I feel like an enigma.

S Yes, I would say enigma.

D I feel it. When I look in the mirror, I'm like, yes.

S I think people look at you and think he doesn't even know. You are an enigma, not to just people but to yourself.

00:08:47

D I love that.

S Yes.

P You'll receive some looks and that will be healthy for you, Dan.

D People do look. And then when they meet me, they're like, oh.

P Yes.

D He's fine. Like everyone in Kroger, you know the Kroger I went to...

P When you were buying your chips.

D Oh, yes, with the soccer moms and little kids scooting behind them. You know, they look over and there I am getting interesting products off the shelf. I'm not in the international isle.

P No.

D I'm just grabbing...

P And everyone's thinking...

S Just grabbing WILDE chips.

P And everyone's teaching their children, respect that man.

00:09:18

D They are. They are, yes.

P Show respect to difference.

S Don't talk to strangers, honey. Don't talk to strangers.

D The look, and this may be in my head...

P No, it's respect that man.

D Yes, yes, he can do that.

P Yes.

D He can wear that and we're fine.

P Yes.

D We're safe. Like everybody looks, they look again and then they're like, no, that's good and we're safe.

P Yes.

00:09:34

D And I'm just going to get my things and I'll just [unclear] again. And I see all of this.

P Oh, yes.

D On my bed.

S Danny has this interesting way of having it always turned back to him. It's good.

D It's not me.

S No, you're such a wonderful magnet of that. It's good.

P It's a good magnet, Dan.

D I represent the idea we're conceptualizing.

S Okay.

P So, lately, okay, so, things that you should do in my opinion, for me, and I guess for you too because you're going to join, Serene, and Danny. Dan doesn't even have to fix his hair. What's worth it for fantastic aging? Because I think so many people, as we age, can go into two groups. There are mostly two groups. It's the group that says, over here, I'm going to talk about two extremes, and I think we can all find a healthier place in the middle. Because I feel pulled to both of these extremes, and I think we all

do as we get to certain ages. And I think if we can, your favorite phrase, Serene, unpack this.

00:10:34

S No, I don't actually love that phrase. I just think it's so been overused...

P Done.

S Every time I hear it I'm like, there it is.

P But if we can unpack this in all, kind of, just think about and come to what is worth it and what is smart, right, without being extreme. So I'm going to talk about the two extremes that I see and that pull me in their directions. In life, in social media, or just what I see out there in this world right now. The extreme, especially for women as we age. One extreme is to embalm maybe a 20-year-old's face and figure that really has no business being in my life for me right now. So it is to kind of look down on or consider less than healthy ageing and go to an extreme where you actually want to get rid of every wrinkle on your face. You want to do things to your body to make it look like it's 20 again, and make your face look like its 20 again, and almost get, I would call it, probably, a dysmorphic approach.

00:11:38

P It's easy, I think, to catch it. It's like in the air, right? And for some of us it is kind of strong, especially if you're in the public eye, like Serene and I. You see the women on television, but she's my age and she looks so good, she's got not one wrinkle, what? You know? And should I go that route? And should I get all these procedures because I'm of that age? Come into my social media feed, all the time, telling me this procedure that I can do or that. And I think some of them are good. Some of them, though, when I see the results, they don't look graceful. And I think that's what I want to avoid. Then the other extreme is just to say, well, hey, we reach a certain age, let's just go with it, right? So I'm going to be proud of every wrinkle on my face. I'm going to let my body do whatever it wants to do. If it's going to age, it's going to age. Maybe I'll just joke about it. If my muscles are going to go, I'm just going with that, and I'll just talk about how hard it is and I ain't got no muscle tone. Or I'll do procedures on my body. No, I won't do any procedures on my body, and I'll let my hair go grey. Now, don't take offense at that because I love silver hair on women.

S Even the Bible does, right?

P Yes.

S The hoary head.

P But the extreme of that mindset is we should only let our hair grow grey. There's no middle.

S Yes.

P It's like, no, that's the time. We do that because we're proud of it. So there are two

extremes, and I'm proud of every wrinkle on my face, and if my body starts to sag and everything starts to droop, I'm okay with that.

00:13:17

S Right.

P Okay, so those are the two extremes. And I hear them, and I hear the voices in each. And I think what I've decided for myself is that there are some things to contend for, for longevity and health. So, whether I dye my hair or not, really, does not have any impact on my longevity or health. It's personal choice. So I'm just going to put that to my side, right? There's no morals for or against it. I don't really care. I can just do it for my own self. Whether I do procedures on my skin for aesthetics, it doesn't really affect necessarily my health or longevity. It's a personal choice. I could go extreme, or I could do nothing, am I going to live longer, live healthier?

S No.

P Not really. Maybe I'll have a little bit more confidence. We can talk about that later, but it's not really doing anything for my internal body, anything like that. But there are two things that I've discovered that will go with age and that I've decided to contend for.

S And it doesn't mean you might not choose some of these other things.

00:14:31

P Yes.

S Because you love to do the skin and all that, yes.

P No, I'll talk about that later. I'll talk about that later. But they really don't matter.

S No, they don't. It's a personal choice.

P Yes. So the things that I've discovered do matter, and there are really only two of them. And they do affect my future. And they do affect my present.

S And you're talking just physical here?

P Yes. Yes, I'm not talking about spiritual things. Are my muscles?

S Yes.

P Because they will go with age. So when we get to 30, we start the muscle, before that, we are in an anabolic state where we don't, here's the thing, guys, Serene and I have studied and studied protein, right? Yes, children need protein. Yes, young adults need protein, but they don't need it as much as us. Do you know that children can even build muscles through carbs?

S Do you know my sons, they're literally exploding biceps on eight pieces of toast.

00:15:19

P Yes, it's a thing. Serene and I discovered that when you're younger than 20, you can actually build muscles through carbs.

S Insulin, like growth factor through insulin.

P Yes. Now, protein, of course, is so incredible and it's a bonus, but it's after 20 that we need it. Now, after 30, we need...

S We do not build muscle by insulin anymore, we only build it by a leucine bolus which is a certain amino acid that you get in protein. You can't just really isolate it and take it as a supplement. It has to have all the other essential amino acids with it. But when you get a bolus, a certain amount of protein, that's the only thing, with resistance training, that will trigger any muscle growth after 30.

P And then the issue gets because our muscles, most of us don't realize they're declining because we don't think about it, but they are, so our muscles synthesis doesn't even work as well anymore, so then we even need more protein.

00:16:09

S And see, this is the thing. Some people think, well, I'm going to miss a meal, and I'm busy, and I'm rushing here, and don't worry, I'll have a big dinner. But the problem is you need 3g of a leucine bolus after 30 to trigger that muscle synthesis. But if you just have an egg or two in the morning, you're not getting 3g of leucine. So no muscle synthesis. You might have a few floating amino acids in the bloodstream, you know, working on a few things, but you're not going to trigger muscle synthesis.

P And especially if you worked out that morning.

S Yes, especially. Lunch, if you just have a couple of slices of deli meat on a sandwich, chuck down the hatch, like, I don't know, a Zevia, no muscle synthesis. If you have an apple and five walnuts for an afternoon snack and coffee, no muscle synthesis. And then you have 75g of protein at night, like a huge steak with cheese on it, and then a piece of cheesecake with your bro after work, whatever. You are receiving muscle synthesis because you're having over 3g of leucine, but after that, it's all wasted. You don't need more than 3. And it's wasted. So they say it's very important to pick it and have it evenly at least three times a day where you reach that muscle synthesis.

P And that's all good information, but I think we need a whole protein PODdy for that.

S Okay, great.

P Because...

D I have a question.

P Yes?

00:17:25

S Shoutout nerd?

D No, I'm in, here.

P It's good nerdy stuff.

D This is good. Yes, and this is where the bros start to kick in, right?

P Yes.

D Because this is exactly, like especially guys, like you said, over 30, over 40, there's a lot of frustration in the gym because they don't know this stuff. None of them are watching. However, I'm watching, and I can tell people. And so, you say spread out through the day.

P You must. And that's why intermittent fasting is so harmful for us as we age. Especially for women, but even for men because you are missing those protein-fueling times.

D And that's 3g each meal?

S 3g of leucin. Not 3g of protein, of leucin.

00:18:05

P Usually, you need at least 25g of overall protein to get those 3g.

S And not plant protein.

P Yes.

S If you get 25g of plant protein, you're not reaching 3g.

P Except for our newly optimized plant protein which is our hemp protein which we've just optimized. It's going to come soon. And we've got a whole project...

S We've optimized it with it.

D Just as good as a steak?

S Well, I would never say a supplement is as good as a whole food.

P I would say if you want it for certain purposes, better. After a workout.

D Because it's targeted.

P Yes.

S Amino acids, yes. But I'm just thinking, I just always think that, and I'm coming from being an ex-raw plant vegan for over a decade. So don't think I'm dissing vegan foods. We both call ourselves meat-eating vegans because of the way we celebrate plant foods.

00:18:50

D Nice, yes.

S But I think that animal products are superior for muscle synthesis.

P Oh, they are.

S That's what I meant. If you've got a grass-fed steak and you've got some pea protein with a little, you know.

P No, but I don't mean that. If something is infused with essential amino acids, it's for the purpose of building muscles.

S Right, okay, yes.

P So that's why I'm talking about our optimized hemp protein.

S Right, okay.

P Not the one that's current.

D Okay, so if we need about 25g of protein to get the leucin.

P Yes.

00:19:16

S And that's minimal. Because once you get even over 40, your body is not as sensitive to even the leucin trigger. It needs more of a bolus.

D So it's not processing it as much?

P But you see, that's why we need a whole PODdy for that because I need to bring some things into that.

S For women that are sitting behind a desk and not training.

P Yes, and I need to talk about that. But we're going to have a whole protein PODdy soon.

D Let me ask one more.

P Yes?

D So is that, basically, like a piece of chicken, or a piece of steak, or a piece of beef per meal?

S It's so much easier to get it with smaller amounts of animal food. What I'm trying to say is, to get it through quinoa, you'd had to have bowls, and bowls, and bowls. Where you could just have a pouch and a half of tuna, three ounces of tuna is not quite enough, Pearl. It's two. It's not even 2g of leucin.

D But we need to eat meat every meal?

00:19:58

S It's almost 2g of leucin.

P But you see, you are making it so complicated for some people that are listening right now and thinking, I've got to count every little bit. You know what I'm saying? There's only 2g of leucin in that, so I have to have one and a half packs.

S I'm just saying, that people should be more proactive about protein in their meal and having it set up throughout the day.

P Yes. And the reason that we've discovered all of this, is because we've been looking into ageing lately. And because I'm in the point where I'm in my 50s, okay, that is aging for women, especially when you're post-menopausal. We've looked more into protein and that's why we are optimizing all our protein powders to be the first in the world that will give you the bolus. With any protein of ours, the collagen, the hemp plant, all the way. They're all going to be optimized soon.

D Nice.

P Right now, they do give you wonderful protein, but to get that muscle synthesis going, yes, but can I get on with...

S Yes, but can I just say something?

00:20:46

P Are you going to nerd it out?

S Just for three seconds nerd it out and then you can undo all the nerding.

P Okay.

S I'm just saying, you said people can choose to sit on the couch and let their body do what it wants. Hey, this is great, there's two camps. And I'm just saying, you said you think there's two things that are important, right? You think that's muscle synthesis and you haven't mentioned the second one.

P Yes, I haven't mentioned. Yes.

S Okay, well, I won't mention it. But the first one you mentioned is muscle synthesis. And so whenever you realize something's important, there might be a little bit of diving deep to able to get the best results. And I'm saying, if somebody really, we're going to go deeper on another podcast so I'm going to shut up.

P Yes.

S But I'm just saying, sometimes there's a little bit of fun science that is so easy to learn. Not crazy numbers but you can just picture a certain amount on your plate, and certain foods that really have high bolus of leucin just so that you get results is what I'm saying. Go for it. I'm shutting up. Zip.

00:21:40

P Yes, no, true with that. I just have another side that I wanted to bring when we bring it. And I know we will do so on the protein PODdy. But, yes, I think there is where you do want to go deep. Especially if you're knowing you're losing something, right?

P Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl, and who are you?

S I'm Serene.

P Get a head start on spring cleaning with Caraway. I can't believe spring is around the corner. With Caraway, they have thoughtfully designed their sets and they have complimentary storage that makes getting and staying organized easier than ever. You know, if you open up my pan and pot covers, everything just falls out. But that whole problem is solved with Caraway. You can now save 10% off the full suite of Caraway products from their internet-famous cookware to their newly launched food storage set.

S Caraway's high quality ceramic coated kitchenware is free of the nasties like PTFE such as Teflon, Lead, Cadmium, and other toxic materials. Caraway kitchenware comes in a variety of chic shades and all sets included complimentary, easy access storage solutions, which is what I need. So I need to check this Caraway catalogue out a lot more myself, and then I won't be like, everything falling out of my cupboard, which is absolutely annoying.

00:22:57

S Ceramic's naturally slick surface means minimal oil or butter for slide-off-the-pan eggs, and easy cleaning. So we can make those e-meals taste way more delicious. Caraway products are made without any toxic materials like PFASs, PTFEs, like I said before, PFOAs, all those nasty alphabet letters that are yuk. Caraway doesn't have them in. Or other hard-to-pronounce chemicals.

P Over 40,000 people have raved about their Caraway kitchen and now it's time to try it for yourself. So visit Caraway Home dot com forward-slash Trim Healthy to take advantage of this limited-time offer for 10% off your next purchase. This deal is exclusive for our listeners, so go ahead, visit Caraway Home dot com forward-slash Trim Healthy or use code Trim Healthy at checkout. Caraway, non-toxic cookware made modern.

S This is the PODdy with Serene.

P And Pearl.

S Get it right, it's P-O-D-D-Y.

P So with that, the way you get your muscles back and the way you fight for them, and the way that I've decided to contend for them, otherwise they go and what happens to women when your muscles go? Your bone density goes. So the minerals leach out

of your bones. And muscles have a symbiotic relationship with bones. If you don't have muscles, you don't have bones. And so that's what happens to women. We break bones as we get older. And, we die. You know, once you break a hip...

00:24:34

S Haven't you heard that?

P It's very hard.

D That was like right out of Nacho Libre.

S You know, Aunt Josephina.

P She broke her hip.

S She broke her hip, and it just went all down from there.

P You know, I'm just thinking of our own family, Serene. When our mom went through menopause, she broke her shoulder, and it was a two-year rehabilitation. It was very huge. Hard. And then she got on hormones. So, she has been fine ever since.

S Otherwise, I don't think she would be fine.

P No. And then our sister, Vange, broke her shoulder and that was huge.

00:24:58

D Yes, that was massive.

S Massive surgery.

P So now, you can't say that I'm never going to fall, and I won't be in a car accident, and I won't have a break. But we can do things about it and that's to have our muscles protect our bones. And muscles is just so incredible. There's such a relationship. Muscle they've discovered is our longevity organ. It's an organ of our body. And as it declines, so does our longevity, so does our brain power. You know there's a recent study that showed the muscle density of your glutes, you know, your behind muscles, is completely correlated to your brain function.

D What?

P Yes.

S Yes.

P So as women decline in their muscles, so does our brain function. All the brain fog comes in. Even men.

D But the glutes specifically.

P The glutes specifically.

S You can tell how unhealthy people are by how flat their booty is.

00:25:46

P Yes, if you've got a flat bummy...

S I'm teasing.

P And you have lost that glute muscle, gain it back. I'm telling you, because it's going to affect your brain. It protects you from dementia, Alzheimer's.

D It's an IQ test?

P It is. Now they used to do this, they used to think that if you sit there and do crossword puzzles and they do all these brain games and things like that, that can protect you from dementia and Alzheimer's and keep your brain sharp.

D But it's the booty.

P Well, they did a recent study, and they put people into two different categories. And all these people had early-onset brain decline. So they gave them a whole bunch of puzzles and all the things that were supposed to be best for flourishing their brain. And then they put them on lower-body exercises, on this other group. The group that had only measurable enhancement in their brain was the group that grew their lower body, starting with their glutes and their lower legs.

00:26:39

S I'm trying to be so respectful here.

D I'm trying as well.

S Because next PODdy, I've got some meat. So, I'm really trying to let Pearl fry this steak alone.

D Oh, yes.

S But it's hard.

P No, no, no, no. You can come in, Serene, anytime with that.

S No, I'm just joking.

P Please, please.

S No, I was joking.

D I mean, to know that glute size is correlated to IQ.

P Well, it's not IQ.

D What is it?

P We all have different IQs, and I don't even really believe in that.

D Yes, I don't know.

00:27:05

S That was a joke when I said it.

P I think it's your brain function, how it's working for you. You know, we all have optimum brain function and we're all different. Like, I might fail an IQ test and you might, and someone else over there might do well but they don't write a book or something. We're all gifted in different areas.

S We're all on a spectrum.

P You know? And so, we're all so different. And so, I think it's not IQ, it's just memory recall, things like that.

D All the men with healthy women are going to be like, look at you smart self.

P That's [overtalking].

S Remember, it's the muscle on the behind.

D Okay.

P Not the fat on the behind.

D Okay.

00:27:42

P But it helps to have a little.

S It is.

P You don't want to lose all the fat.

S We want some fat over the muscle.

D We definitely do.

P Yes. But, you know, our glutes go flatter as we go through menopause.

D Too bad.

P That's the other thing, so I'm about to get onto that.

S Can I say something really true?

P Yes.

S Just for reproductive people who are listening, glutes also go flatter in pregnancy unless you have adequate amounts of omega 3 during pregnancy.

P So that's why your glutes...

S There's a certain fat on the buttocks that gets used by the pregnancy if you don't take in enough Omega 3.

00:28:13

P Really? That's so interesting, I didn't know that.

S Yes. Walnuts, sardines, salmon.

P Is that coming out in your book?

S Yes.

P Oh.

S So to keep, a lot of women say, what happened to my behind after pregnancy? A lot of it is to do with the posture too.

P Okay, but the baby uses it up.

S The baby uses it up. If you don't have the proper diet, yes.

D That's fascinating.

P See, I did not know that. Man, I love learning stuff.

S Learning's fun.

D We should have a whole butt podcast.

00:28:34

S But glutes just always just end up shining, don't they?

P Yes.

D Very bright. Very bright.

P No, but so what happens is when we're younger, first of all, our hormone profile when we're younger, the estrogen in particular puts weight on our hips and thighs, and oftentimes the glutes. Not for all women, but it does put it there. And the chest area as well. And then as we lose our hormones, of course, we lose that estrogen. So your glutes can get flat because not only do you get the muscle there, but the fat stores actually go to the middle of the body rather than the glutes.

S Right.

P So there's two reasons they start to get flat.

S Yes.

P Now, if you had substantial weight there from when you were younger, that's not all going to go. You're just blessed with that still. But it does go. And it does get redistributed as your hormones change.

D You know, to quote the philosopher Sir Mix-A-Lot, you could do side-bends or sit-ups, but please, don't lose that butt.

00:29:31

P No, no, no. I know. So here's the thing. So restoring, and Serene talked on the strength PODDY recently about how restoring your muscle is so important. You talked about it very spiritually.

S I can't even remember what I said.

P But the practical application, we must lift heavy things to restore that muscle that's been lost. You see, if you've lost it, it takes some more extremes to get it back. You can't, unless you are just blessed genetically and you muscle up just by doing strength resistance your own body weight. Unless you're one of the rare people that can...

D Yes. That's super rare, though.

P Gain muscles, especially if you're a woman and you're getting into the...

S I have two of those rare people in my home. Not in my home anymore, but my two children, that were in my home from Liberia, they just look at an exercise chart.

D Oh, 100%.

S And they have muscles and booty.

P But they have more red mass [overtalking].

00:30:23

D That's funny you mention them because Mike Tyson was that way. He didn't really work out. He's known to be one of the most ripped beasts of all boxing and heavyweight king of all time. And all he did was box.

S They have a genetic special something to have more mTOR pathway. It's just something that's just rare to them.

D That's amazing.

S Yes, to people like them.

P Yes. But for most of us, especially of us women as we get older, just deciding I want to get my 10K steps in today because I've got to get fit again, it's not going to do anything for your muscles.

S It's going to flatten your bum more.

P I mean, it's good to be active and get steps. That fantastic. But if you're taking your time out to just do that, you're neglecting what you should be doing.

D What about steps up a hill? Steps on a staircase?

P That's good. All of that is good, but it's not going to restore the glutes, the lower body. And you have to pick up heavy things and lift them, and then you're after that workout, like Serene says, you have to get a bit nerdy and make sure you replenish that good protein.

00:31:20

D I mean, I do mountain hikes and the glutes are on fire.

S Yes, they're on fire. There's more of a pump to light things, like mountain climbing, steps, and lots of repetitions of air squats, you get more of that lactic acid burn. But to build booty, you've got to build heavy.

P So we're talking about building.

D So weights down, all the way up.

S Yes.

D Yes, yes.

P And heavy as you can go.

D Squats.

S But we're not saying to people who are listening who have not done this before, get in the gym and lift heavy. No, we're not. We're saying use your body weight, get your form right, get somebody to help you look. If you don't have money to get a trainer, for years Pearl and I just looked up the YouTube.

00:31:55

D Yes, for sure.

S You know, and you get your own little personal trainer just by watching all the vids.

D Yes, and it's hard to squat your own body weight when you first start.

S Yes, just get your form right.

P Yes, you can't just start doing this. I'm just saying it's a goal to work for.

S And workout slowly. I mean, start with the five pounds.

P Well, if someone is on a couch.

S Then get up slowly to a barbell.

P And I'm saying don't walk. Sorry, I'm not meaning to say that. I'm saying walking is first foundational. If you want to just do a mile a day and that's where you're at because you are in a place where you know you're not fit, just starting to walk is fantastic. I will

never look down on that. It's just your starting place, that's all.

S Yes, and so once you're active and your fit, and you're not sedentary, if you think what should I do for exercise today? On your rest day, take that nice walk around the lake with your friend, or walk around the park at your lunchbreak on the office. But don't think of that as one of your training days.

00:32:48

P No. It's not training.

S And when we say training days, you only need three a week.

D Three per week.

S We're not pushing, you know, you could do something else, maybe a sprint on another day. But if you're lifting, we're only saying three out of seven.

P Yes.

S We're not trying to ruin your life. And then we, oh, we won't to say that. Shut up, Serene.

P Yes, shut up, Serene. Oh, no, she's giving...

D What? We're not trying to ruin your life?

P No, no, she's just giving away too much yet. We're just holding some things.

S Yes. Yes. Yes.

00:33:10

D Secrets.

P But here's the deal. Okay, so we've established the thing that I've decided to contend for and so have you, muscle. The other thing we've talked about here before is hormones because it does affect the longevity and the quality of your life. So as we lose our hormones, you know, I said before, we lose our heart protection, we lose our brain protection.

S Our breast protection.

P Yes.

S And Danny.

D Yes?

S Worry about those breasts.

P And our bone minerals. Our bone mineral density. So restoring hormones properly...

S Heart. Did you say heart?

P Yes, I said heart.

S Okay, good.

P Does affect the quality of our life. It affects the way we sleep. It affects the way we feel.

00:33:47

S Did you say insulin resistance too?

P I didn't, but it does. So restoring our hormones properly, and there's a lot of different methods how people do it. I say restoring some hormones, even a little bit, is better than restoring none. But there are a lot of differences of opinion.

S I don't think this is a new thing and we're on this rant and we're going around and around on the merry-go-around. Pearl and I put this in our first book 15 years ago.

P Yes. But I wasn't at the stage where I'd lost hormones yet.

S No.

P So I just believed in it, but I hadn't done it myself. But now that I've done it myself, I'm just here to speak on it.

S And I'm not even on them yet, and I'm like...

P Well, you are. You are on complete thyroid restoration.

S Yes, exactly. But I'm not on all the ones I want yet.

P Yes. But you're still making them.

00:34:28

S Yes. My point is that, so it's not like we're all out to just sell hormones. It's just that we have this information as truth, and we know truth sets people free.

P Well, you know, as I've said, what kills women? Heart disease, number one. And it's not breast cancer. And everyone thinks it's breast cancer, but it's not. And everyone thinks, well, if I take hormones, I will get breast cancer? Well data says that you'll get less breast cancer if you take bioidentical hormones.

S I've just been to recent funerals of very beautiful, wonderful friends of mine. And what did they die of? Heart attacks. Sudden heart attacks. And they're all over-menopause women.

P And then the next things are brain disease, dementia, and hip breaks. Those are the three things that hormones prevent and help prevent. You can never say completely wipe out. But they help.

S And these are light things. You know, the light things, oh, suddenly after menopause

it's just my middle is thickening. That's because estrogen made you insulin sensitive, and now you don't have estrogen you're insulin resistant.

P Yes. So these are the things that I decided after thinking about them all, what is important for me to age fantastically?

S Basically, what you're saying is these are no-brainers.

00:35:38

P Yes.

S Like, it's going to happen.

P No, of course, if you ever had a history of breast cancer and uterine cancer, it will be hard for you to find people that will restore your hormones. There are some out there because studies show 14 out of 15 studies...

S Should we give that link right now? Because we know somebody, or should we not?

P I don't know if he does, Serene. I'm not sure if he does.

S Oh, he does.

P After breast cancer?

S Yes, because we know the Moxy lady that works with him and she's had breast cancer. Not from the hormones, she came to him.

P Do you think he'll want a private conversation? Do you think he'll want us to put his information out there?

D Hey, guys. They're going to talk for a minute.

00:36:11

S We can just say the name of the company.

D Big Brother.

S And don't say his name.

D Is going to talk to you.

S Yes. Right? Because people could look, is that safe? Is that good?

D You may need a hormone replacement yourself.

P I don't think we're ready.

S Yes, okay.

P Okay.

S So big sister.

D Give me a sec. Hey, girls.

S Big sister decided we're not going to say the name right yet. But you can research on your own.

P We just don't know if this doctor wants us to put his name out there yet. Okay, but anyway, back where I was.

00:36:34

S But you can find them. You can find them.

P 14 out of 15 studies show that...

S Private message us maybe.

P If you have had breast cancer...

S Pearl does.

P And you decide to take bioidentical hormones after that, actually, not even bioidentical. Even synthetic ones.

S Even synthetic ones.

D One more second.

P Actually, you have better quality of life, and you have less reoccurrence of breast cancer. Isn't that interesting? So it is hard to find, but there are doctors out there who are doing it, and they're very knowledgeable. They're oncologists. They're up to date. So I'm just saying there's that to consider. Those are the two things I have found that matter to me. Now I want to talk about the others.

00:37:10

S Yes.

P So, there's skin stuff. And so, you know, we want our skin as we age, of course, there's going to be some things. Here's the deal, women stop making collagen in their skin at 25. Can you believe that?

D What?

P And we start losing that, when we get to perimenopause and menopause and we lose our estrogen, it starts to really ramp up. And that's why we get sagging. That's why we get gelling. And that's why we get wrinkles.

D Is this the case for all races? It seems to be the darker you are, the more...

P Collagen you keep?

D Yes.

P It could be, or it lasts longer. I'm not sure.

D Like, they say brown don't crack.

S Yes, I'm just not sure.

P A lot of Asian women, I notice, keep their youthful, youthful skin.

00:37:51

S I'll tell you what, Jeremiah's mom hasn't got one wrinkle on her face.

D That's what I'm saying. You look at like...

S She's got all kinds of stress and never shows a line.

D Right.

P Okay, to me I want to put helpful products on my skin. So you know we have our online Trim Healthy skin care that is...

D Still do the rose cream?

P Yes. I do rose or orange, whatever I've got in my...

D But rose is anti-aging.

P Yes, it is, but there are benefits to the orange too. Rose has more of the anti-ageing. So that is, for me, foundation one. And if someone wants to do that, I feel like they want to look after their skin and keep it as best they can, right? And so that's the first step. If you don't moisturize your skin, what happens is the lines and wrinkles that already want to form, what they get is more entrenched pathways. When you put moisturizer on your skin, it plumps it up so those wrinkles do not actually have the same pathway to really invest themselves there. Does that make sense?

00:38:51

S Can I interrupt too? I've heard people say, oh, no, no, I have heard if you leave your skin alone, just pat it with clean water, don't wear makeup, and don't put all those moisturizers, you teach your skin to be naturally moisturized. Well, tried it, didn't work. Well, I know people that do that and it's not working for them either.

P Yes.

D Yes, it's sort of a myth, right?

P Yes, it is a bit of a myth.

D Or if you floss, you're going to remove the junk in between your teeth which is going to allow bacteria in.

P Yes. But, no, you need to floss, people.

D Floss your teeth.

S Floss your teeth.

P So there's that. For me, I won't put chemicals on my skin, and I will moisturize because on the days that I don't moisturize, you bet my lines are stronger at night. Ooh. And there are some next things that I've decided to do and I really haven't only just started down this path. And Serene's joining me in because I mean...

00:39:43

S Yes, and I'm having a bad day because of it. But that's because you have to get the darkest before dawn.

P And I think this is so optional, right?

S So I can't wear my make up, you see, because I'll just keep recovering.

P So now, when we're talking about skin, the only thing this is going to do is make us feel better about ourselves if it works. It's not going to extend our life or make us healthier on the inside.

D Yes.

P So Serene and I are starting down this...

S You can still live to 120 with wrinkles.

P Yes.

D Yes.

P And you could still be happy.

D Have you seen them?

00:40:07

P It's your choice.

S Yes.

D They're there.

P And I think someone will look beautiful.

S So beautiful.

P With those signs of laugh lines and age.

S Our mother, just glorious. We wouldn't change it for the world.

P A life well lived. It's glorious.

Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl, and who are you?

S I'm Serene.

P Serene, you and I would never knowingly wash our kids' clothes in detergents linked to critical illnesses, right?

S No.

P Or like our family's bedding and towels in chemicals known to cause cancer, and eczema, and allergies, and asthma. But guess what, we've done it.

00:40:40

S We have done it. I don't do it, but I've done it.

P I know. So even some clear and free laundry detergents that you can buy now these days in the aisles of the grocery store, they still, it is a bit tricky, they hide dangerous chemicals.

S Right. So just because it says free and clear does not mean really clear.

P No, but I'm telling you what is really clear is EnviroKlenz Laundry Detergent. And there's two reasons, right? One, it's created by a safe and natural mineral technology that eliminates stains and odors. No dangerous chemicals. No fragrances. And two, everything comes out of the washer fresh, clean, and pure. Even foul, yucky, disgusting workout clothes.

S Those synthetic clothes where all the BO gets trapped inside of it, even that?

P Yes, even that. Odor-free, looking new.

S I'm acting surprised, but I know it's even that. EnviroKlenz is absolutely an epic, can I say that?

P You can say E- P- I- C.

00:41:35

S Yes, because you wouldn't think laundry soap could ever be called epic. But I'm saying EnviroKlenz is epic. You know, we've got a great discount for you. And it's the perfect time if you want to switch to epic EnviroKlenz. That's actually not its name, epic Enviro, it's just EnviroKlenz. But you can switch, and you will get their power-packed laundry detergent and enhancer at 15% off, plus free rushed shipping.

P Yes, so protect your family's health with EnviroKlenz Laundry Detergent. Visit E K Fresh dot com and use code Trim Healthy, of course. That's E K Fresh dot com. Don't forget to use the code Trim Healthy. E K Fresh dot com, code Trim Healthy.

S This is the PODDY with Serene.

P And Pearl.

S Get it right. P-O-D-D-Y.

P Knowledge changes you, right? And I'm a person who wants all the knowledge I can get. So now that I've been digging into this, I found some knowledge that we can do

on our own.

S And, of course, as soon as it says chemicals, adding weird artificial stuff inside of yourself, you know, we're like, okay, not for us.

P Yes.

00:42:48

S We're just talking about things that are very natural that use your own body's response.

P Yes.

D I must query this on this note. Sorry, because you are on such a good vein here.

P Annoying.

S I messed it up.

P And Tom wants us to go quick today. We've got five more minutes.

D Okay. There are products with, I think, retinol or some, there's something that, I actually tried one.

P Yes, good job.

D It was like instant epic.

S Really? Because retinol usually makes it worse before it's better.

D Maybe it wasn't retinol.

00:43:14

S Tretinoid? Tretinen?

D I don't know. It was some, it had sunscreen in it and it just like, I was like, wow, like men should do this. Instant.

S Well, there is some things, our scientists that works with us at CMS, he said there are some instant things. They don't help you at all with your skin, but they do instant, almost like venom, they paralyze parts of you face so that you can't really make the wrinkle.

D It wasn't wrinkles as much. And it could've just been like I've never moisturized my face ever.

S Yes, properly.

D And so for the first time I was like, wow, you can improve yourself.

P So speaking of Tretinoin, I know some people love them. So we've been developing really anti-aging, beyond moisturizers that we have. Yes, we have the rose cream, and yes, it's a good foundation. And I think it's probably the best moisturizer out there.

S Yes.

P But we're talking about going into these dermis layers and actually really reversing on a very intense level.

S Kind of what you do with your muscles, and you break them down so that they can build themselves back up. We're doing that with collagen.

00:44:10

P So now, Tretinoin, retinoids, if you guys know what I'm talking about, are really the only thing in science that has shown to reverse the signs of ageing on an absolutely measurable level. Measurable.

D It's called, the name again.

S Retinoids.

P Retinoids.

D No, no, Tretinoin?

P Tretinoin is a retinoid.

D Okay.

S It's synthetic.

P It's synthetic. What it does at first is it causes flaking of your skin.

S You can't use it when you're pregnant or breastfeeding.

00:44:36

P Causes dryness. No, you can't use it. But we were like to Dr. Peter, our scientist, we're like, but it works. You could look after study for study. It works. It works. So we were like, we need something like that in our serums, Peter. We need this to work. And so he put retinoids and Tretinoin under his special, what was it, microscope to detect free radicals.

S Yes.

P And he's like, girls, I can't do it. It turned the serum, when he added the tretinoin, what is it called?

S The retinol. He just added retinol.

P He added retinol, which is tretinoin, is a retinol. He said the free radical content went up exponentially.

S Through the roof.

P We cannot do this to your women. And so he's like, I will put plant retinol in.

S Natural, yes.

P Natural ones.

S Bakuchiol, and rosehip seed oil, they're very...

P And they're every bit as good. They act as retinol, but they don't do the flaking.

00:45:30

S They just take more time. But they work.

D So you need to apply it for weeks?

P Like months.

D Months.

S No, but instead of, like with tretinoin, you'll see results. In a year your face will be different.

P Yes.

S This could be like, if you use it every day for two years, you'll get the same results.

P Yes. But anyway, so there's all that. But there are things that you can do to stimulate collagen like you do when you strength train, you lift heavy things. And what is that causing? It's causing your muscles to get tears in them, so you are causing a controlled injury. You're injuring your muscles, then you feed them protein, then they get better, and they build. And they build bigger, so you've got some bums, right? So in essence, Serene and I have started discovering things that you can do to your skin. Because we're no longer making the collagen, you've got to cause your body to make collagen because it's not doing it on its own in the skin anymore. And so there are things you can do. So we have just started microneedling with a Dr. Pen where you, now, they used to do micro rollers and people would damage their skin and there are all sorts of things on the internet.

S Because the needles are bigger.

P And they drag their face. It was a big thing. But now they've got something called a Dr. Pen.

S It's a professional.

P And by this, I'm not telling in any way you guys to do this.

S Because it doesn't make you have any more longevity or any better health. It doesn't.

P I'm not saying every Trim Healthy Mama should do it. I'm just saying that's what I'm doing right now. I'm trying it out.

D What's it called?

S A Dr. Pen, micro-needling. Don't buy the cheap ones off of the Amazon. You have to get a good one...

D Go to a service?

00:46:55

P No, you do it at home.

S Dr. Pen is just a very reputable company.

D It's called Dr. Pen?

P Dr. Pen. And then your micro needle certain serums in there. And so Serene and I just did our first one.

S That's why I'm having a bad day.

P Yes.

D Why?

S You get worse before you get better. It's all rough and sandpapery and I've got no makeup on, so it's all labidy-dabity-dabity-dabity.

P You did a little bit of makeup on.

S I've got mascara. But you don't do your eyes.

P Right, yes.

00:47:16

S I don't have the skin stuff.

P So there are other things we're going to start to do too, just because we've found this knowledge, so I want to use this knowledge. It's not because I hate every wrinkle on my face. It's just because, like I'm contending for muscles, I'm also contending for collagen. So we'll tell you as we do it, you guys. I'm looking in the camera right now.

D Guinea pigs.

P What is worth is what we find, and what's not.

D You all are such guinea pigs.

P You can follow us doing it if you want, or.

S But don't follow us if you don't want to because it's not going to make you healthy.

P You've got a nice sweat stain under your...

S Oh, good on me.

D Living that deodorant-free life.

S No, it's actually deodorant.

P So deodorant stain?

S Yes. It's all coconut oily. I buy the cheap one from Walgreens.

00:47:56

P Oh, you don't even have our one right now?

S I ran out.

P Oh, my goodness.

S I ran out when we were away on our trip, so I brought a coconut oil. It puts a stain on there.

P Okay.

D Dr. Pen's on Amazon.

P Yes, it is. There is also this one.

D The M A Micro Needling Pen.

P Well, I have the A6S.

S Yes, just don't buy the cheaper ones.

P So we're not experts. We just started this thing. But it does stimulate collagen.

D It looks scary.

00:48:15

P In one year, if you do it every four to six weeks...

S Don't do it sooner.

P You will have a full-on lifted face at the end. That's what I'm going for.

D Does it hurt?

P A little bit.

S Yes. But a beautiful pain. A lot of people will use lidocaine numbing cream, but I don't even, that's not healthy. But the pain was almost like, Pearl and I were like, this is so awesome.

D Ruthless.

P You know when you nurse a baby? Well, you probably don't know when you nurse a baby.

S No, Danny would know about it.

D No. Actually, yes.

P They clamp on at first and it's like the worst pain, and then you get used to it. And it's like you can nurse right through it.

D Yes, once they get through the hair...

00:48:43

P So once you clamp that little, it's not clamp, but once you touch it to your skin and you first feel that little tingling sensation, they're microscopic, little needles, then it might hurt for a second.

D Needles?

P But then you're like, oh, I love this. Why would you get an epidural? This is awesome.

D Okay, one a scale of one to five, how guinea pig is this? Like are people really getting noticeably...?

S No. I've seen before and after, it's people that are true, like people that are not making money from anything, and their face has gone from really droopy and lined to really epic.

P Yes, we can do some other things too, but we did do something which I didn't find it worked enough for me. I gave it to Meadow, my daughter. We did that red-light therapy on our face.

S Don't say the brand because we don't want to mess them up.

P No, no, no, we don't. And the mask. Serene noticed marked improvements. Don't you think?

00:49:28

S With the red-light therapy? Yes, I'll keep it up.

P She did a red-light mask. I didn't notice enough. I thought I'm going to go to the big guns and start micro needling and it's taking ten minutes out of my day that I don't have.

S Not the micro needling, the mask.

P No, because micro needling only takes once every four to six weeks.

S Yes.

P So I gave it to Meadow. But I probably should've kept going, but I'm going to just do other things.

S Other things we've tried is the micro-current...

P Yes, the nuFACE.

S I liked that, but it takes time. Five minutes out of your day.

P Yes. So anyway, all that to say. Dyeing hair, okay, let's talk about that one. Again, personal choice. It's whatever makes you happy. It's not going to extend your life.

S It's the only fight in my marriage.

00:50:08

P Yes, your husband wants you to go grey.

S I don't even have enough grey to go grey. I've got grey but it's not enough to leave it there.

P Yes. Yes, and he wants you to go grey.

S I know, but every single woman in our family...

P In our family, we don't go grey.

S We go bright Ronald McDonald. That's what we do.

D Yes, you guys rock the McDonald's vibes.

S We go bright red.

P I use Madison Reed.

D I've always supported it.

P Which is non-tox. It doesn't have the bad toxins. I just do it at home. You do henna.

00:50:32

S Yes.

P But whether you dye or not dye, it's not going to do anything. But if you do dye it, I just say, do it without chemicals. Because they leach into your head.

S Yes, the only thing that matters is building that bum and putting your hormones in.

P Yes, build your bum and put your hormones in.

D Amen.

S It's a great way to end.

P All the rest is a personal choice.

D Build your bums.

00:51:30