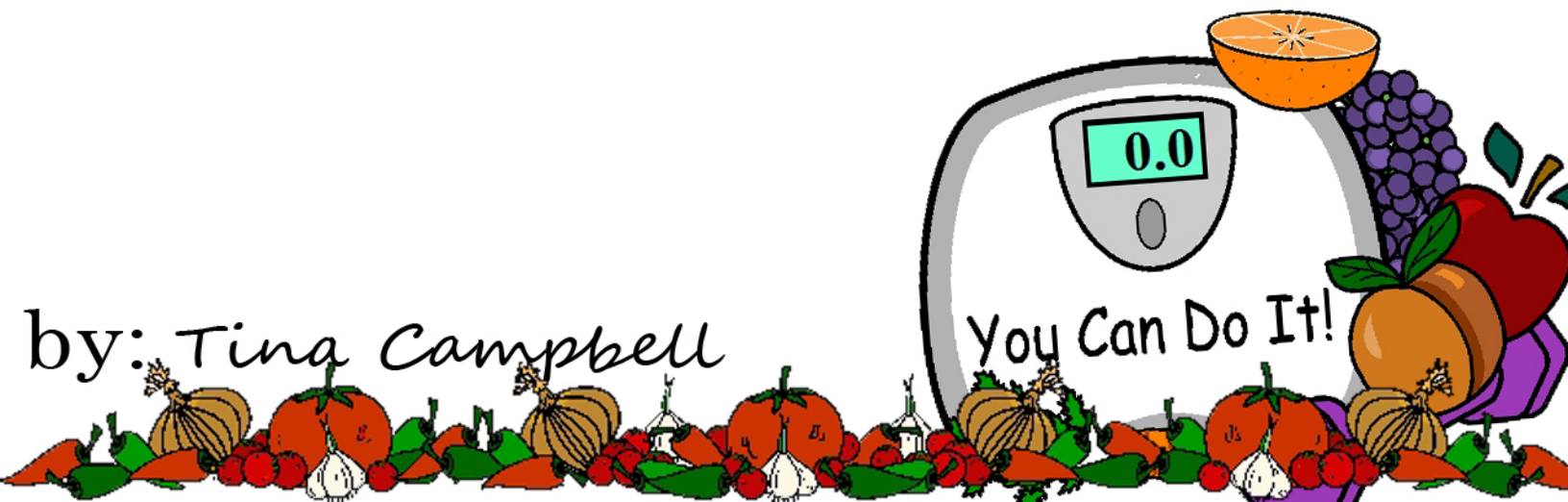


My

Trim Healthy Mama

Study Guide

Learn to implement
the plan!



by: Tina Campbell

Trim Healthy Mama Study Guide

Table of Contents

<i>Introduction & Getting Started.....</i>	<i>01</i>
<i>What to Buy and Where to get it.....</i>	<i>02</i>
<i>Where I purchase stuff.....</i>	<i>05</i>
<i>Write this inside your book.....</i>	<i>08</i>
<i>Tagging your Book.....</i>	<i>09</i>
<i>Setting up a Notebook/Binder.....</i>	<i>11</i>
<i>Schedule.....</i>	<i>13</i>
<i>Book Intro.....</i>	<i>15</i>
<i>Chapter 1.....</i>	<i>19</i>
<i>Chapter 2.....</i>	<i>29</i>
<i>Chapter 3.....</i>	<i>34</i>
<i>Chapter 4.....</i>	<i>40</i>
<i>Chapter 5.....</i>	<i>44</i>
<i>Chapters 6 & 7.....</i>	<i>53</i>
<i>Chapter 8.....</i>	<i>59</i>
<i>Chapter 9.....</i>	<i>64</i>
<i>Chapter 10.....</i>	<i>69</i>
<i>Chapter 11.....</i>	<i>78</i>
<i>Chapters 12 & 13.....</i>	<i>82</i>
<i>Chapters 14-16.....</i>	<i>90</i>
<i>Chapter 17.....</i>	<i>96</i>
<i>Chapter 18.....</i>	<i>109</i>
<i>Chapter 19.....</i>	<i>114</i>
<i>Chapter 20.....</i>	<i>117</i>
<i>Chapter 21.....</i>	<i>119</i>
<i>Chapter 22.....</i>	<i>122</i>
<i>Chapter 23.....</i>	<i>123</i>

<i>Chapter 24.....</i>	<i>125</i>
<i>Chapter 25.....</i>	<i>126</i>
<i>Chapters 26 & 27.....</i>	<i>127</i>
<i>Chapter 28.....</i>	<i>129</i>
<i>Chapters 29 & 30.....</i>	<i>134</i>
<i>Chapter 31.....</i>	<i>136</i>
<i>Chapters 32 & 33.....</i>	<i>141</i>
<i>Chapters 34 & 35.....</i>	<i>146</i>
<i>Chapters 36-39.....</i>	<i>153</i>
<i>Chapters 40 & 41.....</i>	<i>159</i>
<i>Chapters 42 & 43.....</i>	<i>162</i>
<i>Beyond THM.....</i>	<i>164</i>
<i>Book for more Reading.....</i>	<i>165</i>
<i>Recipe Books.....</i>	<i>166</i>
<i>Helpful Web-pages.....</i>	<i>167</i>
<i>THM Facebook Groups.....</i>	<i>168</i>
<i>THM Bloggers and their Facebook Pages.....</i>	<i>174</i>
<i>Sources Quoted.....</i>	<i>177</i>
<i>THM Acronyms.....</i>	<i>183</i>
<i>My Story.....</i>	<i>184</i>

Hello, and welcome to the Study Guide for the book "**Trim Healthy Mama:**" by Serene Allison & Pearl Barrett.

Getting started with THM

#1: Take a before photo. You should take a full front picture, a side picture and a rear facing picture. You can hide these away on your computer if you want. But take them! Also you should take all your measurements; these include, around the neck, upper arm, wrist, around your chest, and under your chest, your waist and gut area (if different) Your hips, upper leg and ankle. (This is important because not all victories can be measured on a scale) I personally weigh every day in the am. And measure about once a month.

#2: Go shopping for a binder (I have 4) Don't forget to pick up the tabs you need for your book. Also purchase some page protectors to store recipes in.

#3: Flag Your Book (Idea's are presented later)

#4: Write important information in the Front Cover (I'll give you a list in a bit)

#5: Create a first Shopping List, and go shopping.

#6: Order glucomannan, Nustevia extract, protein powder and anything else you can't find locally.

#7: Make a supplement list, purchase any items you need. (Place the supplement bottles where you will see them, or place the pills in a vitamin organizer, and place the bottles in a basket and put it up out of the way.)

#8. Print out the study guide.

#9 Start setting up your binder or binders (I have small 1" binders for each meal type, and a bigger 3" binder called "Resources" I'll give you ideas on setting them up later)

#10: Start a list of meals/recipes to try.

#11: Start reading the book, and work through the study guide.

What to buy and Where to Get the Stuff:

SOME OF THE STAPLES ARE:

0% Greek Yogurt
eggs
heavy cream
1/2 & 1/2
1/3 fat cream cheese
regular cream cheese
low carb veggies
pre-washed salad
light lunch meat
laughing cow cheese
low carb wraps (subtract the total fiber from the total carbs to get the net carbs...you want 6 or less)
chicken breasts or tenders
meat of your choice
wild caught salmon filets
canned salmon
tuna
egg whites
frozen berries
unsweetened almond milk
light and regular coconut milk
cashew milk
cocoa powder
quinoa
brown rice
Truvia
2% cottage cheese: I buy Daisy brand
light and/or regular cheeses
golden flax meal
Konjac noodles (some Wal-marts or health food stores carry these, if not order online)
Chana Dahl beans
oatmeal
sour cream (again I like the Daisy brand)

coconut oil
coconut flour
almond flour
nuts
unsweetened coconut
sea salt
extracts
spices
braggs apple cider vinegar
brags amino acids
psyllium husks
chia seeds
nutritional yeast
zanthun gum
gaar gum
butter
marinara sauce (no sugar added)
natural peanut butter (no sugar added)
whey protein
hemp hearts
balsamic vinegar
olive oil
Zevia sodas
La Croix water (many flavors)
85% dark chocolate
salsa (no sugar added)
Erythritol
Xylitol
coconut sugar (some women use this if they can not do the stevia or
other sugar alchols)
just like sugar
spaghetti sauce (no sugar added)
canned beans
canned olives
sardines
clams
canned crab meat
canned coconut milk

Dijon style mustard
no sugar added ketchup
aluminum free baking powder
baking soda
oolong tea
coffee
flavored teas
sprouted breads (Ezekiel brand)

Links of places to buy some stuff

<http://www.swansonvitamins.com/> (Vitamin's, Whey Protein, stevia, nutritional yeast, glucomannan powder)

<http://netrition.com> (peanut flour, stevia, glucomannan, oat fiber, dressings, joseph's products, coconut flour)

<http://www.amazon.com> (Anything and everything)

<http://www.trimhealthymama.com> (whey protein, stevia, eurthritol, peanut flour, oat fiber, noodles)

Where I purchase my THM items

- **Whey Protein Powder** - There are several "On Plan" options I have purchased Swanson's in the past (They changed their formula but they have changed it back) You can find it here: <http://www.swansonvitamins.com/swanson-premium-whey-protein-powder-36-5-oz-1035-grams-pwdr> It's still a great Vanilla flavored option however I now purchase the THM Whey Protein Powder found here: <http://store.trimhealthymama.com/product-p/1085-455175153.htm> It has NO flavor and mixes well into everything I've tried it in.
- **Almond Flour** – I have purchased this brand off Amazon: http://www.amazon.com/Anthonys-Almonds-Blanched-Almond-Pounds/dp/B0055IRNAC/ref= sr_1_1?s= grocery&ie= UTF8&qid= 1416515636&sr= 1-1&keywords= Almond+ Flour and I have also purchased this brand from Nuts.com: <http://www.nuts.com/nuts/almonds/flour.html> I like them both. I have also purchase the Bobs Red Mill brand at my local grocery store (When I ran out). Recently I purchased Honeyville: http://www.amazon.com/Blanched-Almond-Meal-Flour-lbs/dp/B0006ZN538/ref= sr_1_1?ie= UTF8&qid= 1423332385&sr= 8-1 I have not tried to grind my own yet, but I want to. I keep my Bulk Almond flour in the freezer, and leave a small amount out in the fridge.
- **NuNaturals White Stevia Extract** – This is expensive (You don't use a lot though, so it does last a long time) Don't purchase the one with Maltodextrin as that ingredient is off plan. This is the one I have: http://www.amazon.com/NuNaturals-White-Stevia-Extract-Ounces/dp/B000HC0OVG/ref= sr_1_3?s= hpc&ie= UTF8&qid= 1416515935&sr= 1-3&keywords= NuNaturals+ Nustevia+ White+ Stevia (This is the only brand I don't find bitter and a sprinkle is all you need) Otherwise I purchase Truvia at Wal-Mart. Or Plain Stevia at the grocery store. (My husband uses stevia) Recently I read about Stevia Glycerite: I tried the now brand: http://www.amazon.com/Now-Foods-Stevia-Glycerite-Ounces/dp/B0013OZAZ2/ref= sr_1_1?ie= UTF8&qid= 14233324

[65&sr= 8-1](#) and it really is good (No bitter after taste) If you'd like a little flavor there are Flavored Stevia Drops available too. Search for sweet leaf sweet drops on Amazon.

- **Xylitol and/or Erythritol** – These are alcohol sugars and make a good substitution for sugar. Xylitol can cause digestion issues for some people. Also be aware that it is fatal for dogs if they ingest even a small amount. I purchase Xylitol in bulk at a local Mennonite bulk food store but you can find it online too try Amazon or just google it.
- **Nuts** - Again I purchase mine in bulk at a local Mennonite bulk food store. Or from Sam's Club. (Cashews, Almonds, Macadamia Nuts and Peanuts) Aldi also carries a good selection of nuts.
- **Coconut oil** – Once again I purchase this at the Mennonite bulk food store.
- **Alternative Flours** - Coconut Flour, Oat Flour & Flaxseed Meal - These I buy the whole form (Unsweetened Coconut, Oats and Flaxseeds in bulk and grind myself) I order Coconut Flour: <http://www.nuts.com/cookingbaking/flours/coconut-gluten-free.html>, Defatted Peanut Flour: http://www.amazon.com/Protein-Plus-Roasted-Natural-Peanut/dp/B0052OOYOW/ref= sr_1_1?ie= UTF8&qid= 1416517292&sr= 8-1&keywords= defatted+ peanut+ flour THM Brand: <http://store.trimhealthymama.com/product-p/1085-455175154.htm> And Oat Fiber Powder: http://www.amazon.com/Oat-Fiber-Powder-1-1-500/dp/B00JLRG2QY/ref= sr_1_1?ie= UTF8&qid= 1416518130&sr= 8-1 THM Brand: <http://store.trimhealthymama.com/product-p/1085-455175155.htm>
- **Nutritional Yeast Flakes** – Nutritional Yeast Flakes have a cheesy flavor and can be sprinkled on fried eggs and popcorn or over salad and are used in the THM Trim Bouillon Recipe, I purchase this from Amazon: www.amazon.com/Hoosier-Hill-Farm-Nutritional-Flakes/dp/B008YFWH3G/ref= sr_1_3?ie= UTF8&qid= 1416517398&sr= 8-3

- **Chia Seeds, Goji Berries, Hemp Seeds and so on** – I purchase from the bulk foods area at the grocery store or order them from Amazon. (Amazon is my friend)
- **Oolong Tea, Herbal Tea and other Teas** – I purchase these from Big Lots, the grocery store and Amazon.
- **Red Palm Oil** – I purchase this at Wal-Mart
- **Xanthan Gum** – I purchase this at the Bulk food store but Wal-Mart carries it to. (I use this instead of Glucomannan)
- **Extracts** – I purchase these at Wal-Mart or order off line. I recently discovered the brand Lorann
- **Cocoa** – Can NOT live without this I like Hersey's best so far, I purchase it at Wal-Mart or the grocery store. The Mennonite Bulk Food Store has Dutch Cocoa that I buy also!
- **Great Lake Gelatin** – I buy the green can from Amazon:
http://www.amazon.com/Collagen-Hydrolysate-beef-kosher-unflavored/dp/B005KG7EDU/ref= sr_1_1?ie= UTF8&qid= 1416519319&sr= 8-1
- **Everything else** – Like Veggies, Dairy items and so on I purchase at the local grocery store or Wal-Mart, or the Bulk Food Store. I purchase veggies from the stands in the summer and we buy our meat from several places (Not so much the grocery store anymore)

Write this info inside the front of your book:

S= More than 5g of fat & less than 10g of carbs.

E= Less than 5g fat & more than 10g of carbs.

FP = Less than 5g of fats & less than 10g of carbs.

Don't count non-starchy veggies

FP's go with anything. They can be paired with any type of meal or snack.

Limit store bought bread items to 6g carbs.

Light S = more than 1 tsp of fat, but still fairly light in fat

Heavy S = high fat; fat from many sources (cheese, nuts, etc)

Deep S = high fat, but with fat from pure sources (meat, oil. etc)

How I Tagged my Trim Healthy Mama Book

I used these:



[Found on Amazon](#) (But Wal-mart carries them also)

I also use these to tag the recipes I use {I'd like to think it makes them easier to find}



[Also found on Amazon](#) (Again Wal-mart carries them)

Across the top I have the following tabs:

S-page 65

E-page 77

FP-page 103

Foundation Foods-page 177

I also added the following:

List-page 73

List-page 87

List-page 109

Down the side I have:

S-Helper-page 91

Crossover-page 95

Drinks-page 157

Save Money-page 169

Recipes-page 211 {I have the recipes I use flagged and labeled to help me find them also}

One Week Fuel Cycle-page 429

Hormones-page 461

Sex-page 497

Exercise-page 543

Supplements-page 581

FAQ-page 591
Index-page 609

I recently re-tagged my recipe's area in my book:
I used these tabs:



[Found on Amazon](#) (Wal-mart also carries them)

My recipe tabs are:

Eggs-page 215
Grains-page 223
Smoothies-page 241
Yogurt-page 249
Breads-page 265
Pizza-page 275
Fish-page 283
Soup-page 289
Wraps-page 297
Salad-page 301
Crock Pot-page 311
Oven-page 317
Stove Top-page 327
Skillet Meals-page 339
Mexican-page 347
Pasta-page 349
Pudding-page 367
Chocolate-page 371
Cake-page 383
Cookies-page 387
Crunchy-page 393
Sweet-page 399
Dips-page 403
Ideas-page 407

How to set up a THM Binder

A THM notebook/binder will soon become your favorite tool! Use it to store all the information you collect and want to keep handy.

You can find free divider pages in the Facebook Group located in the files section. The Facebook Group can be found here:

<https://www.facebook.com/groups/661523563955431/>

I also have a resource binder available in my Etsy Shop:

<https://www.etsy.com/listing/218783406/healthy-lifestyle-resource-binder>

My Resource binder is set up with the following tabs:

Resources: This is general information, mostly printed from the main Facebook group. I do have "The Quick Start Guide" from Gwen's Nest, Conversion Charts for Truvia, Sweet Blend and Other Sweeteners. And any information I print from the newsletters.

“S” Information: Information about S Meals, all the lists of S foods and so on, mostly found on Pinterest

“E” Information: Information about E Meals, all the lists of E foods and so on, mostly found on Pinterest

“FP” Information: Information about FP Meals, all the lists FP foods and so on, mostly found on Pinterest

Indexes: There are many index list out there, Pinterest and many of the Facebook Groups all have them in the file areas, these will help you find the recipes in the book easier

Menus: I've printed off several Menu lists from Pinterest and stuck them in this area. When I'm trying to menu plan I look over the ideas presented to help me come up with my own menu for the week, I've recently added a 30 day Keto-Adapted meal plan to this area.

Exercise: I have my exercise charts in here, plus any exercise routines I've printed. Check out Pinterest, there are tons of 30 day routines you can follow.

Study Guide: For this Study Guide

Weight Loss Charts: I have a chart here to track my weight loss and measurements, This is also where to put those before and after pictures!

Recipes: I put anything that doesn't fit in the main meal types here. Crossovers and seasoning mixes. I currently have separate notebooks for each meal type.

I print all the recipes that I want to try and file them in the correct binder. As we try them, the recipe will either get left in the binder or thrown away. I've tossed out several recipes, because let's face it some recipes just are not good. And not everyone's taste buds are the same.

Example Study Guide Schedule:

Week 01: - Forwards & Introduction

Week 02: - Chapter 01 (Whole Grain Jane)

Week 03: - Chapter 02 (Drive Thru Sue)

Week 04: - Chapter 03 (Raw Green Colleen)

Week 05: - Chapter 04 (Farm Fresh Tess)

Week 06: - Chapter 05 (Get Ready for the Plan)

Week 07: - Chapter 6 & 7 (Truths from the Bible & Go for the Plan)

Week 08: - Chapter 8 (The Satisfying Meal)

Week 09: - Chapter 9 (The Energizing Meal)

Week 10: - Chapter 10 (Mama, Meet the Relatives)

Week 11: - Chapter 11 (You Won't Miss Out)

Week 12: - Chapter 12 & 13 (Life Long Approach & The Real World)

Week 13: - Chapter 14, 15 & 16 (The Way to do it, Mama, Thirsty Mama & Mama Saves Money)

Week 14: - Chapter 17 (Foundation Foods)

Week 15: - Chapter 18 (Morning Meals)

Week 16: - Chapter 19 (Muffins, Breads and Pizza Crusts)

Week 17: - Chapter 20 (Lunches)

Week 18: - Chapter 21 (Evening Meals)

Week 19: - Chapter 22 & 23 (Vegetable Sides & Desserts)

Week 20: - Chapter 24 & 25 (Snacks & Gravies, Sauces & Condiments)

Week 21: - Chapter 26 & 27 (Cultured & Earth Milk)

Week 22: - Chapter 28 (One Week Fuel Cycle)

Week 23: - Chapter 29 & 30 (Serene's Story & Pearl's Story)

Week 24: - Chapter 31 (Mama's Balancing Act)

Week 25: - Chapter 32 & 33 (Mama's Wise Choices & Mama Knows Her Body)

Week 26: - Chapter 34 & 35 (Foxy Mama & Don't Forget Your Man)

Week 27: - Chapter 36, 37, 38 & 39 (Get Movin', Mama, Quick Fix, Jump Right in, Mama & Movin' with the Belly)

Week 28: - Chapter 40 & 41 (Mama Glows & Mama's Secret Weapons)

Week 29: - Chapter 42 & 43 (Frequently Asked Questions & Time for Goodbye)

Week 30: - **Beyond THM** (Tips, tricks, & other resources)

Week 01: Forwards, Introduction pages: VII-XX

1. Are you done looking for the next best fad diet?
2. The fad diets available at this time are overwhelming and crazy!
How many have you tried?
3. Before coming to THM, had you given up and decided to just live with the extra pounds?
4. What is the danger in being "done"?

5. Do any of the "fad diet" ideas work?

6. What does THM offer?

7. At what speed does can expect to lose weight?

8. What is the definition of the word "diet" ?

9. What is your new power?

10. When does true dietary freedom begin?

11. What does greater understanding give you?

12. Have you been knocked down by dietary failures in the past?

13. What are you going to do now?

14. I skipped the areas of "Scripture" and "Essence", because I realize we all come from different places in our lives and hold different beliefs. please read this area and decide for yourself how they apply to you and your life.

15. What ingredients do you need to start your own transformation?

16. How can you become forever trim?

17. Does one size fit all?

18. What are the different approaches that are shared?

19. Do they both work?

20. What do you think this shows?

Week 02: Chapter 1 (pages: 2-12)

Whole Grain Jane

1. Who is Jane?
2. What type of foods does Jane eat?
3. What type of foods does Jane limit or eliminate altogether?
4. How does Jane cheat?
5. How are you like Jane?

6. What are the reason Jane is bloated and not fitting into her clothes?

7. Who typically recommends this type of diet?

8. What are some of the side effects of this type of diet?

9. How do carbohydrates effect the body?

10. Why shouldn't we eliminate all carbohydrates?

11. Can you learn anything from Atkins? If so What?

12. What are the essentials for your well-rounded health?

13. What is Jane doing right?

14. Where do Jane's problems lie?

15. What happens when you indulge in too many carbohydrates?

16. Does eating fat make you fat?

17. What makes someone fat?

18. What is insulin?

19. What happens when you have too much insulin?

20. What was insulin designed to do?

21. How do carbohydrates, dietary fat and protein effect insulin?

22. What else does the body release besides insulin when you eat protein?

23. What does glucagon do?

24. What is insulin's most important job?

25. What is the safe zone for blood sugar? Do you know what your blood sugar level is?

If you have never checked your blood sugar before it's pretty simple. You can find blood sugar monitors in places like CVS, Walgreens and even Wal-Mart. They are easy to operate and will give you an accurate idea of what your blood sugar level is.

26. After one of Jane's typical lunches that cause her insulin levels to rise, what happens?

27. Do fat cells ever say no to extra sugar?

28. What is hyperinsulinemia?

29. What is hyperleptinemia?

30. What is leptin?

31. What always follows a sugar high?

32. What are some symptoms of a sugar low?

33. What happens with insulin as we get older?

34. What do phytates in grains do to our body?

35. What happens when our diet contains an excess of carbs?

36. What has some of the highest phytates levels?

37. What does Dr. Russell Blaylock say about soy?

38. How does soy effect the body?

39. After all the cited studies, what is finally said about soy?

40. If you decide to consume soy, what is soy products are recommended and why?

41. What do you think/feel about adding more fats to your diet, including saturated fats?

42. Does science support a low fat/high carb diet or a low carb/high fat diet?

43. What can eliminating fat cause?

44. Why is fat necessary?

45. What are some examples of healthy nutritional fats?

46. What does eating sugar do to your appetite?

47. What does eating fats do to your appetite?

48. Have you used any of the flours that some of the recipes call for?
What did you think of them?

Week 03: Chapter 2 (pages: 13-18)

Drive Thru Sue

1. What kind of diet does Sue eat?
2. Where did she learn her food habits? Where did you learn your food habits?
3. How did Sue control her weight in her teens? Was this effective long term?
4. Is the same approach working now? What type of problems has this created for Sue?

5. How does Sue typically eat?

6. What is the result of Sue not eating fruits and vegetables?

7. In what ways is Sue's diet affected her?

8. What creates Sue's excess insulin?

9. What would likely happen if Sue joined a weight loss program or ordered pre-packaged diet food?

10. What does a healthy diet promise "Drive Thru Sue"?

11. What should Sue's meals be centered around?

12. What kitchen appliance can Sue use to help her become a great cook?

13. What are a couple easy additions or food swaps can Sue make?

14. What breakfast idea are recommended for a healthier diet?

15. Why is a magnesium supplement is suggested for Sue?

16. Have you tried magnesium?

17. Does magnesium work to keep you regular?

18. What types of breads are recommended as replacements to white breads?

19. Can Sue still "drive through"?

20. What changes can Sue expect to see with time?

21. How are Sue and Jane's diets the same?

Week 04: Chapter 3 (pages: 19-26)

Raw Green Colleen

1. What is Colleen's typical breakfast?
2. What is Colleen's time taken up with?
3. What does Colleen eat?
4. What her families meals like?

5. What happened in the 1st and 2nd years that Colleen ate this way?
How were the next 2 years?

6. What happened during her 4th year?

7. Was her pregnancy and baby healthy?

8. What finally made her start doubting her diet?

9. What is Colleen missing?

10. What does protein deficiency lead to?

11. What would Colleen notice if she started eating animal protein?

12. What are essential amino acids?

13. In what foods are all essential amino acids present?

14. What happens to our bodies if we don't have a full range of amino acids?

15. What is Carnitine and Taurine? Where are they found?

16. Do you think meat is a healthy food?

17. What is meat missing? How can we get it?

18. What does eating protein do to your metabolism?

19. What does Colleen have in common with Jane & Sue?

20. Colleen tries to get her protein from beans and rice, does this work? How much does she need to eat at every meal to get the same protein as a chicken breast?

21. According to Dr. Perricone what sort of skin problems do vegetarians develop?

22. Does eating meat lead to heart disease?

23. How does protein deficiency affect your teeth?

24. Why did Colleen feel great at first when she began eating a raw vegetarian diet?

25. Are Colleens bowel movements normal?

26. What do Sally Fallon and Mary Enig have to say about meat, in their paper titled "The Myths and Truths about Beef"?

27. What do fermented dairy products contain?

28. Does cooking food destroy all the nutrients?

29. What happens to broccoli and tomatoes when you cook them?

Week 05: Chapter 4 (pages: 27-31)

Farm Fresh Tess

1. What are the staples at Tess' meals?
2. What is Tess' approach to her weight?
3. Now that Tess and her husband are in their mid-forties what health problems have arisen?
4. Tess' husband has developed some health issues, as a result their doctor has suggested what?

5. What has Tess decided she is going to do?
6. What bothers her about all these changes?
7. How does insulin lead to high blood pressure?
8. What does insulin stimulate in your body?
9. As Tess enters menopause what will likely happen to her blood pressure?

10. What does one recent study say happens with low salt diets?

11. What did a 2010 Harvard University Study show about low salt diets?

12. Based on all the studies referenced, is a low salt diet advised?

13. What is the difference between refined salt and natural sea salt?

14. Why is it important that salt contain iodine?

15. Even though these four women are very different they all share what dietary problems?

16. What sort of changes does Tess need to make to her diet?

17. What can Tess do to keep her ice cream and her homemade bread?

18. Does Tess need to change her whole diet?

19. Which of the four women do you identify with?

20. What types of things do you need to change in your diet?

Week 06: Chapter 5 (pages: 32-44)

Get Ready For The Plan

1. Thinking back over the last four chapters. Which fictional woman do you most relate to? Do you see yourself in a combination of more than one woman?

2. What are the two primary fuel sources?

3. What should be the center of each meal?

4. What happens when you focus on only one fuel type at each meal?

5. What are the two meal types called?

6. What is the first thing you need to do to prep for this "diet plan"?

7. Do you believe any of the standard nutritional myths or lies?

8. How do these beliefs block your weight loss progress?

9. What does "Low Glycemic" mean?

10. What do most low-carb diets over do?

11. Why is becoming carb conscious a smart way to live?

12. What does counting carbs lead to?

13. What is in an "inclusive diet" ?

14. What is the ultimate fuel for the human body?

15. What is ketosis?

16. How ketosis has occurred naturally for centuries?

17. When else might ketosis occur naturally?

18. What do healthy fats do?

19. How do you feel about healthy fats?

20. If you believed the low-fat is better myth/lie do you still think that way? Are you still limiting your healthy fats? What can you do to increase the needed fats in your diet?

21. What happens when you stay on a low-fat diet for too long?

22. How is actual body fat stored in your body?

23. When can you eat generous amounts of fat in a meal?

24. What do you need to avoid when you eat fat?

25. What two good things happen?

26. What one sentence can this be condensed into?

27. When you keep starchy carbs to a minimum, what does your body fuel itself with? When it's gone, what is used? Why is this good?

28. Why is important to allow your cells a chance to empty out the sugar?

29. Why do people tend to over eat carbs?

30. What is wrong with typical "diet" foods?

31. What does over eating high carbs equate to?

32. As you eat these "diet" foods what happens?

33. What do our bodies crave?

34. In excess, insulin suppresses what?

35. What happens when insulin levels are kept high for a long period of time?

36. In the book "Why We Get Fat" author Gary Taubes says we need to do what to get leaner?

37. What is serotonin?

38. Why doesn't calorie counting work in the long run?

39. Our bodies were designed to receive glucose for what?

40. Healthy carbs that include some starch keeps what revving?

41. What is included in an E meal? (bottom of page 40)

42. We have two well-needed types of meals. Explain what S meals and E meals do for your cells?

43. After your body has used the fuel source in a S or E meal what happens?

44. What do S and E meals avoid?

45. What happens when you eat high carbs and high fats?

46. S and E meals help you avoid a head on collision between what?

Week 07: Chapters 6 & 7 (pages: 45-64)

Truths from the Bible & Go for the Plan

Disclaimer: I am a born again Christian, So I approached this chapter with that mind set. If you are coming from a different place, religion or ideology you can of course skip this section!

1. If you've been "doing" THM for a while, are you just blindly following the plan? Have you taken the time to research the information? What will likely happen if this is "just another fad"?

2. NASB(New American Standard Bible) Dueteronomy 32:13-14 "He made him ride on the high places of the earth, and he ate the produce of the field; and He made him suck honey from the rock, and oil from the flinty rock, Curds of cows, and milk of the flock, with fat of lambs, and rams, the breed of Bashan, and goats, with the finest of the wheat—and of the blood of grapes you drank wine." Do you believe God gave us all food groups?

3. Is there ever a time to fast from certain foods?

4. If you believe in God, have you decided to trust him instead of the so called food gurus?

5. Read Deuteronomy 14:4 and list what meat it says we may eat.

6. There is contrasting evidence in books like "The China Study" and "The Schwarzbein Principle" to name a few. With so much conflicting information out there how do you decide what to believe?

7. Who is the foremost authority on what foods we should or should not be eating?

8. Read Deuteronomy 14, 1 Timothy 4:1-4 & Romans 14:1-3. Based on these verses now what are your ideas on food? Have your ideas changed?

9. Biblically Dairy is life giving and maintaining. Scientifically does this prove true?

10. Read Proverbs 27:26-27 and Genesis 18:8 What do these passages tell you about Dairy?

11. Butter is Better....List out all the good stuff in butter.

12. What do you know about the Paleo diet?

13. Should you eliminate all grains?

14. Bacon, Shrimp? Insects? Snacks? Raw foods? What are your views on these issues?

15. More Bible reading: Read Exodus 12:8-9, 16:23, Numbers 11:8, genesis 8:21. (By The Way these verses are in the book in this chapter, you can read them there or in your favorite translation)

16. How have our food sources changed since biblical times?

17. Why is a "normal" meal not good for you?

18. What about just cutting back?

Chapter 7

19. What are the meal types we are now ready to learn about?

20. Staying slim requires?

21. The first rule to remember is?

22. What happens if you don't follow this rule?

23. What do the two (2) meal types ensure?

24. What inhibits weight loss?

25. What does S stand for?

26. What does E stand for?

27. Further reading: The Schwarzbein Principle by Dr. Schwarzbein (or any other book written by Dr Schwarzbein), The Wheat Belly by Dr. William Davis, Eat Great Lose Weight by Suzanne Somer's, (actually any book written by Suzanne Somer's)

Week 08: Chapter 8 (pages: 65-76)

The Satisfying Meal (S for Short)

1. What does an S meal consist of?
2. What is good about this meal type?
3. Will you have to deny yourself chocolate in this meal style?
4. What are you going to bid farewell to?
5. S meals are liberal in what?

6. To assist in weight loss what must they be low in?

7. What do the fats in a S meal do?

8. Where does protein always sit in each meal type?

9. Define what a non-starchy vegetable is.

10. Non-starchy veggies are low enough in carbs that they don't cause much of what?

11. Why don't you have to worry over portion sizes with lettuce?

12. How many grams of carbs should you limit your store bought dressings to?

13. What is one trick you can do with your dressings to help reduce some calories?

14. For optimal mineral absorption, vegetables are best paired with what?

15. Are saturated fats bad? Why or why not?

16. What happens to so called "No Trans Fats" oils when they are heated?

17. What are the only oils you should use for cooking?

18. Do you have any of them in your kitchen?

19. What is your view on the use of Olive Oil?

20. Nuts are in, does this mean you can go crazy eating them?

21. Ideally what amount of nuts should you eat?

22. If you find it too hard to give up certain foods what should you do?

23. I feel the need to point out that there has been a lot of controversy over the dreamfields pasta and the company has been sued over their claims. You should READ up on it for yourself and decide if it's safe for you or not!

24. Look over the list of S Foods, it's a nice huge list. Create a breakfast menu for the coming week!

Week 09: Chapter 9 (pages: 77-88)

The Energizing Meal (E for Short)

1. What do E meals consist of?
2. Why will E meals give you some pep?
3. What are E meals high in?
4. What types of E items should you not include in your E meals?
5. What lean protein sources can you eat in an E meal?

6. Since carbs are higher in E meals what happens to fat on the seesaw ?

7. What is the carb gram limit in an E meal?

8. If you keep your starches to the recommended portion size will you need to count the carbs?

9. Why do they recommend this amount? What happens if you shoot over the amount?

10. What is the reason behind keeping fats to a minimum?

11. How does a small amount of fat play a role in an E meal?

12. What is the fat limit in an E meal?

13. If you sauté your meat in 1 teaspoon of fat can you still add a teaspoon of olive oil to your salad?

14. How are the pancakes found in chapter 18 different than regular pancakes that you are used to eating?

15. What vegetable is not welcome in an E meal?

16. When can you bring back white potatoes? (I had no idea that I could ever eat them again! I LOVE white potatoes and since I'm close to goal weight it won't be long till I can enjoy them again in moderation)

17. What is the best suggestion as far as most cooked veggies are concerned in E meals?

18. Salads are great, but what must you watch?

19. If you enjoy fruit in moderation, what should you eat with it?

20. If you can't give up banana's or don't want to how much should you eat at a time?

21. What is an example of a great E sandwich?

22. What is an E suitable homemade mayo sub?

23. Take time to try the Pan Bread recipe on page 266.

24. What are other bread options can you have?

25. Where does popcorn fit on plan?

26. Look over the list of E Foods, it's a nice huge list. Create a breakfast menu for the coming week, you can throw in a few S meals if you want, but it might be nice to do only E breakfasts this week!

Week 10: Chapter 10 (pages: 89-109)

Mama, Meet the Relatives

1. How would you describe an S Meal?
2. How would you describe an E meal?
3. Even though both meal types are different, what do they promote?
4. What new meal types are we learning about now?
5. If you have a high metabolism what will you need to add to your diet?

6. If your metabolism is sluggish what may you need to add?
7. When might you add an S Helper? What fuel does your body burn?
8. What are the portions of starchy foods or fruit that you can add to your meal?
9. How much fat can you add into an E meal before it becomes a Crossover?
10. List some S Helper items you can tag onto a S Meal.

11. How do you know when you can add in S Helper's?

12. **WARNING!** What will happen if you start liberally adding starches to your plate?

13. How should you start adding starches in?

14. Some people may notice a stall in weight loss when they add in S Helpers. What are two starch forms that are usually well tolerated?

15. What do pure S Meals enable your cells to do?

16. What are the ultimate S Helpers? Have you tried them?

17. If you eat seconds should you include the S Helper in that portion also?

18. What is the magic carb number you can have as an S Helper?

19. How do you arrive at net carbs?

20. What about berries and blueberries? How do they fit in?

21. Do you have to include S Helpers in your diet?

22. What group of people may need to add S Helpers in from the beginning?

23. When you change your diet it's normal to feel a little off or edgy. This passes after a few weeks. If it doesn't what should you do?

24. The concept behind the crossover meal is?

25. What are Crossovers?

26. What is the key to weight maintenance?

27. How much essential fat do women have?

28. What does non-essential fat do?

29. Most women should not dip below what % of body fat?

30. At what % should you incorporate crossover's once you reach your goal?

31. What else is there to good health besides being skinny?

32. What is the center of even a crossover meal?

33. What happens to your body if you don't include protein in your meals?

34. Define check your source.

35. Who needs to eat more crossovers? And why?

36. Typically once at goal weight what is a good balance of crossover meals?

37. What is the opposite of a Crossover meal?

38. What do Fuel Pull Meals do to the weight? Why shouldn't you use them all the time?

39. When you eat a Fuel Pull what fuel does your body burn?

40. What can you eat that's considered a Fuel Pull?

41. When would be a good time to add in Fuel Pulls?

42. How are Fuel Pulls used?

43. What will happen if you eat too low calorie meals for too long?

44. Even for very tough weight loss cases what % of Fuel Pulls to S & E meals should you stick to?

45. What is one way to use Fuel Pull snacks?

46. On pages 108-109 you will find a list of Fuel Pull items.

Week 11: Chapter 11 (pages: 110-119)

You Won't Miss Out

1. Briefly sum up each meal for a quick reference.

S –

E –

S Helpers –

Crossovers –

Fuel Pulls –

2. Will you be deprived on this diet? What are some of the foods you will be enjoying?

3. Can you partially do this plan? Are you fully committed?

4. What is freestyling?

5. What is a One Week Fuel Cycle used for?

6. What happens when you group together the same meal type back to back over a couple days?

7. How long should you concentrate on S & E meals before you begin to add in some full days of Fuel Pulls?

8. Do your meals need to be 50% of each type? Can you eat more S meals?

9. Are you switching your meal types? If not how will you start doing this?

10. What is one great tip if you decide to just wing it that you should follow?

11. What is a quick and easy way to have access to rice or quinoa for E meals. If you have other tips like this one please share them.

12. Why should we wait 2 1/2 to 3 hours between E and S meals?

13. What is the max amount of time you should go between meals?

14. This really is a plan for everyone, are you surprised to read that even the authors of the book approach the plan differently?

Week 12: Chapters 12 & 13 (pages: 120-146)

Life Long Approach & The Real World

1. How much can the average person expect to lose in time on this diet plan?
2. What typically happens if a person loses weight too fast?
3. How is THM different than Atkins and other diets?
4. If you lose too fast, what will typically happen to your skin? Why is this?

5. Weight loss doesn't happen at a consistent pace. At what pace does it usually drop off? Have you found this to be true?

6. What usually happens after you lose 20 pounds?

7. When is it safe to skip to chapter 28 and do a One Week Fuel Cycle?

8. What keeps your metabolism fired up?

9. Do calories matter?

10. What should your mantra be?

11. In the analogy "Tossing Balls" we learn that Atkins, Paleo, South Beach, Mediterranean, HCG and The Biggest Loser diets are similar to THM in ways. Did you realize that these ideas were not new? What other diets have you looked into?

12. Are you in tune with your body?

13. What are some downfall of popular diets?

14. What are our hormones are made from?

15. How should we approach each food group?

Chapter 13

16. What do we need to remember about our diets verses our children's diets?

17. Why shouldn't we eat like the "Kid Food Mom"?

18. What should growing children with weight issues have in their diet?

19. What are some of the swaps "Kid Food Mom" could have made to be more of a "Smart Food Mom"?

20. What hormone does an enjoyable meal release? What does this hormone do?

21. How can this meal plan work for the whole family?

22. Were you surprised to read that you can drive through KFC?

23. Everyone plans their meals differently. What are the two ways shared in the book? How are they different?

24. Do you like to cook? If not have you tried to use an appliance like a Crockpot?

25. Check out www.lowcarbfriends.com (It's an awesome resource)

26. When eating out what tips should you follow? How were you surprised at the ideas presented?

27. If you're going to grab an energy or protein bar what is an acceptable choice?

28. Staying on plan while eating out is easy if you plan ahead, and ask for what you want. Have you found that most restaurants are accommodating? Share your experiences.

29. What changes should you make concerning desserts?

30. What tips should you follow at Mexican Restaurants?

31. What tips should you follow at Chinese Restaurants?

32. What tips should you follow at Italian Restaurants?

33. What tips should you follow at Indian or Thai Restaurants?

34. What are some good tips presented in the chats, regarding lunches?

35. Is cheating going to happen? Is it ok to cheat occasionally? What is the definition of a cheat?

36. A Plan that is full of rules and restrictions will typically not succeed. It's hard to stay away from foods we love. Having them occasionally does not make us a failure. We have to stop and decide for ourselves what is acceptable and what isn't. I don't eat anything with gluten in it. To be honest with you though, once in a while (Like at a grand baby's birthday) I will have a bite or two of a piece of cake. I don't even consider that a cheat. It's a celebration. I go right back to not eating gluten immediately. Be honest with yourself and who you are. Set your own rules and parameters. It's good to have a list of do's and don'ts but don't be so tied to them that you set yourself up for failure!

Week 13: Chapters 14, 15 & 16 (pages: 147-175) The Way to do it, Mama! Thirsty Mama & Mama Saves Money

1. Give an example of a S or E meal done the right way?
2. What is an example of a S or E meal done the wrong way?
3. How are the examples different?
4. Give an example of a Crossover?

Chapter15

5. Why should your drinks be low glycemic?

6. Why isn't a glass of juice better for you than a soda?

7. What drinks are on the naughty list?

8. What are some options to replace juice?

9. What are some soda options?

10. Can tea or coffee be counted as water? Explain.

11. Why should you limit the amount of coffee you drink?

12. After reading through the information on coffee what do you think about espresso and the temperature of your coffee?

13. Why should you avoid non-dairy creamers?

14. What are some healthy ways you can flavor If you like flavored coffee what should you do?

15. What is the biggest issue with milk? Is raw whole milk any better?

16. What are some milk replacements?

17. If you've seen flaxseed milk, have you tried it?

18. In what meal type should you consume coconut milk?

19 Visit www.healthylivinghowto.com. Try to make home-made coconut milk following the directions there.

20. What do you think about the issue of adult beverages?

Chapter 16

21. Do you ever look at what other people have in their grocery carts? What do you notice? Can you tell how many people they are shopping for?

22. If you are on a very strict budget what are some foods you can buy that are relatively inexpensive?

23. What do you need to purchase to make chocolate?

24. List some budget friendly meals.

25. Where can you find some inexpensive meats?

26. What foods should you pay more for? What makes them worth paying more for?

27. Why should you try to avoid BPA when buying canned goods?

28. When purchasing deli meats what are some ingredients and nutritional information you should look for?

29. What are nitrates? Where do they occur naturally?

30. When purchasing yogurt, what is one way to save money?

Week 14: Chapter 17 (pages: 176-210)

Foundation Foods

1. What did Dr. Weston Price discover about traditional people's health?
2. What was the main food in those peoples diet?
3. What vitamins and minerals do wild caught fish provide to your diet?
4. Should we be concerned about mercury in fish?

5. What does Sally Fallon author of Nourishing Traditions say about mercury?

6. What are some of the health benefits associated with berries?

7. In what meal type can berries be eaten?

8. List all the wonderful health benefits of eggs.

9. Why shouldn't you be worried about cholesterol when you eat eggs?

10. Have you tried stevia? What is your opinion of it?

There is much controversy surrounding the use of stevia. I urge you to do your own research. For more information you can read the following studies and research:

<http://stevenandersonfamily.blogspot.com/2014/02/my-review-of-trim-healthy-mama-thm-good.html>

<http://stevenandersonfamily.blogspot.com/2014/02/stevia-is-safe-or-else.html>

<http://www.deeprootsathome.com/thoughts-on-stevia-trim-healthy-mama/>

<http://www.gwens-nest.com/stevia-good-or-bad/>

<http://foodbabe.com/2013/04/25/stevia-good-or-bad/>

<http://www.stevia.net/safety.htm>

11. When looking for stevia to purchase what should you avoid?

12. What are some safe brands to purchase?

13. How could you make your own sweetener substitute?

14. What other sweeteners are recommended? Do you believe they are safe?

15. There is much controversy surrounding the use of sugar alcohols also. Please do your own research and decide what is safe for you! I recommend joining the THM Whole Foods Face book Group to learn about sweeteners other than what's recommended in the book:

<https://www.facebook.com/groups/thmwholefoods/>

16. What is agave? How is it healthy or unhealthy?

18. When can you use raw honey? And when shouldn't you use it?

19. Why shouldn't you purchase products based on the labels "raw" "organic" or even "healthy"?

20. Why shouldn't we use artificial sweeteners such as aspartame?

21. Why should you include fermented dairy and vegetables in your diet?

22. What does fermentation do to food?

23. What does kefir contain?

24. How is Greek yogurt different from regular yogurt?

25. What are some of the many health benefits of nuts and seeds?

26. How are flax seeds healthy?

27. When having an E meal you should limit your flax seed to how much?

28. When you grind flax seeds what are the net carbs?

29. What are some good uses for ground flax seeds?

30. What feel good brain chemical are peanuts loaded with?

31. How many calories are in a tablespoon of peanut butter?

32. What are some of the ways you could use defatted peanut flour?

33. Is defatted peanut flour safe?

34. Quinoa (pronounced kenwa) is often called a grain but it is really a what? What food is it closely related to?

35. What are some of the health benefits of quinoa?

36. If you haven't tried quinoa yet, try some and make your own conclusions about it.

37. Quinoa is coated in saponins that are bitter. What can you do to get rid of the bitterness?

38. What are the health benefits of hemp?

39. How is hemp available?

40. What does eating chia seeds increase?

41. How does chia aid in weight loss?

42. What are the health benefits of coconut?

43. Coconut comes in many different ways. List them.

44. What are the many different ways you can use coconut oil?
45. How is coconut oil effective for weight loss?
46. How else can you use coconut oil besides cooking, and eating it?
47. What are the health benefits of Palm Oil?
48. What legume should you use most as a major carb source? Why?
49. What is chana dahl's rating on the glycemic index?

50. What are some of the health benefits of whey protein?

51. When you're looking to purchase whey protein how many carbs should it have?

52. What are some suitable brands?

53. How many amino acids does nutritional yeast contain?

54. What minerals is nutritional yeast high in?

55. What does lithium do for our bodies?

56. What are the many other health benefits of nutritional yeast?

57. How can you use glucomannan?

58. What is glucomannan derived from?

59. What are the health benefits of glucomannan?

60. How is glucomannan helpful in losing weight?

61. Are there any concerns when using glucomannan?

62. Have you tried any of the recipes using glucomannan? What did you think?

63. Have you tried Konjac noodles? Did you like them?

64. What is xanthan gum? Where can you find it?

Week 15: Chapter 18 (pages:212-254)

Morning Meals

1. In what ways are eggs healthy?
2. If you eat fruits or grains for breakfast, what should you pair them with?
3. When buying sausage how many carbs should you stay under?
4. What does changing your macro-nutrients do to your metabolism?
5. What on food must you include in your breakfast?

6. Why is eating fruit alone detrimental to weight loss?

7. Besides tasting good, extra virgin olive oil has what additional quality?

8. Try eating an egg over lettuce. Did you like it? (I personally like eggs over a bed of spinach)

9. What does avidin in egg whites do?

10. What does cooking egg whites do to avidin?

11. List some ways that crepes can be used?

12. How can you keep leftover/extra pancakes?

13. Why shouldn't you buy quick oats?

14. What does soaking grains overnight do to them?

15. What 2 recipes can you use to detox and regenerate your body?

16. What is the method for sprouting buckwheat/groats?

17. What is buckwheat high in? How does this affect the blood sugar?

18. What are some healthy cereal options you could purchase?

19. What does a high protein breakfast help control?

20. What are some healthy store bought breads that you could purchase? If you purchase store bought breads what number should you limit the carbs too?

21. Why shouldn't you use milk in a smoothie? What are some alternatives you can use?

22. How much whey protein should you include in your smoothies if you are having it as a meal? How much if you are having the smoothie as part of a meal or as a snack?

23. What is the benefit of using kefir in a smoothie?

24. What are some cheaper smoothie ideas?

25. In addition to tasting good, yogurt contains what important macro-nutrient?

26. When having yogurt for breakfast as your protein source, what type of yogurt should you have?

Week 16: Chapter 19 (pages:255-281)

Muffins, Breads and Pizza Crusts

1. What do regular muffins contain?
2. Have you tried any of the muffin in a mugs (MIMs)?
3. Venture out and try the All for One grain free chocolate cake found at www.foodiefiasco.com. What did you think of it?
4. Can you substitute store bought coconut flour in recipes calling for homemade coconut flour? Why or why not?

5. What is the process to make homemade coconut flour?
6. What meal type do most of the breads fall into?
7. What is the main ingredient in nori wraps?
8. What is the main problem with pizza crust when eaten with the healthy toppings?
9. What is a recipe for basic pizza sauce?

10. There are tons of great resources for low carb healthy breads available online. This week find a few and try them. What did you think?

Week 17: Chapter 20 (pages:282-307)

Lunches

1. What are some alternatives to salmon?
2. What are some cheaper fish choices?
3. If you just can't eat fish what supplement should you take?
4. Have you tried any of the salmon recipes? Try some of the quick soup recipes this week. What did you think?

5. What are some of the items you could use for a sandwich wrap?

6. Make a list of S lunches. Add to it as you go through the chapter.

7. Make a list of E lunches. Add to it as you go through the chapter.

8. If you are a "Drive Through Sue" what meats can you purchase for a fuel pull salad?

9. What are some store bought dressings you can use?

Week 18: Chapter 21 (pages:308-351)

Evening Meals

1. If you don't own a crock pot, you're missing out on a great appliance, think about purchasing one this week.

2. List some of the benefits of using a crock pot?

3. Start a list of S meals. Add to it as you read the chapter.

4. Start a list of E meals. Add to it as you read the chapter.

5. Where can you purchase meats such as goat and lamb inexpensively?

6. What are the health benefits of homemade stock?

7. When making Chana Dahl what should you add to your water when soaking? What does this do?

8. Besides taste, why would you add rosemary to your hamburger?

9. What should you add to most of your meals if you are feeding growing children?

10. What is an alternative tostada?

11. What are some pasta alternatives?

Week 19: Chapter 22 (pages:352-364)

Vegetable Sides

1. When choosing vegetables, what is the best ways to purchase them? What is the second best way?
2. If you don't already garden, consider planting one this year.
3. What are some of the alternative veggie ideas given?
4. What tools do you need to make zucchini noodles or cauli rice?

Week 19: Chapter 23 (pages:365-390)

Desserts

1. Depending on which version you have, you may have directions for using truvia or sweet blend. You can download a conversion chart at:

<http://www.trimhealthymama.com/main-home/sweetener-conversion-chart/>

You can also find information on using natural sweeteners in the whole foods group: <https://www.facebook.com/groups/thmwholefoods/>

2. What secret ingredient is used to thicken pudding?

3. What are some of the ways you can make pudding and mousse?

4. Try making some ice cream this week. What did you think of it?

5. What can you add to the ice cream to boost the protein?
6. Try eating cheesecake for breakfast! Did it seem like cheating?
7. After you make desserts, what should you do to have them available throughout the week?
8. If you have stubborn weight, why shouldn't you indulge in all the dessert options?
9. When making brownie cake, what are other bean options you can use besides black beans?

Week 20: Chapter 24 (pages:391-409)

Snacks

1. Make a list of "go to snacks" to have on hand.
2. If you are breast feeding, what does coconut oil do to your breast milk?
3. What else can you use with dips besides crackers?

Week 20: Chapter 25 (pages:410-413)

Gravies, Sauces & Condiments

1. Choose a condiment, sauce or gravy to make this week. What did you think?
2. What makes homemade gravies, sauces and condiments healthier?

Week 21: Chapters 26 & 27 (pages:414-428)

Cultured & Earth Milk

1. What are the health benefits of cultured/fermented foods?
2. What are some examples of cultured dairy?
3. What are some examples of cultured vegetables?
4. List the directions on how to make kefir. Make some, you can do it!
5. What are the benefits of sprouting your grains before you make bread?

6. What is earth milk?

7. What makes earth milk healthy?

Week 22: Chapter 28 (pages:429-444)

One Week Fuel Cycle

1. If you are still having trouble losing weight what hormone level should you have checked? Why?
2. What are some other things that can make weight loss difficult?
3. If you're really honest with yourself, what are the reasons the scale isn't moving?
4. What are the three different body types?

5. Which one are you?

6. What should you do a fuel cycle for?

7. When shouldn't you do a fuel cycle?

8. What is a fuel cycle? How many weeks? What happens at the end of a fuel cycle?

9. If you have stubborn weight how might you do a fuel cycle?

The book references the JUDD diet I left the initials as they appear in the book, however in reality it is references as the JUDDD Diet and stands for the Johnson Up Day Down Day Diet for more information see this web-page:

<http://www.johnsonupdaydowndaydiet.com/html/how-to-do-the-diet.html>

10. What is the JUDD diet? How can it be used in a fuel cycle?

11. What is SIRT 1?

12. What are some negatives of the JUDD diet?

13. If you're looking for fuel pull recipes plenty can be found on the www.lowcarbfriends.com forum under JUDD and also from www.hungrygirl.com

14. What else can you do to shed those stubborn pounds?

15. What healthy benefits does tea have?

16. Try oolong tea this week, or a drink made with oolong tea? What are its health benefits?

17. List the reasons why you should drink water? How much water should you drink a day? How much do you drink?

18. What supplements might help you lose weight?

19. After reading through the rules for a fuel cycle, write up a 2 week fuel cycle menu to use when you need it.

Week 23: Chapters 29 & 30 (pages:446-460)

Serene's Story & Pearls Story

1. What did you learn from Serene's story?
2. When she switched her diet, what changes did she see?
3. How can this plan work during pregnancy and after?
4. What did you learn from Pearl's story?
5. How did her diet change?

6. How does Pearl's diet differ from Serene's?

Week 24: Chapter 31 (pages:462-475)
Mama's Balancing Act (The Ups and Downs of
Hormones)

1. What happens to our hormones and bodies as we age?
2. According to Dr. Uzzi Reiss what do hormones do?
3. What does Suzanne Somers say about hormones?
4. Describe the seesaw effect.

5. What does having "female issues" really tell us?
6. What is prolactin?
7. What happens if prolactin stays too high and estrogen drops too low?
8. What is progesterone?
9. What is a good over the counter natural progesterone?
10. If you are in your 20's when would be a good time during your cycle to use a progesterone cream?

11. What should you do if you are 30 or older, before using a progesterone cream?

12. What does long term low progesterone lead too?

13. What can cause PMS?

14. What are some symptoms of low estrogen?

15. What can happen if you add progesterone and another hormone is low instead?

16. What symptoms might you experience if you are headed into menopause?

17. How does estrogen & testosterone have a positive effect on fat cells?

18. According to Dr. Elizabeth Vilet what happens to your hormones after a tubal ligation or a partial hysterectomy?

19. What is perimenopause?

20. What is estrogen dominance?

21. What is macca? What does it do?

22. What can be done about vaginal dryness?

Week 25: Chapters 32 & 33 (pages: 476-497)

Mama's Wise Choices & Mama Knows Her Body

1. How does Dr. Steven Hotze describe synthetic hormone drugs?
2. How far do hormones rise when pregnant? What is one possible lasting effect?
3. What did the WHI study conclude about hormone replacement therapy? Were bioidentical hormones also studied?
4. What are the differences between synthetic hormone replacement and bioidentical hormone replacement?

5. What are some negative effects of "the pill" ?

Chapter 33

6. According to chapter 33 what type of testing should you have done?

7. What are two options where you can have testing done that does not require a Drs. script?

8. What should you do if your levels are "in range" ?

9. What is estradiol? What are optimal levels?

10. If your estradiol is low what types of replacement products are available?

11. What is progesterone? At what level should you supplement?

12. What is testosterone? What are normal levels?

13. What are some of the ways you can supplement testosterone?

14. What is DHEA? What does it do?

15. What are some of the ways to supplement DHEA?

16. What are some symptoms of low thyroid?

17. What is the best thyroid supplement?

18. If your thyroid hormone is low what other hormone should you have tested?

19. What is cortisol? What does it do?

20. What is pregnenolone? What are some ways you can take pregnenolone? What are the safe levels of each method?

Week 26: Chapters 34 & 35 (pages: 498-542)

Foxy Mama & Don't Forget Your Man

1. If you have had your book bound, and you are uncomfortable with this subject, you could just remove this section and put it up. What are some other things you could do to keep unwanted eyes from reading this chapter?

2. Why do you think the subject of sex is so often taboo?

3. In regards to sex, why does your attitude matter?

4. The Bible talks about sex, read 1 Corinthians 7:3-5, Titus 2:4, and Proverbs 5:18-19, what do you think these verses have to say?

5. If the typical roles are reversed and your libido is higher than your mans, what are some things that can be done to balance your differences?

6. What do you think about the books extreme view of sex?

7. When you think about your husband do you think negative or positive thoughts? How do you think this effects your relationship?

8. Do you feel you need to change the way you dress?

9. What does "one flesh" mean?

10. What do you think about the idea of having "grown up sex"? Is your view of sex mature?

11. What is a mature sexuality?

12. How is semen healthy?

13. About how many calories does having sex burn?

14. What does Dr. Halid Mahmud say about breast stimulation?

15. What are some health benefits of having frequent sex for men?

16. List your husband's preferences about sex, and your appearance. If you don't know them ask him what they are.

17. How can you change your bedroom to make it more inviting and sexual?

18. What are your ideas/beliefs about sex? Where did they come from?

19. More scripture: read Hebrews 13:4, Proverbs 5:18-19, 1 Corinthians 7:3-5, Song of Solomon 2:16 what do these verses say?

Chapter 35

20. In men testosterone levels start to decline after what age?

21. What are some symptoms of low T?

22. What tests should be have done if there is a suspicion of low T?

23. When testosterone levels start to decline what else goes on in the body?

24. What does Dr. Eugene Shippen say about a man's testosterone levels?

25. What are the different testosterone therapies available?

26. If testosterone replacement therapy isn't working what else should be tested?

27. What do studies show about men over 40 who donate blood?

28. Testosterone replacement can negatively effects a man's sperm production, what are a few things that can be done to combat this?

29. What are several things that may cause Erectile Dysfunction (ED)?

30. What are some options to help with ED?

31. Medications can also cause unwanted sexual side effects, what are some options that might help?

Week 27: Chapters 36, 37, 38 & 39 (pages: 543-574) Get Movin', Mama, Quick Fix, Jump Right In & Movin' with the Belly

1. What can exercise increase? What can it decrease?

2. What does Sam Varner say about exercise?

3. What are some health benefits of exercise?

Chapter 37

4. What does Jordan Reuben say about long workouts?

5. What is a better way to exercise, than long workouts?
6. What amount of time does Sam Varner suggest you exercise?
7. According to Phil Campbell what are the benefits of HGH? How might you boost HGH naturally?
8. According to Dr. Perricone, exercise does what for the skin?
9. What type of exercise is best? Why?

10. What does Rachel Cosgrove say about aerobics effectiveness to burn fat?

11. How does training fast twitch muscle fibers reverse the aging process?

12. What are some examples of an anaerobic exercise?

13. What needs to happen to ensure a release of HGH?

14. What should you eat to fuel your exercise?

15. What supplements can you take when you work out? What are some other benefits of these supplements?

16. What are some protein sources you can consume to get 25 grams of protein? How soon after a workout should you eat protein? What are the benefits of eating protein after a workout?

17. What would ruin your hard work?

Chapter 38

18. What are some workouts you could start today to boost HGH?

19. List some webpage, books and DVDs you can use.

20. What are some other great tips for exercise options?

21. How many days a week are sufficient to exercise?

22. What does resting from exercise do for your body?

23. What should you do if you don't feel like exercising?

Chapter 39

24. What should you remember about exercise if you are pregnant?

25. What are some exercise DVD's and books you could use during pregnancy?

Week 28: Chapters 40 & 41 (pages: 575-590)
Mama Glow's (Your Skin Care) & Mama's Secret
Weapons (Supplements)

1. What harmful ingredients should you avoid in skin care products?
2. What does sugar do to the skin?
3. What does estriol do for the skin? Where can you purchase it?
4. What are some products can get from Kit Naturals?

5. Why are Vitamin C, Beeswax and Vitamin E in skin products beneficial?

6. If you are lactating what is another use for your breast milk?

Chapter 41

7. What basic minimum supplements should you invest in?

8. What health benefit does each one have? What is the recommended dose?

9. If you can afford it what extra supplements might you add?

10. What health benefit does each one have? What is the recommended dose?

Week 29: Chapters 42 & 43 (pages: 591-607)

FAQ & Goodbye

1. Why don't we count carbs and calories?
2. Why shouldn't you switch from an E to a S meal after only an hour?
3. What are some good bedtime snacks?
4. What can you do if your husband isn't interested in the plan?
5. How is fruit healthy? How is fruit unhealthy?

6. If you are trying to lose weight, why shouldn't you eat certain things we always thought were healthy, like banana's and dried fruit?

7. What are some things you can do if you are constipated?

8. What are your favorite tips from the lists of tips on pages 602-605?

9. Where can you find support?

Week 30: Beyond THM

Finally we are done with the book, so now what? Well by now you should be on plan 100%. If you are not try to transition into being on plan 100%. Keep adding to your binders/notebooks. Join a few Facebook groups for support. Check out the section of books to read for further information. There's also a list of some of my favorite cookbooks. I've included a list of helpful web-sites for you to browse. I've also included a list of all the sources, web-pages, diets, and exercises mentioned in the book so you can read those resources if you want.

If you have any questions or need any help you can email me at:
tina@digiscrapnmore.com

Books for More Reading:

Anything by Maria Emmerich

Anything by Suzanne Somers

The Alternate Day Diet by James B. Johnson, MD

The Schwarzbein Principle by Diana Schwarzbein, MD

The Fat Revolution by Christine Cronau

Primal Body, Primal Mind by Nora T. Gedgaudas, CNS, CNT

The 100 by George Cruise

Mastering Leptin by Byron J. Richards

Wheat Belly by William Davis

Eat Fat, Loose Fat by Dr. Mary Enig & Sally Fallon

Death by Food Pyramid by Denise Minger

The Body Book by Cameron Diaz

The Primal Blueprint by Mark Sisson

Normal Hormone Balance by Uzzi Reiss

The Maker's Diet by Jordan S. Rubin

Weight Loss Apocalypse by Robin Phipps Woodall

Keto Clarity by Jimmy Moore

Why We get Fat by Gary Taubes

Good Calories Bad Calories by Gary Taubes

What Your Doctor May Not Tell You About Menopause by John R. Lee, MD and Virginia Hopkins

The Truth About Beauty: by Kat James

The Diet Cure: by Julia Ross

The Mood Cure: by Julia Ross

Recipe Books:

Anything by Maria Emmerich

Anything by Suzanne Somers

The Wellness Mama Cookbook by Katie

From Scratch by Shaye Elliot

Nom Nom Paleo by Michelle Tam & Henry Fong

Every Last Crumb by Brittany Angel

The Fat Revolution Cookbook by Christine Cronau

The Gluten Free Almond Flour Cookbook by Elana Amsterdam

Paleo Cooking by Elana Amsterdam

Against the Grain: by Danielle Walker

Against the Grain: Joyful by Danielle Walker

Against the Grain: Thankful by Danielle Walker

The Slim Plate by Joshua Welssmann

Comforting Eats by Melissa Monroe McGehee

The Ancestral Table by Russ Crandall

The Nourishing Kitchen by Jennifer McGruther

Nourishing Traditions: The Cookbook that Challenges Politically Correct

Nutrition and Diet Dictocrats by Sally Fallon & Mary Engig, PhD

Nourishing Broth: An Old-Fashioned Remedy for the Modern World by
by Sally Fallon

The Nourishing Traditions Book of Baby & Child Care by Sally Fallon &
Thomas S. Cowan, MD

Practical Paleo by Diane Sanfilippo, BS, NC

Cultured Food for Life by Donna Schwenk

The Healthy Coconut Flour Cookbook by Erica Herwien

The Specific Carbohydrate Diet by Erica Herwien

Low Carb-ing Among Friends Volumes 1-5

Helpful Web-pages

<http://healthyindulgences.net/>

<http://www.ibreatheimhungry.com/>

<http://247lowcarbdiner.blogspot.com/>

<http://www.gwens-nest.com/>

<http://thesunnypatch.ca/resources-for-trim-healthy-mama/>

<http://sherigraham.com/trim-healthy-mama-recipes-list>

<http://stevenandersonfamily.blogspot.com/>

<http://www.raisingarrows.net/>

<http://www.trimhealthylifestyle.com/>

<http://www.thebluehouseblog.com/>

<http://www.stacymakescents.com/>

<http://mariamindbodyhealth.com/>

<http://www.lowcarbfriends.com/>

<https://nunaturals.com/>

<http://www.joyinourjourney.com/>

<http://www.thepaleomom.com/>

<http://www.culturedfoodlife.com/>

<http://mrscridbleskitchen.com/>

<http://www.frugalhealthymama.com/>

<http://www.trimhealthymama.com/>

THM Facebook Groups

Main Group

<https://www.facebook.com/groups/trimhealthymamas/>

Allergen Free THM's:

<https://www.facebook.com/groups/495900470451999/>

Trim Healthy Mama: Sprouted, Fermented, Cultured, & More!

<https://www.facebook.com/groups/THMsfcml/>

Trim Healthy Mama: Turtles- for ladies who are slower to lose

<https://www.facebook.com/groups/407690945990018/>

Trim Healthy Mamas: Pregnant & Nursing Group

<https://www.facebook.com/groups/457544457647016/>

Fuel Cycle support

<https://www.facebook.com/groups/1374720452740211/>

Positively Purists (official group)

<https://www.facebook.com/groups/484333585039485/>

Very Fluffy THMs (For those ladies using the Trim Healthy Mama plan, and have over 50 lbs to lose)

<https://www.facebook.com/groups/131799430324267/?ref=ts>

Working Outside the Home THMs

<https://www.facebook.com/groups/188171914670718/>

Battling Candida with THM

<https://www.facebook.com/groups/931412326873448/>

THM Clothing Swap Group (no for sale items, you pay shipping only)

https://www.facebook.com/groups/154384978069250/?notif_t=group_added_to_group

Trim Healthy Mama: Diabetic

<https://www.facebook.com/groups/Trimhealthymamadiabetic/>

THM ~ saving money (If you have any savings ideas for THM on plan foods, please post them here. Coupons and recipe ideas are welcome.)
<https://www.facebook.com/groups/258477504290509/?ref=ts>

Prayer Requests

<https://www.facebook.com/groups/231483450349958/>

Adrenal Fatigue Support:

<https://www.facebook.com/groups/1399618456985650/>

Farm Fresh Tess THM Support Group:

<https://www.facebook.com/groups/231328547063124/>

THM "No Cheat" Two Month Challenge:

<https://www.facebook.com/groups/311493865704818/>

THM "Challenge Group"

<https://www.facebook.com/groups/1530423840532853/>

Trim Healthy Mama - Study Group

<https://www.facebook.com/groups/661523563955431/>

Trim Healthy Mama - whole foods style

<https://www.facebook.com/groups/thmwwholefoods/>

Support in the States:

Alabama:

<https://www.facebook.com/groups/484632831644414/>

Alaska:

<https://www.facebook.com/groups/121501101353674/>

Arizona:

<https://www.facebook.com/groups/arizonathms/>

Colorado:

<https://www.facebook.com/groups/608273515901849/members/>

California:

(Northern California)

<https://www.facebook.com/groups/767930686554279/>

(Southern California) <https://www.facebook.com/groups/thmsocal>

Florida:

<https://www.facebook.com/groups/484632831644414/>

Georgia:

<https://www.facebook.com/groups/THMGA/>

Idaho:

(Statewide) <https://www.facebook.com/groups/534681819948077/>

(Idaho, Washington, Oregon)

<https://www.facebook.com/groups/604210319638392/>

Illinois:

<https://www.facebook.com/groups/198435673647414/>

Indiana:

<https://www.facebook.com/groups/THMIndiana/>

Iowa-central:

<https://www.facebook.com/groups/trimhealthymamaiowagroup/>

Kansas

<https://www.facebook.com/groups/1473170572923777/>

Kansas-central

<https://www.facebook.com/groups/1448563775409560/>

Kentucky:

<https://www.facebook.com/groups/1419215635006670/>

(Clarksville TN and Fort Campbell KY area)

<https://www.facebook.com/groups/1533541993543665/>

Maine:

<https://www.facebook.com/groups/263168987196774/>

Maryland/Eastern Shore and DE

<https://www.facebook.com/groups/703666469676790/>

Southern Maryland

<https://www.facebook.com/groups/THMofSOMD/>

Michigan:

<https://www.facebook.com/groups/758439180904444/>

Missouri:

<https://www.facebook.com/groups/484673884948091/>

New Hampshire:

<https://www.facebook.com/groups/263168987196774/>

New Jersey:

<https://www.facebook.com/groups/NJtrimhealthymama/>

North Carolina

(Piedmont area)

<https://www.facebook.com/groups/225095534334532/>

Ohio

(Statewide) <https://www.facebook.com/groups/452418811511890/>

(Central and

Southwest) <https://www.facebook.com/groups/THM.Central.SW.Ohio/>

(Northeast) <https://www.facebook.com/groups/454810967926839/>

(Northwest) <https://www.facebook.com/groups/1482670325296408/>

Oklahoma:

<https://www.facebook.com/groups/483706211705808/>

Oregon:

<https://www.facebook.com/groups/604210319638392/>

Pennsylvania:

Central PA <https://www.facebook.com/groups/244986862370465/>

South Carolina:

<https://www.facebook.com/groups/584751571545307/>

Tennessee:

(Clarksville and Fort Campbell KY area)

<https://www.facebook.com/groups/1533541993543665/>

(Chattanooga and surrounding areas)

<https://www.facebook.com/groups/934017506612138/>

(Knoxville

area) <https://www.facebook.com/groups/173892976110874/>

(Nashville) <https://www.facebook.com/groups/nashvillethm/>

(Statewide) <https://www.facebook.com/groups/314757865339964/>

Texas:

(Houston) <https://www.facebook.com/groups/122240394649083/>

(North Texas/DFW)

<https://www.facebook.com/groups/382297458549859/>

(San Antonio) <https://www.facebook.com/groups/THMSA/>

(Taylor County/West Central Texas)

<https://www.facebook.com/groups/698049026936784/>

Virginia Trim Health Mama:

<https://www.facebook.com/groups/359192450876721/>

Washington State:

<https://www.facebook.com/groups/604210319638392/>

International Support

Asia: China : Japan : Thailand : Taiwan : other

<https://www.facebook.com/groups/499033226842675/>

Singapore:

<https://www.facebook.com/groups/549968758442315/>

Aussie Trim Healthy Mamas:

<https://www.facebook.com/groups/198648680271649/?ref=ts&fref=ts>

Canada:

(Main) <https://www.facebook.com/groups/206452329538132/>

(Prince Edward Island)

<https://www.facebook.com/groups/TrimHealthyMamaPEI/>
(THM Nova Scotia)

<https://www.facebook.com/groups/455511924590479/>
(THM Chilliwack, British Columbia)

<https://www.facebook.com/groups/757829747626735/?fref= nf>
(Southern Alberta, Cardston, Raymond, Lethbridge area)

<https://www.facebook.com/groups/608812749264367/>

New Zealand Trim Healthy Mamas:

<https://www.facebook.com/groups/138584189644027/>

South America:

<https://www.facebook.com/groups/400281023433716/>

UK Trim Healthy Mamas:

<https://www.facebook.com/groups/283102711810767/?fref= ts>

THM Bloggers and their Facebook Pages

Raising Arrows

<http://www.raisingarrows.net/>

<https://www.facebook.com/RaisingArrows>

At Home With A Purpose

<https://www.facebook.com/ahomewithpurpose>

<http://www.ahomewithpurpose.com/>

The Coers Family

<https://www.facebook.com/TheCoersFamily>

<http://www.thecoersfamily.com/>

Joy In Our Journey

<https://www.facebook.com/JoyInOurJourney>

<http://www.joyinourjourney.com/>

Counting All Joy

<https://www.facebook.com/countingalljoy>

<http://www.countingalljoy.com/>

Eat Love Sparkle

<https://www.facebook.com/thegranolamommy>

<http://eatlovesparkle.com/>

Gwens Nest

<https://www.facebook.com/gwensnest>

<http://www.gwens-nest.com/>

Run Amok Mamas

<https://www.facebook.com/RunAmokMamasTHM>

<http://www.runamokmama.com/blog>

Briana Thomas

<https://www.facebook.com/pages/Briana-Thomas-Food-Photography-and-Equine-Training/1427399897488816>

<http://www.briana-thomas.com/>

Sherri Graham

<https://www.facebook.com/GrahamFamilyMinistries>

<http://sherigraham.com/>

Wonderfully Made, Dearly Loved

<https://www.facebook.com/wonderfullymadeanddearlyloved>

<http://wonderfullymadedearlyloved.blogspot.com/>

Sister Uglier

<https://www.facebook.com/SisterUglier>

<http://sisteruglier.com/>

Grass Fed Mama

<https://www.facebook.com/grassfedmama>

<http://www.grassfedmama.com/>

Raye's Place

<https://www.facebook.com/atrayesplace>

<http://rayesplace.blogspot.com/>

Bethany's Notions

<https://www.facebook.com/bethanynotions>

<https://bethanysnotions.wordpress.com/>

Mrs. Criddles Kitchen

<https://www.facebook.com/mrscriddleskitchen>

<http://mrscriddleskitchen.com/>

Nana's Little Kitchen

<https://www.facebook.com/nanaslittlekitchen>

<http://turtlehull.blogspot.com/>

Erika Abiding in Him Daily

<https://www.facebook.com/Erika.AIHD>

<https://www.youtube.com/user/abidinginHimdaily>

The Laundry Mom's

<https://www.facebook.com/TheLaundryMoms>

<http://www.thelaundrymoms.com/>

Jen Saves

<https://www.facebook.com/jensaves.1>
<http://jensaves.com/>

Love For Coffee

<https://www.facebook.com/loveforcoffee>
<http://love4coffee.blogspot.com/>

Frugal Healthy Mama

<https://www.facebook.com/FrugalHealthyMama>
<http://www.frugalhealthymama.com/>

Cori's Clean Cooking

<https://www.facebook.com/coriscleancooking>

Sources Quoted & References to Diets or Web-pages in the Book

Scripture:

Genesis 8:21; 12:11, 14; 18:5-6, 8; 24:16; 26:7; 29:17

Exodus 12:8-9; 16:23

Leviticus 1:21-22; 11

Numbers 11:8

Deuteronomy 14; 32

1 Samuel 25:3

2 Samuel 11:2; 14:25-27

1 Kings 1:4

Proverbs 5:18-20; 17:22; 27:26-27

Esther 1:11; 2:7

Job 42:13-15

Song of Solomon

Romans 14:1-3

1 Corinthians 7:3-5

1 Timothy 4:1-3

Titus 2:4

Hebrews 7:26; 13:4

Diets

Dr. Adkins - The Adkins Diet

Weight Watchers

Jenny Craig

Ketosis (?indirect)

The Biggest Loser

Paleo Approach

Raw Diet

South Beach

Mediterranean Diet

HCG Diet

The Five Hour Diet

The Medi-Weightloss Diet

The JUDDD Diet

About Soy

Dr. Russell Blaylock in *Knockout* by Suzanne Somers
2004, Department of Pediatrics at Northwestern University Medical
School, *Arch Dis Child*
1997, Biochemical Pharmacology

Cholesterol

2004, *The Journal of Nutrition*
Dr. Mariano, MD & Psychiatrist

Animal Protein

Slimmer, Younger, Stronger by Sam Varner
2011, *The Journal of Nutrition*
The Perricone Prescription by Dr. Perricone
1986, *Canadian Medical Association Journal*
Dr. Weston Price
Dr. Emmanuel Cheraskin
The Myths and Truths about Beef by Sally Fallon and Mary Enig

Cooked Vegetables

Journal of Agricultural and Food Chemistry
British Journal of Nutrition

Salt

2010, Harvard University
American Journal of Hypertension
Low Salt Diet Increases Cardiovascular Mortality by Dr. Dach, MD
Salt Your Way to Health by Dr. David Brownstein

Insulin

The Schwarzbein Principle by Dr. Diana Schwarzbein

Low Calorie Diets

Why We Get Fat by Gary Taubes
The Women's Health Initiative - Early 1990's
Simple Swaps (Biggest Loser head nutritionist)

Fuel Pull Type Diets

Alternate Day Fasting by Dr. Johnson (JUDDD)

www.hungrygirl.com

Low Carb/Low Glycemic

www.lowcarbfriends.com

Raw Food/Vegan

Raw Food and Health by Dr. St. Louis A. Estes - 1927

Carbs & Wheat

The Wheat Belly by Dr. William Davis

National heart, Lung, and Blood Institute - 1995

Coffee, Tea, & Caffiene

2004, *J Intern Med*

2009, *Archives of Internal Medicine*

Huazhong University of Science and Technology

May 2011, *Breast Cancer Research*

Wine

2011, *Journal of the American Medical Association*

Foundation Foods

Dr. Weston Price

Nourishing Traditions by Sally Fallon

American Journal of Clinical Nutrition

Institute of Chemical Biology

www.Stevia.net/safety.htm

Hiroshima University School of Dentistry & Purdue University Dental Research Group

The Coconut Oil Miracle by Dr. Bruce Fife

Eat Fat, Lose Fat by Mary Enig and Sally Fallon

The Palm Oil Miracle by Dr. Bruce Fife

Their Stories

Nourishing Traditions

The Maker's Diet

Dr. Schwarzbein

Hormones

The Natural Superwoman by Dr. Uzzi Reiss

The Sexy Years by Suzanne Somers

Natural Hormone Balance by Dr. Uzzi Reiss

How to Make a New Mother Happy by Dr. Uzzi Reiss

2005, Westminster Hospital

Sydney Menopause Center

Journal of the Climacteric and Postmenopause, Maturatis 20

It's My Ovaries, Stupid! By Dr. Elizabeth Vilet

2002, The Women's Health Initiative

The Testosterone Syndrome by Dr. Eugene Shippen

Foxy

2003 report from Kinsey Institute for Research in Reproduction, Gender and Sex

2002 study at the State University of New York published in the Archives of Sexual Behavior

Dr. David Weeks, Scottish Neuropsychologist from the Royal Edinburgh Hospital

1990's studies by Dr. Winnifred Cutler at Penn and Stafor University

Keeping aBreast: Ways to PREVENT Breast Cancer by Dr. Halid

Mahmud

Breakthrough by Suzanne Somers

Wales, *The British Medical Journal*

Don't Forget Your Man

Stay Young and Sexy with Bioidentical Hormone Replacement by Jonathan V. Wright

The Testosterone Syndrome by Dr. Eugene Shippen

2011, *Journal of Endocrinology*

Exercise

Ready, Set, Go! Synergy Fitness by Phil Campbell
Slimmer, Younger, Stronger by Sam Varner
Perfect Weight, America by Jordan Reuben
The Perricone Prescription by Dr. Perricone
The Final Nail in the Cardio Coffin by Rachel Cosgrove
Journal of Applied Physiology, article by NASA
2007 study from AMJ Physiol Endocrinol Metab
Maternal Fitness by Julie Tupler
Exercising Through Your Pregnancy by Dr. James F. Clapp III MD

Exercises from Chapter 38

The Spew
Sprint Intervals
Jumping Intervals
Body Resistance
Balance Ball
Kettlebells
Rebounding

Exercise DVDs, Books, & Websites

www.busywomansworkout.com *The Busy Woman's Workout* with
Maureen Martone
www.tacticalathlete.com Jeff Martone
www.Dragondoor.com *Kettlebell Goddess Workout*
www.socaltrainer.com *Baby Bells* with Lauren Brooks
www.nofearfitness.com with Lisa Shaffer
From Russia with Tough Love by Pavell
Strength by Sara by Sara Cheatham
www.suzannebowenfitness.com *Gorgeous Core, Metabolism*
Bootcamp, Total Core Fast Blast & Long and Lean Prenatal Workout
www.fityummymummy.com with Holly Rigsby
www.beachbody.com *Ten Minute Trainer*
www.jillianmichaels.com *Thirty Day Shred*
www.mytrainerbob.com *Inside Out Method & Butt and Balance*
www.walmart.com *Gold's Gym Mini Trampoline Workout*

Skin Care

<http://www.swansonvitamins.com> Estriol-Care by Life-flo
www.kitnaturals.com Kit Naturals skin care
www.frontierfamilyfarms.com

Supplements Mentioned in Chapter 41

Cod Liver Oil
Vitamin D3
Green Supplement - Alfalfa
Vitamin C
Magnesium
Curcumin
Selenium
Tart Cherry Extract
Resveratrol
Multivitamin
CoQ10
Niacin
Red Yeast Rice

OTHER Sources Referenced

The China Study
www.chocolate-coveredkatie.com
www.foodiefiasco.com
www.yourlighterside.com
www.genaw.com
Ageless Skin, Ageless Mind by Dr. Perricone
Rejuvenate Your Life, Recipes for Energy by Serene Allison

THM Acronyms

S	Satisfying
E	Energizing
FP	Fuel Pull
FC	Fuel Cycle
ACV	Apple Cider Vinegar
MIM	Muffin in a Mug
MIB	Muffin in a Bowl
CIM	Cake in a Mug
BIM	Bread in a Mug
FSF	Fat Stripping Frappe
BBS	Big Boy Smoothie
Gluc/Gluccie	Glucomannan
Doonk	1/32 tsp. of THM stevia
NSV	Non Scale Victory
GGMS	Good Girl Moonshine
SC	Skinny Chocolate or Singing Canary
EM	Earth Milk
SJC	Sweet Juice Concentrate (a fermented liquid stevia using pure stevia extract)
MCT	Medium Chain Triglycerides
EVCO	Extra Virgin Coconut Oil
EVOO	Extra Virgin Olive Oil
FF	Fat Free
RPO	Red Palm Oil
EO	Essential Oil
DTS	Drive Through Sue
DH	Dear or Darling Husband
DD	Dear or Darling Daughter
DS	Dear or Darling Son
TIA	Thanks in Advance
PM	Private Message

My Story:

I purchased my paperback book in May of 2013, and as soon as it arrived I read it from front cover to back cover in just a few days. It's a huge book 600+ pages but I devoured it. I started putting the idea of fuel separating into practice and before I knew it I'd lost 20 pounds. (Within 4 months). It was easy! So I bought another book and had it shipped to my daughter who started the plan. She also dropped weight. So yes, THM works! Then I stalled. I asked questions in the main THM Facebook group. I was told I wasn't eating enough, or I was eating too much, or my hormones were causing the stall, or I needed to move more, or, or, or. So I joined the Turtles Facebook group and they told me a lot of the same things. I MUST be doing something wrong. Then the weight started creeping back on slowly. Then I found myself 5 pounds heavier than I was when I started THM. Defeated I just gave up.

In August 2014 I finally decided to have my hormones tested, since I knew they were not right. I had a hysterectomy in 2001, I didn't make wise choices when I was younger and lived on cigarettes, coffee and soda. I was a carb addict and I ate lots and lots of sugary, and processed foods. I knew my hormones were out of whack. What I wasn't expecting was to be told that my estrogen, especially the environmental estrogen was way too high. My testosterone was also high, and my progesterone was almost nonexistent.

The pharmacist at my compounding pharmacy called with my results and some suggestions. #1: bio-identical hormone replacement therapy for the low progesterone. #2: stop drinking bottled water, or at least change the type of bottled water I purchase. #3: if I used the microwave to stop using any plastic in it. And #4: she suggested I might be interested in trying HCG. You see when you have an excess belly fat it makes your estrogen high, and that makes it hard to lose

weight, it's a vicious horrible cycle. I was 168 pounds and desperate so I agreed.

I picked up my progesterone pills and the sublingual HCG the same day. I was told I could lose up to a pound a day and could expect 40 pounds on a 40 day round. I decided I would do the 40 day round. The weight melted off me at a rate of 1/2 a pound a day. I lost 20 pounds but way more important is the 7.5 inches I lost around my waist. Belly fat be gone! :) The progesterone was also amazing, once we figured out the right amount I was no longer a cranky basket case, and I could finally go to sleep at night! Amazing!

The thing with HCG though, just like any other "diet" once you are done you have to maintain your weight loss or you will just gain it all back. So I turned back to THM to maintain my weight loss. I found it as confusing as it was the first time I'd tried it. So I started looking for a study guide group, but there wasn't one available. So I decided to start one myself. Then I started writing guides to go with each chapter. You can join the Facebook Group here:

<https://www.facebook.com/groups/661523563955431/>

With THM I maintained my weight loss and lost another 8 pounds. I later did a second short round of HCG, and lost another 10 pounds. I then went back to THM to maintain. This time I found it harder :(I gained back 6 pounds right away and it stayed, until I removed dairy and all grains from my diet. I upped my fat intake, and the weight melted back off. I am currently maintaining at 129 pounds. THM is a good plan, however it should not be viewed as a God. It is not the final authority over my diet or my body, only my husband, myself and my Lord have that role. Sometimes THM doesn't work, sometimes it needs to be modified to fit. There is nothing wrong with taking the good points and using them and not using the points we dis-agree with. I can't eat dairy it makes me gain weight.

Currently my goal weight is 120 pounds. After looking at the charts that say for my height I should weigh 105. I really thought that was way too small. I was 95-105 before I started having children when I was 17 years old. After having my oldest 2 children I was still about 105. Then I had child number 3, 4 & 5, I never returned to that 105 number but I was 110 for many years after having them. That still seems small to me. After discussing it with my husband we decided that 120 would be a good goal. I am 9 pounds from goal!

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Etsy Store: www.etsy.com/DigiscrapnsnMore

Webpage/Blogs: www.trimhealthylifestyle.com
www.digiscrapnsnmore.com

Facebook: www.facebook.com/DigiscrapnsnMore

Trim Healthy Mama Study Guide Group:

www.facebook.com/groups/661523563955431/

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