



Trim Healthy Podcast with Serene & Pearl
Episode 364 – The MOST POWERFUL Way to Build Lean Muscle Mass!
Air Date 1/17/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “We’re not doctors... we’re nerds. But we do hang out with lots of doctors!” – Pearl
- “The areas that you become most successful in, are the ones that you THINK about. You can’t just dumb your way into success.” – Serene
- “The more I eat, the more successful I am.” – Danny
- “When I train, I am more successful spiritually and physically. I overcame in the gym... and I am overcoming all the things of life.” – Serene
- “We were made for things of beauty... God is a beautiful God.” – Serene
- “Look at a garden... a garden is tended to... and if it’s not it looks like trash! It takes thought... It takes preparation.” – Pearl

EAA's Role in Preventing Fatty Liver Disease

Pearl... “In Cheating Death, Dr. Rand McClain has a protocol for reversing Fatty Liver Disease (which is an increased buildup of fat in the liver) ... but Dr. Robert R. Wolfe says this on the topic... “Older individuals have, on average, twice the fat in their livers than when they were under 30 years of age. Essential Amino Acid supplements reduce liver fat to the same degree as the most effective medication and with none of the adverse effects of the medicine. As a result, insulin sensitivity is improved.” The moral of the story? EAAs get rid of it! (Kefir does a similar thing as well).

Your muscles open in response to the EAAs... Our muscles are supposed to have a clean, lean body mass. And as we get older, we accumulate droplets of fat in our muscles and our muscles won’t open for glucose... EAA builds lean body mass... but how does it do this? It goes into your muscles... and it supplants the fatty deposits in the liver too. It’s the same thing in both areas. We love protocols but are they as needed if EAA supplements accomplish the job?

Listener Questions

Question on Testosterone from Cindy: “What is a good level for a 55-year-old woman in menopause?”

Your testosterone is usually halved, as a woman, by the time you're 40 years of age. After menopause, it tanks almost completely, so a “good” level for someone in menopause is a “bad” level for others. What do you feel about low testosterone? Low libido, low energy, inability to make decisions, lack of confidence, and lack of ability to contend for your muscular health.

0 to 30 is usually the range that post-menopausal folks are at ... but it is very unusual to be over 20, most postmenopausal women are usually under 10. This level is neither optimal nor thriving. BHRT can bring your level back into a healthy place.

When using BHRT, many postmenopausal women won't feel a significant difference in testosterone until their levels are up to 100 or more. When your receptors don't work as well (which is what takes place when you age) your exogenous intake needs to be much higher. Don't be afraid of testosterone, as a woman... You have the most testosterone in your body as a woman – even more than estrogen, they are just measured in different units.

What is the difference between the levels of your *endogenous* testosterone (your natural production) versus the levels of *exogenous* testosterone? The exogenous testosterone typically needs to be much higher to be felt the same. You may even need to get to an exogenous level of 200 or greater to make you feel the same way you felt naturally with an endogenous of 50. But we don't recommend going this high though without adequate estrogen (Estradiol levels). If estrogen is still at postmenopausal levels but Testosterone is pushed sky-high... imbalances arise. This can look like irritability, acne, etc. Each woman is unique in where she feels the best but “best” is not at tanked levels of testosterone.

Question from Rae: “I am celiac (and I didn't know for years). I feel like I've damaged my muscles from years of gluten. I wondered if you think that the EAAs will help heal them.

We may have to do some more research on this, but we lean toward YES. The gut and the gut lining are nourished by EAAs... EAAs make up our whole body. They would be part of our healing journey if we were in your shoes.

Question from Mary: “I had been on bioidentical hormones for 10 years, and I got off them two years ago. I was on them for my bones, my heart, and my sleep... the reason I got off them is that I had a lump on my breast, and it scared me. As soon as I got off them, it went away, but I haven't felt as good since...Should I get back on them?”

Being on hormones does not cause cancer. That has been refuted. Some studies suggest there are even decreased risks of breast cancer using bio-identical estradiol (the main estrogen hormone). When you're using estradiol, however, it can create more fullness in your breasts. In extreme cases, this can be pockets of fluid in your breasts that feel lumpy. Balancing your

Estradiol level with adequate progesterone can sometimes help. Also... time on BHRT can help too... the breasts can become more used to hormones and settle down. Having said that... getting anything unusual for your breasts checked out is always a good idea whether using BHRT or not. We cannot tell you to get back on hormones or not, but they are incredibly protective for the big three killers of women... heart disease, bone loss, and brain deterioration.

Digging Deeper

List of books that were mentioned in this podcast...

[A Guide to Amino Acid and Protein Nutrition](#) by Dr. Robert R. Wolfe

[The Search for the Perfect Protein"](#) by Dr. David Minkoff

[The Good News About Estrogen](#) by Dr. Uzzi Reiss

[Estrogen Vindicated](#) by Dr. Lindsey Berkson

***Please Note:** The books mentioned on the Trim Healthy Podcast are not endorsed by Pearl or Serene. They have read these books and believe that there are things to be learned from each one but this does not mean there are not things they may disagree with.*



[Trim Healthy Optimized Plant Protein](#)

- ✓ Targeted to fuel lean body mass.
- ✓ 1 serving bio-equivalent to 48 grams of protein.
- ✓ Precisely balanced amino acid profile.
- ✓ Enhanced bioavailability with a 3-gram bolus of leucine to stimulate muscle synthesis.
- ✓ 1 net carb

Suggested Uses

- ❖ Can be used 1:1 in any recipe calling for our original Creamy Dreamy Plant Protein.
- ❖ Oatmeal, stir in 3 Tablespoons after cooking your oats. It's that simple.
- ❖ Shakes & Smoothies
- ❖ Dressings & Sauces

Benefits

- ✓ High Source of Lean Body Mass Fueling Protein
- ✓ Natural Strength & Energy Booster
- ✓ Fights Inflammation

[TH ESSENTIAL Powder Pure Amino Acid Formula](#)

ESSENTIAL is a custom blend of pure essential amino acids that provide the highest bio-available protein. When properly compounded, essential amino acids feed muscles, cut fat, fuel your workouts, amp up the protein in your meals and snacks, enhance mental focus, and help you live a more active lifestyle.

Essential amino acids are the building blocks of protein. “Essential” means they are not made in your body. You must get them from your diet to build muscle, repair your body, enhance your energy, and support your immune system. Each essential amino acid in this powder is uniquely formulated in the correct proportions to trigger optimal muscle synthesis for lean body mass enhancement.

Be sure to read the [FAQ's Section](#) found on the product page!

ESSENTIAL Benefits

- Helps body composition by raising lean body mass which cuts fat
- Pre- or post-workout fuel
- 90 bio-equivalent grams of protein in just one scant TBSP serving
- Swift muscle replenishment with 3 grams of liposomal leucine
- Amps protein in any meal or snack
- Fights loss of lean body mass and insulin resistance
- Gentle on kidneys and vegan-based
- Suitable for athletes requiring large amounts of supportive protein
- Helps aging adults with energy and recovery
- Excellent for those who are injured or convalescing and at risk of muscle loss from inactivity
- Gluten Free and non-GMO

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