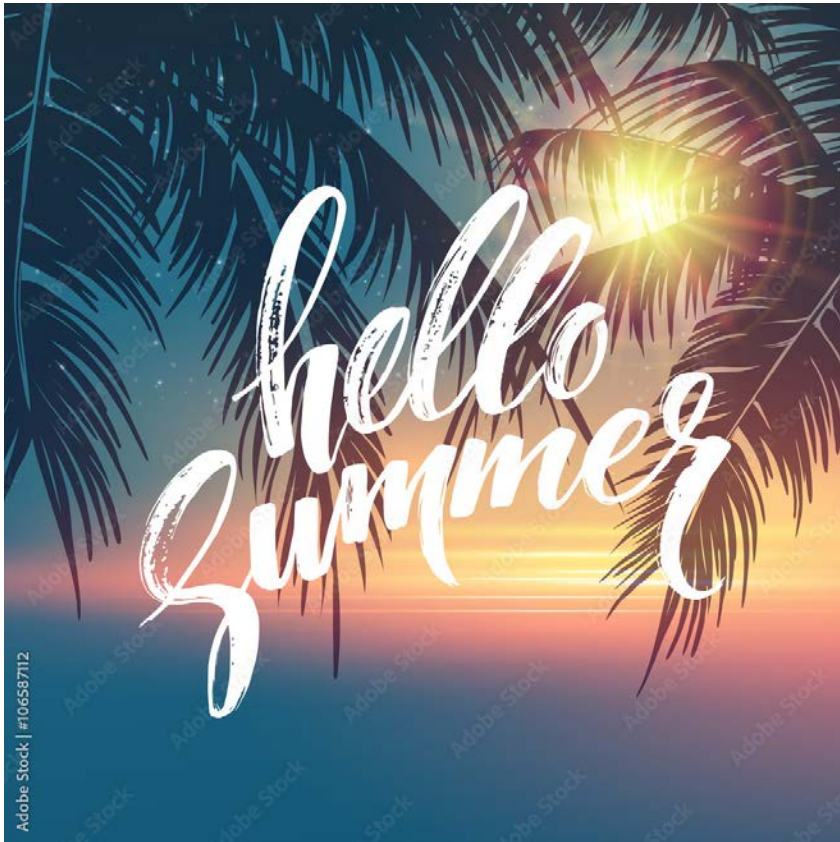


# Weight Management Newsletter



## Summer Weight Loss Strategies

### **Dietary Strategies**

**Hydrate Often:** Drink plenty of water throughout the day, especially before meals, to stay hydrated and manage hunger.

**Seasonal Produce:** Eat high-water-content, nutritious seasonal fruits and vegetables.

**Prioritize Protein:** Increase protein intake to stay full longer, which helps reduce snacking on high-calorie summer treats

**Grilling Habits:** Utilize the grill for cooking leaner meals, such as grilled fish, chicken, or vegetables, while avoiding high-calorie sauces and marinades

**Limit Liquid Calories:** Reduce consumption of alcohol, cocktails, and sugary drinks, which are high in calories and contribute to dehydrations

**Consistent Meals:** Maintain a consistent meal schedule to avoid overeating caused by disrupted summer routines

**1**

### **ACCOUNTABILITY**

Someone to support you on your weight loss journey can make a big difference.

**2**

### **REALISTIC GOALS**

Set achievable goals and celebrate progress along the way.

**3**

### **LIFESTYLE CHANGE**

Think of your weight loss plan as the beginning of a healthier lifestyle, not a quick fix.

# Movement: Fun Workouts for June

The key to burning calories and building muscle is incorporating regular exercise into your routine. But working out doesn't have to be a chore! Here are some fun and effective ways to get your body moving in June:

- **Hit the Pool:** Swimming is a fantastic, low-impact exercise that works your entire body. Plus, the cool water is refreshing on a hot summer day.
- **Explore the Outdoors:** June is the perfect month for outdoor activities. Go for a hike, bike ride, or even a brisk walk in the park. Enjoying nature adds a mental boost to your workout.
- **Dance It Out:** Put on your favorite tunes and dance like nobody's watching! Dancing is a fun way to get your heart rate up and burn calories.
- **Try a New Class:** Look into local fitness classes like Zumba, yoga, or Pilates. These classes offer a social element and can help you learn new movement patterns.

Remember, consistency is key. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

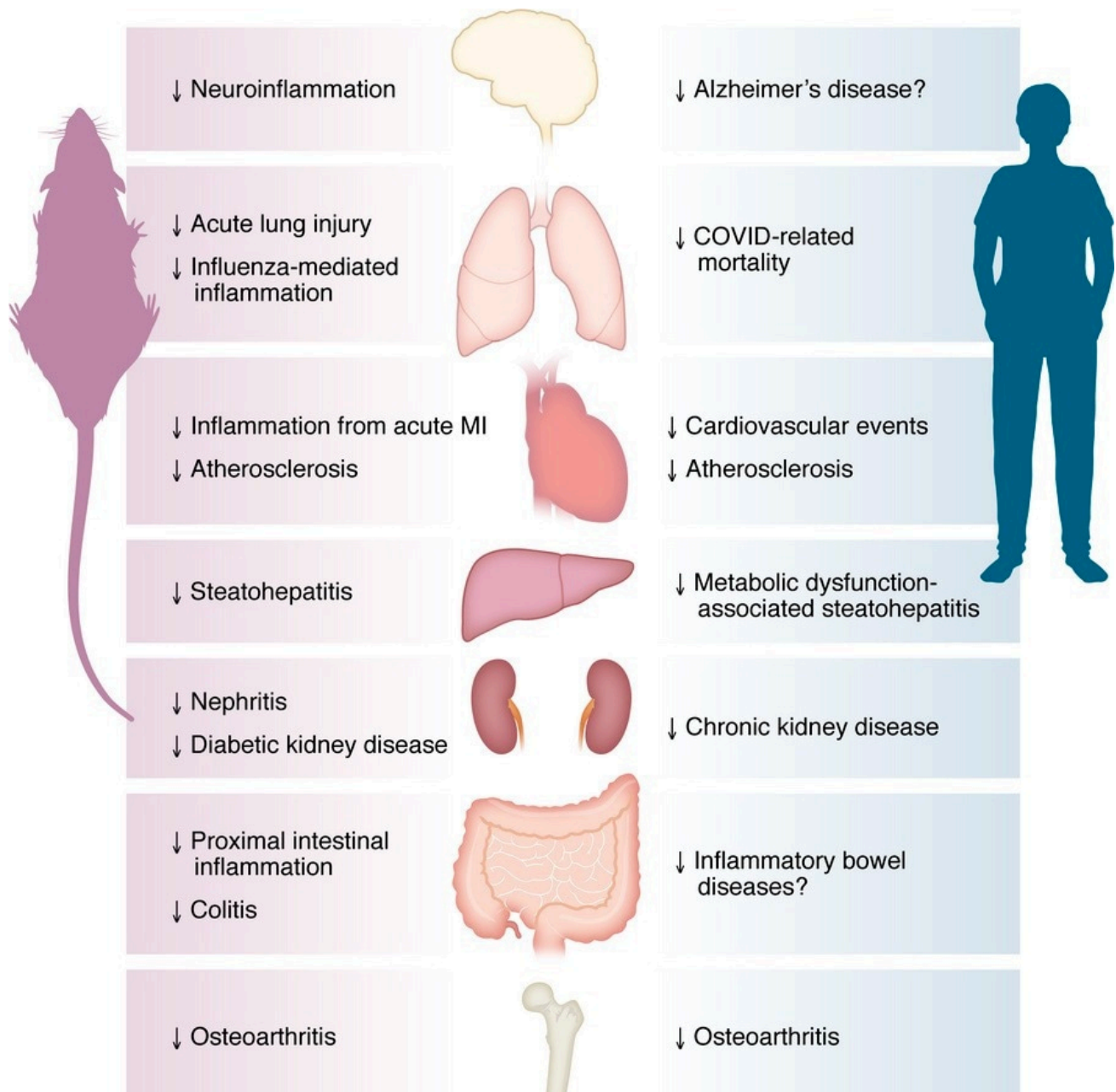


# GLP 1 Health Benefits

**Key Anti-Inflammatory Mechanisms & Effects:** Immune System Modulation: GLP-1RAs (e.g., semaglutide) inhibit inflammatory responses by regulating immune signaling pathways.

**Cardiovascular Protection:** They decrease inflammation in blood vessels, reducing atherosclerosis and decreasing C-reactive protein (CRP) levels. **Organ-Specific Benefits:** Studies show reduced inflammation in the kidneys (nephritis), liver (decreasing fibrosis and steatohepatitis), and brain (potential neuroprotection in Alzheimer's and Parkinson's). **Signaling Pathways:** GLP-1RAs activate the AMP-activated protein kinase (AMPK) pathway, which helps suppress inflammation.

**Beyond Weight Loss:** While weight loss reduces overall inflammation, GLP-1 agonists exert direct anti-inflammatory actions on tissues and organs. These effects are consistent across various organs, including the cardiovascular system, liver, kidneys, and central nervous system, and they may assist in treating chronic inflammation related to obesity and metabolic syndrome.



# Next Generation GLP 1 Medication- Retatrutide

## "On the Horizon "

Retatrutide is an experimental, once-weekly injectable triple-hormone receptor agonist (GIP, GLP-1, and glucagon) developed by Eli Lilly for obesity and type 2 diabetes. Currently in Phase 3 trials with anticipated FDA approval around 2026, it has shown significant results, with high doses leading to an average of over 36 pounds of weight loss (or up to 24% body weight) in studies. Key aspects of how it Works: Unlike current drugs (like semaglutide) that target one or two receptors, retatrutide binds to three: GLP-1, GIP, and glucagon receptors, which improves blood sugar control and increases calorie burning while reducing appetite.

benefits: Trials show it may be more effective for weight loss than existing therapies, with significant improvements in metabolic outcomes. Side Effects: Common adverse effects are gastrointestinal, including nausea, diarrhea, vomiting, and constipation, which often occur during dose escalation. Dosage & Availability: In trials, doses ranged from 1 mg to 12 mg, administered as a weekly, subcutaneous injection. It is not yet FDA-approved or commercially available; it is only legally available through clinical trials, notes from Midi Health. The FDA has warned against purchasing "retatrutide" online, as many sold outside of clinical trials are counterfeits.

# Recipe of Month

Here is a refreshing alternative to typical thick and milky protein shakes, It's an ideal post-workout recovery option or a ultra low-calorie protein treat that's perfect anytime of day.

20 grams of protein, only 80 calories  
0 carbs, 0 sugar, and Lactose Free! You cant beat it.

The flavors available are a mouth-watering fruity staples like best seller lemon Italian ice, and peach mango, strawberry Italian ice, Juicy Grape and many more!

Here is a clear protein recipe to refresh your supplement routine.



## Clear Protein Popsicles

Did you know that conventional popsicles are nothing but sugar.

These Clear Protein Popsicles are the perfect cooldown treat to enjoy after a tough workout or on a hot summer day.

### Ingredients

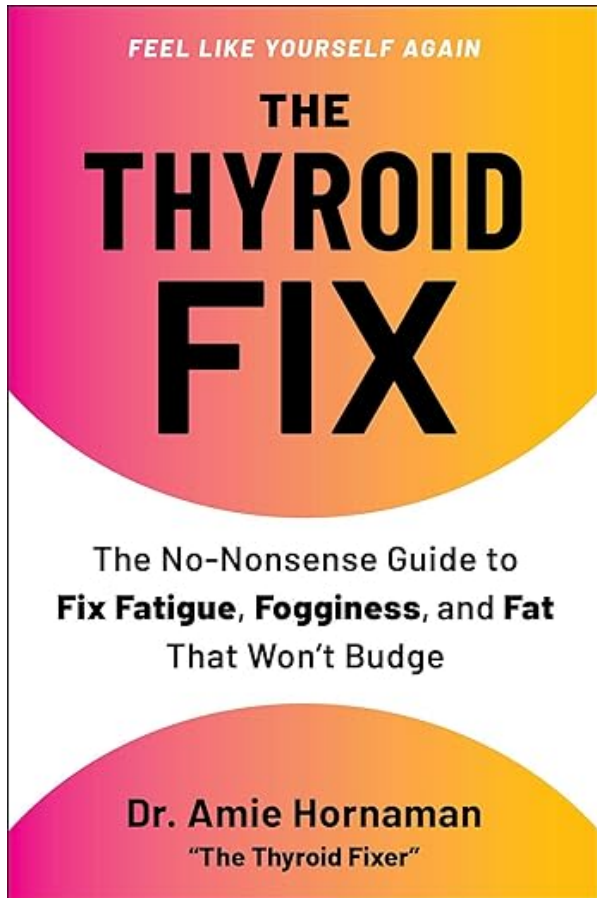
- 1 scoop [Clear Protein](#)
- 300ml water
- Optional: sliced strawberries or whole raspberries

### Directions

1. Add the water and a scoop of Clear Protein to a shaker. (note: we've used all of our clear whey flavors to make these, but two of our absolute favorites are strawberry Italian ice and rocket pop).
  2. Shake well and then let the drink stand for 30-40 seconds to allow the froth and foam to settle.
  3. If you decide to add fruit, you may place a few pieces in your popsicle molds while waiting for the foam to settle.
  4. Pour the Clear Protein mixture into the molds and freeze for at least 4 hours, or overnight.
  5. Enjoy
- <https://1upnutrition.com/products/clear-protein>

# Supplement of Month - Thyroid Supplement

Is your Thyroid functioning OPTIMALLY ? Get tested.



Thyroid Fix: The No-Nonsense Guide to Fix Fatigue, Fogginess, and Fat That Won't Budge by Dr. Amie Hornaman ("The Thyroid Fixer") is a comprehensive guide designed for individuals struggling with thyroid symptoms—specifically weight gain, fatigue, and brain fog—who have been told by doctors that their lab results are "normal".

**Core Themes and Takeaways:**

- Beyond "Normal" Labs:** Dr. Hornaman argues that conventional medicine fails many patients by relying solely on TSH (Thyroid Stimulating Hormone) tests, which often miss the full picture of thyroid dysfunction.
- The Full Panel Approach:** The book teaches readers how to interpret their own lab results and advocate for a "full thyroid panel," which includes testing Free T3, Free T4, antibodies, and other markers.
- Targeting Root Causes:** The book addresses the connection between thyroid dysfunction and Hashimoto's, chronic fatigue, metabolic slowdown, and weight loss resistance.
- Actionable Solutions:** It provides a "no-nonsense" roadmap including functional medicine approaches, lifestyle modifications, nutrient optimization, and specific strategies to improve thyroid health and overall quality of life.

Testing available at Happy Hormone Cottage. Ask for your 10-point thyroid panel. Obtain a comprehensive view of your thyroid function and learn how thyroid optimization can help your weight loss journey