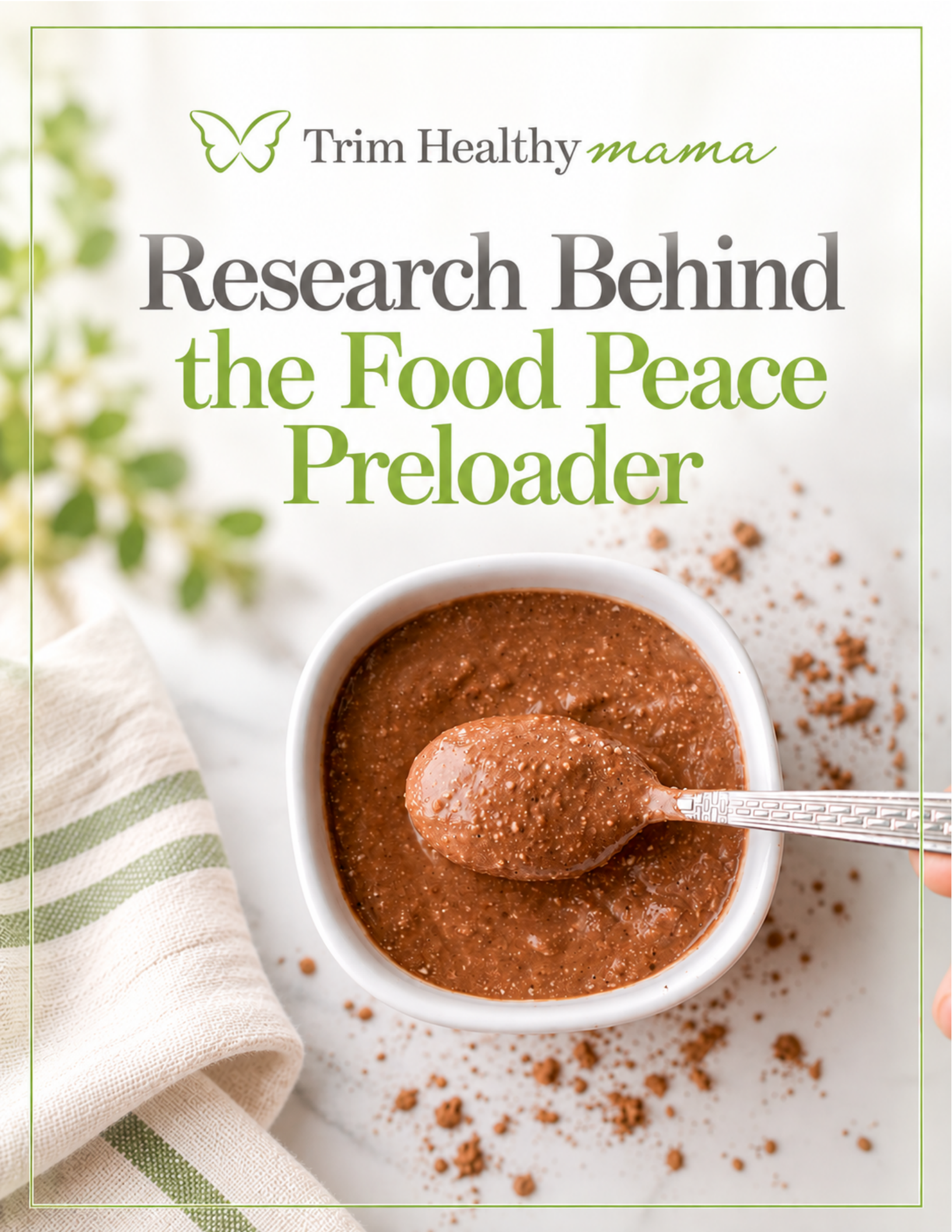
Trim Healthy mama

Research Behind the Food Peace Preloader



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Food Peace Preloader

What It Is and How It Works

Through trial and error, we have developed a thoroughly research-based, natural incretin hormone releaser. It is what we consider the most powerful food noise dampener outside of incretin hormone therapy. We refer to it as the Food Peace Preloader (FPP), which is available on our website.

Each ingredient has research supporting three prerequisites for inclusion;

1—a boost in incretin hormones,
2—better insulin sensitivity/blood sugar clearing,
3—greater satiety (less food noise—more food peace).

Short-Term Benefits of FPP

- Significantly higher secretion of incretin hormones GLP-1, GIP, and PYY
- Less food noise after consuming, leading to less overeating or bingeing for a few hours
- Better blood sugar numbers and insulin sensitivity post-meal

Long-Term Benefits of FPP

- Improved body composition (lean muscle to fat ratio)
- Declining overall food noise
- More diverse and larger gut biome with increased beneficial families of gut bugs
- Improvement in blood glucose and A1C

How to Use

To Use as a Preloader: Take it at least 15 minutes before your meal (but don't wait more than about an hour to eat, or you'll lose some of the post-meal satiety effects). Using the FPP this way will help you avoid crazy, hangry feelings leading up to your meal or snack.

To Use as a Preemptor: Perhaps you find yourself starting to give in to the cravings. Stop before or even during the episode and take the FPP. Drink your water, and give yourself about 10–15 minutes. The cravings should dramatically recede.

To Use as a Complete Snack: Double all the ingredients. If it fills you up as is, you don't have to add other food to your snack; just keep it Ultra FP. But if you'd like, you can add toppings to make S, E, or stay in FP mode. If you eat it later in the evening, keep it FP — no heavy fats or plenteous carbs right before you sleep.

Counting the Protein? Don't include the protein grams in the FPP as part of your "meal" protein gram count. Still shoot for 25 grams of protein per meal and snack, especially if you are in a pause season.

How Many Times a Day Should I Use it? You can take it up to four times a day… or not at all. The number of times is really up to you. Maybe you'll only use it during your witching hour… perhaps only in the evening… or maybe you're a before-dinner-only FPP girl.

Allow it to work best for your unique body, needs, and lifestyle. The FPP is just an option for your life. It is not a necessary part of the THM lifestyle. If you don't require it… skip it altogether. Perhaps you'll do better with the PYY Booster or the Side Protein & Fiber Chocolate Milk.

List of Studies

Whey Protein, GLP-1, Appetite, and Blood Sugar

1. 2021 — Low-dose whey protein and GLP-1 response

The Postprandial Glycaemic and Hormonal Responses Following the Ingestion of a Novel, Ready-to-Drink Shot Containing a Low Dose of Whey Protein. Frontiers in Endocrinology Read the study

2. 2013 — Whey protein, obesity, and type 2 diabetes

Biochemical and Metabolic Mechanisms by Which Dietary Whey Protein May Combat Obesity and Type 2 Diabetes. Journal of Nutritional Biochemistry Read the study

3. 2013/2014 — Pre-meal whey and glycemic control

Mechanism of Action of Pre-meal Consumption of Whey Protein on Glycemic Control in Young Adults. Journal of Nutritional Biochemistry View on PubMed

4. 2003 — Whey versus casein for satiety

Casein and Whey Exert Different Effects on Plasma Amino Acid Profiles, Gastrointestinal Hormone Secretion and Appetite. British Journal of Nutrition Read the study

5. 2004 — Protein source and short-term food intake

Protein Source, Quantity, and Time of Consumption Determine the Effect of Proteins on Short-Term Food Intake in Young Men. The Journal of Nutrition Read the study

6. 2022 — Whey protein before meals and calorie intake

Effects of Pre-Meal Whey Protein Consumption on Acute Food Intake and Energy Balance Over a 48-Hour Period. Journal of Functional Foods Read the study

7. 2009 — Whey preload, blood glucose, and gut hormones

Effects of a Protein Preload on Gastric Emptying, Glycemia, and Gut Hormones After a Carbohydrate Meal in Diet-Controlled Type 2 Diabetes. Diabetes Care Read the full study

Kefir, Probiotics, and GLP-1

8. 2015 — Kefir-associated bacteria and GLP-1

Selecting Probiotics With the Abilities of Enhancing GLP-1 to Mitigate the Progression of Type 1 Diabetes In Vitro and In Vivo Journal of Functional Foods Read the study

9. 2021 — Kefir, appetite, and food intake

The Effects of Kefir in Mixed Meals on Appetite and Food Intake: A Randomized Cross-Over Trial. Revista de Nutrição Read the study

10. 2022 — Probiotics and prediabetes

The Effects of Probiotic Administration on Patients With Prediabetes: A Meta-Analysis and Systematic Review. Journal of Translational Medicine Read the full study free

11. 2017 — Lactobacillus rhamnosus, satiety, and eating behavior

Effects of a Diet-Based Weight-Reducing Program with Probiotic Supplementation on Satiety Efficiency, Eating Behaviour Traits, and Psychosocial Behaviours in Obese Individuals. Nutrients Read the full study free

Baobab, Polyphenols, and Satiety

12. 2017 — Polyphenols, GLP-1, and insulin signaling

The Antidiabetic Mechanisms of Polyphenols Related to Increased Glucagon-Like Peptide-1 (GLP-1) and Insulin Signaling Molecules Read the full research article

13. 2017 — Baobab and satiety in healthy adults

The Acute Effects of Baobab Fruit (Adansonia digitata) on Satiety in Healthy Adults. Nutrition and Health Read the study

Cocoa, Chocolate, Appetite, and Metabolic Health

14. 2015 — Cocoa and Alzheimer's disease prevention research

Recommendations for Development of New Standardized Forms of Cocoa Breeds and Cocoa Extract Processing for the Prevention of Alzheimer's Disease. Journal of Alzheimer's Disease View on PubMed

15. 2014 — Cocoa extracts and amyloid-beta

Cocoa Extracts Reduce Oligomerization of Amyloid-β: Implications for Cognitive Improvement in Alzheimer's Disease. Journal of Alzheimer's Disease View on PubMed

16. 2014 — Dark chocolate and stress hormones

Dark Chocolate Intake Buffers Stress Reactivity in Humans. Journal of the American College of Cardiology Read the study

17. 2010 — Chocolate consumption and heart failure in women

Chocolate Intake and Incidence of Heart Failure: A Population-Based, Prospective Study of Middle-Aged and Elderly Women Read the full study free

18. 2015 — Chocolate consumption and cardiovascular disease

Habitual Chocolate Consumption and Risk of Cardiovascular Disease Among Healthy Men and Women Heart Read the full study free

19. 2022 — COSMOS cocoa flavanol trial

Effect of Cocoa Flavanol Supplementation for the Prevention of Cardiovascular Disease Events: The COSMOS Randomized Clinical Trial. American Journal of Clinical Nutrition Read the full study free

20. 2016 — Cocoa epicatechin and appetite

Epicatechin, Procyanidins, Cocoa, and Appetite: A Randomized Controlled Trial American Journal of Clinical Nutrition View on PubMed

21. 2015 — Cocoa, glucose tolerance, and insulin signaling

Cocoa, Glucose Tolerance, and Insulin Signaling: Cardiometabolic Protection Journal of Agricultural and Food Chemistry View the cited ACS article

22. 2015 — Diabetes and chocolate

Diabetes and Chocolate: Friend or Foe? Journal of Agricultural and Food Chemistry View the cited ACS article

23. 2017 — Cocoa catechins and insulin secretion

Monomeric Cocoa Catechins Enhance β-Cell Function by Increasing Mitochondrial Respiration Journal of Nutritional Biochemistry View on PubMed

24. 2015 — Bitter taste receptors and obesity in mice

The Gustatory Signaling Pathway and Bitter Taste Receptors Affect the Development of Obesity and Adipocyte Metabolism in Mice. PLOS ONE Read the full study free

25. 2011 — Bitter taste receptors, ghrelin, and gastric emptying

Bitter Taste Receptors and α-Gustducin Regulate the Secretion of Ghrelin With Functional Effects on Food Intake and Gastric Emptying PNAS Read the full study free

26. 2010 — Smelling dark chocolate and appetite suppression

Appetite Suppression Through Smelling of Dark Chocolate Correlates With Changes in Ghrelin in Young Women Regulatory Peptides View on PubMed

27. 2021 — Timing of chocolate intake in postmenopausal women

Timing of Chocolate Intake Affects Hunger, Substrate Oxidation, and Microbiota: A Randomized Controlled Trial. FASEB Journal View on PubMed

28. 2019 — Cocoa procyanidins, GLP-1, and AMPK Cacao Liquor Procyanidins Prevent Postprandial Hyperglycemia by Increasing Glucagon-Like Peptide-1 Activity and AMP-Activated Protein Kinase in Mice. Journal of Nutritional Science View on PubMed

29. 2013/2014 — Cocoa and obesity-related inflammation

Dietary Cocoa Ameliorates Obesity-Related Inflammation in High Fat-Fed Mice. European Journal of Nutrition Read the full study free

30. 2009 — Adiponectin, body fat, and insulin sensitivity

Relationships Between Plasma Adiponectin and Body Fat Distribution, Insulin Sensitivity, and Plasma Lipoproteins in Alaskan Yup'ik Eskimos Metabolism Read the full study free

Cinnamon, Blood Sugar, Insulin, and Metabolism

31. 2017 — Cinnamon and high-fat diets in rats

Cinnamon May Lessen Damage of High-Fat Diet in Rats American Heart Association research announcement Read the research announcement

32. 2017 — Cinnamon polyphenols, inflammation, and fat metabolism

Cinnamon Polyphenol Extract Inhibits Hyperlipidemia and Inflammation by Modulation of Transcription Factors in High-Fat Diet-Fed Rats Oxidative Medicine and Cellular Longevity Read the full study free

33. 2022 — Cinnamon and high-fat-fed mice

Protective Effects of Cinnamon Powder Against Hyperlipidemia and Hepatotoxicity in Butter Fed Female Albino Mice Saudi. Journal of Biological Sciences Read the full study free

34. 2012 — Ceylon cinnamon and diabetes

Efficacy and Safety of 'True' Cinnamon (Cinnamomum zeylanicum) as a Pharmaceutical Agent in Diabetes: A Systematic Review and Meta-Analysis. Diabetic Medicine View on PubMed

35. 2013 — Cinnamon and type 2 diabetes meta-analysis

Cinnamon Use in Type 2 Diabetes: An Updated Systematic Review and Meta-Analysis Annals of Family Medicine Read the study on PubMed

36. 2007 — Cinnamon, gastric emptying, and blood glucose

Effect of Cinnamon on Postprandial Blood Glucose, Gastric Emptying, and Satiety in Healthy Subjects American Journal of Clinical Nutrition View on PubMed

37. 2000 — Insulin-like activity of spices

Insulin-Like Biological Activity of Culinary and Medicinal Plant Aqueous Extracts In Vitro Journal of Agricultural and Food Chemistry Read the study

38. 2003 — Cinnamon, glucose, and blood lipids

Cinnamon Improves Glucose and Lipids of People With Type 2 Diabetes. Diabetes Care Read the study

39. 2004 — Cinnamon and high-fructose-induced insulin resistance

Cinnamon Extract Prevents the Insulin Resistance Induced by a High-Fructose Diet Hormone and Metabolic Research View on PubMed