



Trim Healthy Podcast with Serene & Pearl
Episode 354 – Peptide Therapies...
A Deep Dive with Special Guest Dr. Kay Chandler

Air Date 11/8/23- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “My husband Sam was feeling hopeless. He had high blood sugar, borderline diabetic. GLP-1 was such an incredible breakthrough for him! His blood work indicates that he is in peak condition.” – Serene
- “One thing to keep in mind – there are good and bad ways to approach the use of GLP-1 therapies.” – Pearl
- “This is for people that have tried everything...and haven’t experienced their breakthrough.” – Serene
- “Our dear friend Jessica has suffered from metabolic disorders and has lost 100 lbs. on Trim Healthy. And she did all the right things. But GLP-1 pushed her through to her goal weight. And it has been so beneficial for her.” – Pearl
- “Food purists like me are concerned that this is some new ‘fan dangled’ drug that will be harmful...but the body produces GLP-1 and it needs GLP-1 to be healthy. I know when Sam is taking the injections, it is a healthy thing!” – Serene
- “Bioidentical hormone therapy has been a huge part of living in such a full, healthy way in this stage of my life. We will be talking about that more in the future.” – Dr. Kay Chandler

Introducing Dr. Kay ...

From Pearl and Serene... “We receive more questions about hormones than any other topic.

Women ask us all the time, ‘How do I get trustworthy help?’ And with all of our searching, when we felt like giving up, we found Dr. Kay– someone who is like-minded in faith and so many other ways! Everything we asked for from a doctor, we got in Dr. Kay... and more.

So, we’re excited to announce that Dr. Kay Chandler will be leading a team of doctors for Trim Healthy’s new medical division as the new Chief Medical Officer for our company. We have always had a passion for hormones, and we had been looking for a doctor for years, and now she’s here!

We have wanted to bring innovative (but tried-and-true) options to all the women who follow us, so in 2024, we will be bringing a number of those options to our Trim Healthy Community along with Dr. Kay.

We, in partnership with Dr. Kay and her team, are going to integrate these therapies into The Plan. *For those that meet certain criteria.

From Dr. Kay... “What an introduction... I am so excited to work with you all! I have been familiar with Trim Healthy since 2012 (around when it started) but when you all got interested in hormones, you found me!

My journey in hormone health started because I would get all these questions and people would ask me questions about things that I hadn't heard about... And I was always ready to learn and read and become knowledgeable about these issues.

So instead of saying, ‘Oh, I didn't ever study this while I was in residency.’ I decided that I wanted to press into greater health for the women who came to me. And as I employed these hormone therapies for different patients, I have seen *incredible* developments and improvements for the women that have gone through with them.

With GLP-1 specifically, I was leery at first. But after further research, and seeing their positive effects, I have prescribed these to many women with positive results.”

Discussion Points with Serene, Pearl, and Dr. Kay Chandler

What are GLP-1 and GLP-1 Therapies?

- We all have GLP-1 in our bodies... It is a peptide.
- It is a medication, but it is also a natural process for our bodies.
- Some people have less than others (age and other factors contribute)
- Semaglutide (brand name Ozempic)
- Tirzepatide (branded Mounjaro)
- GLP-1 has been out for a while; these aren't new therapies.

Who are the ideal candidates for these therapies?

- For those that have “all their ducks in a row” with food and exercise (and have been unable to lose some of the fat for their goal weight)—GLP-1 therapies may be a good option.
- For women with Polycystic Ovary Syndrome (PCOS) and other conditions, it is possible that Semaglutide or Tirzepatide could be catalytic in gaining health breakthroughs.
- Many pre-diabetic conditions can be affected powerfully by these therapies.
- Those with a need to lower their A1C can experience needed relief with these therapies.
- Those with insulin resistance can benefit from GLP-1 therapies.
- “Food noise” is a real struggle for many – and GLP-1 therapies may help do away with much of this issue.
- We have many examples of those that go off it after a season successfully after they’ve lost their weight.
- For some it will be an ongoing treatment that will benefit their life.

What about side effects?

- Side effects of nausea are common, however, there are ways to mitigate them.
- Most of the side effects are caused by skipping meals, not doing strength training (to avoid loss of lean muscle tissue), and not eating healthy ... but many of these issues can be minimized with specific steps, more on this forthcoming.
- Early studies indicate that people gain weight back if they go off but generally, that’s been associated with going back to an unhealthy diet.

Who *shouldn't* be on GLP-1 Therapy?

- If you have thyroid medullary cancer.
- If you have a history of multiple endocrine neoplasia in your family the therapy isn’t for you.
- If you have pancreatitis, it may not be for you.

Concerns with the Use of GLP-1

- Early concerns of thyroid cancer have been quelled.
- The concerns were related to specific genetic predispositions, and not to the public at large.
- The tests were originally on rats– which are very different, obviously, than humans.

Five Wise Suggestions If Using GLP-1 Therapy

1. **Low and Slow** – Either partner with Dr. Kay and the Trim Healthy Team with their wise guide to dosing to avoid loss of muscle mass and to lower other side effects or discuss GLP-1 with your practitioner. Consider not going along with standard dosing but remaining on the lowest dose for the longest time while it is still working for your body.

2. **Four Protein Fuelings** – To avoid loss of muscle mass, include 25 grams of protein with your meals or snacks. We suggest four of these protein fuelings per day. Use an Essential Amino Acid supplement such as ESSENTIAL to help up your protein and maintain your muscle mass, especially if you cannot eat enough protein.

3. **Don't Skip Meals** – Get enough nutrition with all the food groups, GLP-1 therapy will help you clear blood sugar so avoid a low-carb approach. Carbs and protein are anabolic fuels (they help you retain and build your muscle mass). Enjoy healthy carbs with your E Meals, and healthy fats with your S Meals. If your appetite gets significantly suppressed, use smaller Crossover Meals.

4. **Don't Eat Whatever** – Never use these therapies as an excuse to eat devitalized foods... just less of them. You can lose weight that way, but it will end up a metabolic nightmare where your body will lose its lean body tissue and cause a state of “skinny fat.”

5. **Strength Train 3 Times A Week** - Make sure to utilize lower muscle groups with heavy weights as these muscle groups build your metabolic power.

Testimony from Jessica Meyers ~ Pearl's friend and an amazing trim & healthy mama!

"I had regained about 20 pounds from my lowest weight loss of 100 pounds lost, even while on Plan. Sema [semaglutide] gave me a "reset button" and worked beautifully with THM to give me the extra boost or tool to get me over the stump. My body had a 'set point' that it liked to always try to get back to. It felt like my body was fighting against me to get back there no matter what my efforts were. Sema [semaglutide] reset the set point."

About Dr. Kay Chandler

- Dr. Kay Chandler is the Chief Medical Officer for Trim Healthy + and the [Surgeon General of the State of Arkansas](#).
- She is a certified and decorated OBGYN, and she also serves as a partner at [Cornerstone Clinic For Women](#).



Coming Soon!

GLP-1 Launch for Trim Healthy +

Click the link below for more information.

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