

Weight Management Newsletter



WEIGHT LOSS & LONGEVITY

Did you know using weight loss drugs like Semaglutide or Tirzepatide may increase longevity? Preclinical studies using GLP-1 analogs or agonists have shown promising results in extending lifespan and improving health span and healthy aging.

1

LONGEVITY

A long duration of individual life.

2

PREDICTORS

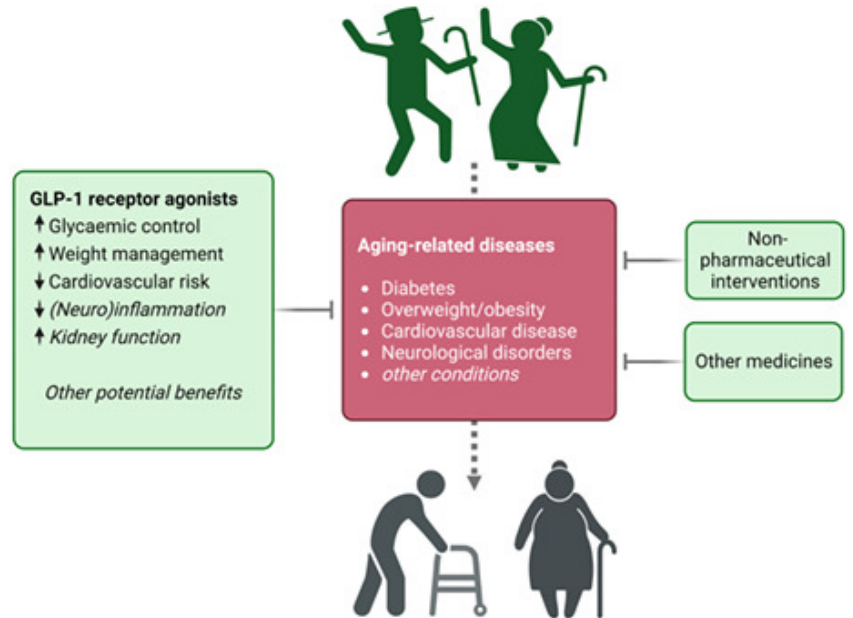
Mobility, strength and balance are the best longevity predictors.

3

HEALTH SPAN

Life spent in good health, free from disease.

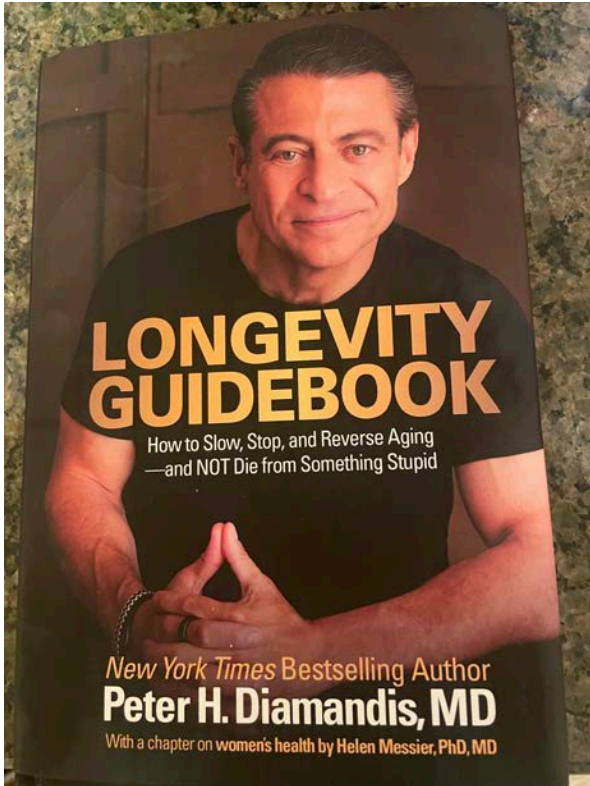
Strong evidence suggests several other beneficial effects of GLP-1 peptides, including anti-inflammation and cardiovascular risk reduction. Preventing and improving metabolic liver disease and Alzheimer's disease. In sum, GLP-1 peptides are positioned as one of the options that can contribute to addressing the highly unmet medical need characterizing several prevalent aging-related diseases, potentially helping more people enjoy a prolonged healthy lifespan.



GLP-1 peptides provide potential benefits that may help people experience a prolonged healthy lifespan with reduced risk of serious and chronic aging-related conditions. Thus, the drug class is positioned as a novel pharmacotherapeutic option that in combination with non-pharmaceutical interventions can help address the pronounced medical need associated with the aging human population

<https://onlinelibrary.wiley.com/doi/10.1111/ace.13818>

Weight Loss and Longevity Recommendations



Navigating the GLP-1 Landscape

If you're considering GLP-1 drugs or are already taking them, here are three strategies to maximize benefits and minimize risks. First is weightlifting. Resistance training is your new best friend. Aim for at least three sessions a week to preserve that precious muscle mass. The second is sufficient protein consumption. Target 1 gram of protein per pound of body weight daily. And third, build healthy habits. Use your time on this drug to build sustainable eating and exercise routines. The drug should be a tool, not a crutch, in your health journey.

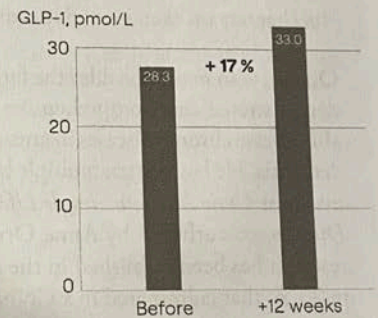
How to Build Your GLP-1 Naturally

What if I told you that you could increase your GLP-1 levels without a prescription? Here are some evidence-based strategies:

1. **The Sequence Secret:** As mentioned earlier in this chapter, eat your food in the following order: vegetables first, then proteins and fats, and starches and sugars last. This simple switch can boost your post-meal GLP-1 levels by up to 38 percent.

2. **Chew Your Food (A Lot):** Take your time and chew thoroughly—at least ten times per bite. Your L cells need time to sense the food and release GLP-1. How often do you get overstuffed because you don't feel full until later?

3. **Yerba Maté Magic:** This South American beverage isn't just a tasty caffeine alternative; it's also a GLP-1 booster.
4. **Lemon Power (Eriocitrin):** The lemon extract in Eriomin tells your L-cells to produce more GLP-1. Concentrated supplements like Eriomin have shown promising results in clinical trials.
5. **Move Your Body:** Regular exercise, especially high-intensity interval training, can naturally increase GLP-1 levels.



200mg Eriomin tested against a placebo.
(Clinical trial PMID 3576695)

Exercise

HIGHLIGHT- Strength Training



Strength training helps you lose weight and keep it off by building muscle tissue. The more muscle mass you have, the higher your metabolic rate tends to be. More muscle also helps your body burn more fat than muscle, which is important if you want to lose weight and keep your strength. Muscle mass helps you avoid “Ozempic butt”.

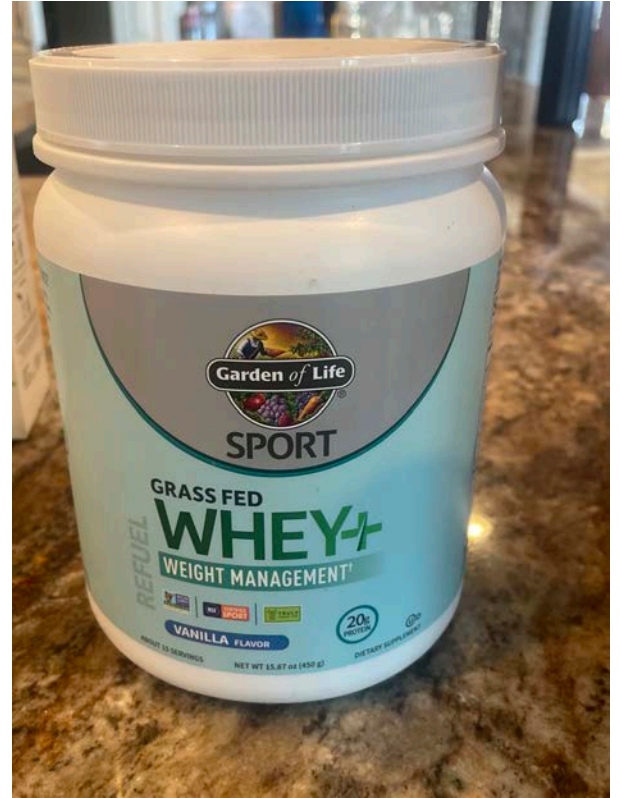
- ‘Ozempic Butt,’ characterized by sagging skin on the butt, is gaining traction as a reported side effect of the weight loss drug semaglutide, better known by the popular brand names Ozempic and Wegovy.
- Experts say rapid, extreme weight loss can contribute to looser skin, particularly in curvier areas of the body.
- Taking a slower, more sustainable approach to weight loss can lower your risk of developing ‘Ozempic Butt.’
- Regular exercise as well as surgical and non-surgical treatments can improve the appearance of ‘Ozempic butt.’

When you're weight training, do:

- Lift an appropriate amount of weight. Start with a weight you can lift comfortably 12 to 15 times.
- Use proper form. Learn to do each exercise correctly.
- Breathe. ...
- Seek balance. ...
- Add strength training in your fitness routine.
- Rest

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20045842>

High Protein Ideas



High Protein Recipe

Use 1 cup Plain Greek Yogurt 18 Grams Protein. May also use cottage cheese

1 scoop vanilla protein powder 20 Grams Protein

Add fruit of your choice. This makes a great lunch or snack with high protein content. Helping to meet daily protein goal of 80-100 Grams of protein.

Increasing protein intake WILL increase weight loss and also helps in maintenance.

EAT MORE PROTEIN - GOAL 30-45GM PROTEIN 3 X DAY

KEEP WORKING TOWARDS ACHIEVING YOUR 2025 GOALS FOR IMPROVED HEALTH.