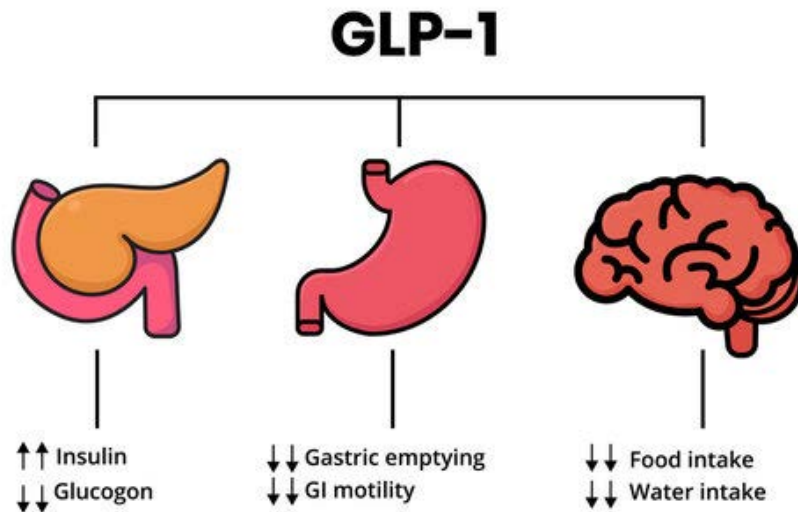


# Weight Management Newsletter



**Understanding Weight loss with Semaglutide GLP-1 Agonist**  
WHAT THIS MEANS AND HOW IT WORKS

## What is GLP-1? How does it work?

The GLP-1 in your gut is produced by specialized cells of the intestinal lining. This chemical messenger doesn't stay confined to the gut. GLP-1 is released into your blood circulation, triggering effects throughout your body and helping you feel full.

Timing is everything with GLP-1 production. The hormone typically rises between 15 and 60 minutes after you eat, and if your body does not produce enough GLP-1, you may continue to eat because your body doesn't receive the cue that you're satisfied. The three target areas for GLP-1 are below.

**1**

Brain: GLP-1 stimulates nerves in your gut lining to tell your brain that you feel full and you'll eat less.

**2**

Pancreas: GLP-1 signals to your pancreas to release insulin, which transports blood glucose into your body's cells, it also tells the pancreas to halt production of glucagon, a blood-sugar-increasing hormone.

**3**

Stomach: GLP-1 slows the passage of food from your stomach into your intestine, making you feel fuller more quickly and the feeling of fullness last longer.

# Increasing Natural GLP-1

You can naturally increase your own GLP-1. This helps in maintaining weight loss long term.

Foods that increase GLP-1 Specific nutrients like monosaccharides, peptides, and fatty acids influence its secretion. These are found in foods such as eggs, high fiber grains, nuts, and avocados.

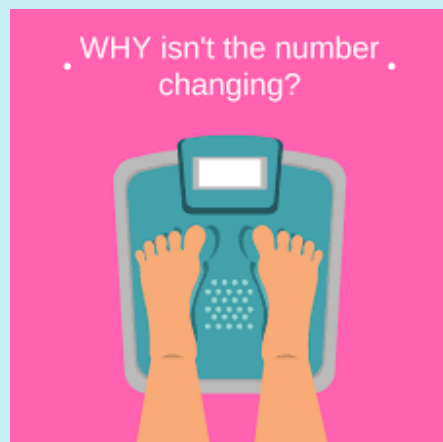
A study concluded that certain herbal-based constituents, such as berberine, tea, curcumin, cinnamon, wheat, soybean, resveratrol, and gardenia, can exert an influence on GLP-1 release. Refer to the following study <https://pubmed.ncbi.nlm.nih.gov/34981502/>

GLP-1 reduces inflammation in your gut and reduces the storage of fat in body tissues. Through all of these means, increasing GLP-1 results in more stable blood sugar and better control of your appetite, often accompanied by weight loss.

**Semaglutide is a medicine that enhances your bodies own GLP-1 response. Typical weight loss averages 1-3 lbs a week with some plateaus along the way. A plateau in weight loss occurs when you've lost a significant amount of weight. Common plateaus occur at the 30 and 50lb. Weight loss point. Your body is processing the fat and holds onto some fluid through this process. It will eventually release the fluid and weight loss will resume.**

## WORKING THROUGH A PLATEAU

- 1- Stick with the program and be patient. Plateaus are a normal part of the weight loss process. Quitting will not get to your goal any quicker!
- 2- Push protein to 100GM or more daily.
- 3- Keep carbohydrates 50GM or less.
- 4- Increase peptide dose by 2.5 units as needed. Make sure To do a dose for at least 2 weeks before increasing dose.



you

**PROTEIN REMINDER**  
**WOMAN 80-100GM DAY**  
**MEN >100GM DAY**  
Get 3 Servings daily of 30-40GM protein



## Protein Cheat Sheet

Protein per 100g



Turkey Breast 24g



Salmon 20g



Cottage Cheese 11g



Beef Steak 30g



Shrimp 24g



Skyr 11g



Chicken Breast 31g



Canned Tuna 23g



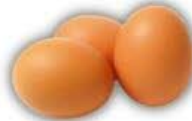
Whey Isolate 20-30g  
\*per scoop



Venison 30g



Cod 18g



Eggs 12g

## A Tip from The "Glucose Goddess"

Limiting insulin spikes and the effect of carbohydrates with vinegar

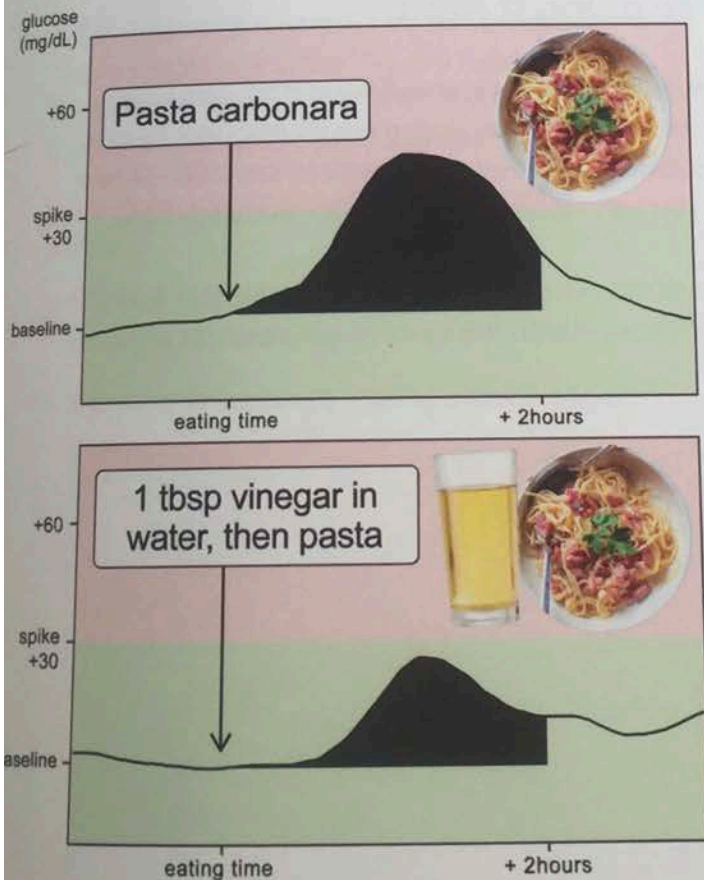
### The science

Scientists have found that vinegar (it doesn't matter which type) contains a powerful component called *acetic acid*. When we give acetic acid to our body, a few mind-blowing things happen: First, it slows down the rate at which our digestive enzymes break down sugars and starches into glucose. This is good, because as this process slows down, glucose molecules hit our system more softly, leading to a smaller spike. Second, once acetic acid gets into the bloodstream, it penetrates our muscles. There it encourages our muscles to soak up glucose molecules that are floating around and to store them for our next exercise.

These two factors—glucose being released into the body more slowly and

our muscles taking it up more quickly—mean that there is less free-flowing glucose present. One tablespoon of vinegar before a meal can reduce the glucose spike of that meal **by up to 30 percent**, and the insulin spike **by up to 20 percent**—thereby reducing inflammation, slowing down aging, increasing energy, balancing our hormones, and helping our brain.

What's more, acetic acid not only reduces the amount of insulin present—which helps us get back into fat-burning mode—it also has a remarkable effect on our DNA. It tells our DNA to reprogram slightly so that our mitochondria burn more fat. A study found that when people added vinegar before their meals for three months, they reduced their visceral fat, waist and hip measurements, and triglyceride levels.



Vinegar: the very powerful Week 2 hack



# Product of Month

## How to Choose a Protein Powder

### A few guidelines for choosing the right one:

1. Fewer ingredients are better.
2. If it contains sugar, make sure it is very low in added sugars (no more than 5 grams per serving).
3. A small amount of **natural alternative sweeteners**, such as erythritol, stevia, or allulose, are fine. So are sugar alcohols.
4. A stellar protein powder will go above and beyond, providing vitamins, minerals, antioxidants, fiber, and other nutrients.
5. Avoid at all costs:
  - Fructose (the most damaging sugar) in all its many forms, including high-fructose corn syrup.
  - Artificial sweeteners
  - Artificial flavors or colors
  - Inflammatory oils
  - Highly reactive ingredients, like soy, dairy, and egg

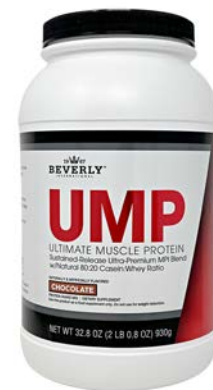
### **Protein Powder With Essential Amino Acids**

You also want to make sure that the protein powder you choose has a solid amino-acid profile.

Amino acids fall into two categories:

- 11 non-essential amino acids, which the body can usually make on its own.
- 9 essential amino acids, which the body cannot make on its own, so we must get them from food.

Animal foods provide all the essential amino acids, which isn't always the case with plant foods. As you'll see though, having a variety of plant proteins in your diet can help you make sure you get all of those essential nutrients.



### UMP protein

Ingredients: Milk Protein Isolate, Calcium Caseinate, Whey Protein Concentrate, Egg White, L-Arginine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine

Available at [happyhormonecottage.com](http://happyhormonecottage.com) and at IHC

# Summer Exercise Tips



**FIVE  
WAYS**

TO STAY

**MOTIVATED**

WITH YOUR

**FITNESS  
ROUTINE**

THIS SUMMER



**ONE**

**Find Your Tribe**



Join a group exercise class, a CrossFit gym, or a community group on a digital platform.

**THREE**

**Try  
Something  
New**

Try a new class and mix things up!



**TWO**

**Celebrate  
Yourself**



Celebrate your wins no matter how big or small.

**FOUR**

**Find  
Your  
"Why"**



Your "why" is what you think about when you feel like quitting; Knowing & understanding your "why" is a big part of setting and achieving fitness goals.

**FIVE**

**Have Fun!** This is the most important one.



## Client Spotlight

Donielle Higgs

Age: 54

Height: 5' 3"

Starting Weight: 186 lbs.

Current Weight: 128 lbs.

Total Loss: 58 lbs

### What was your motivation for starting this weight loss journey?

I had never had any problems with my weight, even after the birth of my second child at age 33. Then, at age 43, perimenopause started and with it came the weight gain. I gained over 50 pounds in ten years! I tried hormone replacement therapy (HRT) but it didn't help. Every doctor I saw wanted to prescribe antidepressants. I couldn't handle the thought of gaining any additional weight, so this was not an option. I had always been active and now barely had the energy to keep up with my household chores, let alone exercise. My diet was terrible, and I was drinking a glass (or two) of wine almost every day. I was borderline Type 2 Diabetes, which runs in my family. I was depressed and ready to give up on ever losing the weight and getting back to my former self. I initially went to Happy Hormone Cottage to learn more about the bioidentical hormones and when I found out about the weight loss program, I couldn't get started fast enough!

### Lessons Learned

I need a lot of protein in my diet, more than I ever realized. I also need to eat my protein and veggies first and then carbs/sugar if I am not full. This gives me more energy. Portion control and moderation are important, too. It's okay to have a treat now and then...just don't overindulge. Resistance/strength training is vital to maintain and build muscle which also helps you get to and maintain a healthy weight.

### Recommendations to Others

Use everything available to help you reach your goals. 10 years ago, I would have never considered using medication to help me lose weight because I thought it was for people who didn't want to do the work. Then I found myself in a position where the weight was making it difficult to do the work. I think the medication gave my body and mind the reset I needed to do the work. Also, be patient. It took time to get where you are now, and it will take time to get where you want to be, but you will get there.

### BEFORE



### AFTER

