WORKING AGAINST GRAVITY

The Role of Nutrition for GLP-1 Success

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What are GLP-1s & How Do They Work?

GLP-1 medications are prescribed to manage Type 2 diabetes and promote weight loss. Common medicines on the market include Ozempic and Wegovy (Semaglutide), Saxenda, and Zepbound (Trizepitide).

These medications mimic the effects of a natural hormone called Glucagon-Like Peptide-1 (GLP-1) that helps regulate blood sugar levels and appetite. They stimulate the pancreas to release insulin after eating and reduce the production of Glucagon (a hormone that raises blood sugar). **This combination helps the body prevent unnecessary blood sugar spikes, leaving us with a more regulated appetite.**

GLP-1 Medications also slow digestion by increasing the time food stays in the stomach. Together, these effects combine to **manage chronic conditions and promote weight loss.** While they can be highly effective, they're most beneficial when combined with personalized nutrition guidance.

How can a Nutrition Coach Help?

Nutrition for those taking GLP-1 medication can present **challenges such as side effects, dietary restrictions, and individual medical conditions.** Our GLP-1 nutrition team specializes in nutrition for GLP-1 medications, offering customized macronutrient plans, 24/7 support, and data-driven insights that align with your medication regimen.

Proper Nutrition Intake and Weight Management

Our team will help you make the most of your medication by designing a balanced, sustainable, macronutrient eating plan supporting healthy weight loss. Changing your habits is challenging, especially when adjusting to a new medication. Our program provides ongoing 1-on-1 support, helping you develop healthy behaviors, set realistic goals, and stay motivated throughout your journey.

Glucose Control

If you're managing insulin resistance or type 2 diabetes, maintaining stable blood sugar levels is crucial for overall health and progress. Our team will provide education and help you select the right foods and meal patterns to reduce the risk of blood sugar drops and spikes and complement the effects of GLP-1 medications.

Navigating Side Effects

GLP-1 medications often come with digestion-related side effects. Some of the most common side effects include nausea, vomiting, diarrhea, constipation, and bloating. Your personalized nutrition coach will be crucial in navigating these side effects by suggesting specific foods or meal-timing strategies to minimize discomfort and help you stay on track with your treatment.

Your medication can reduce appetite, leading to lower overall food intake. While lower calories can lead to weight loss, it also raises the risk of severe nutrient deficiencies that could impact your energy levels, muscle health, and overall metabolic function. Our program promotes a nutrient-rich diet, even if you're eating less.

As your body adapts to the medication, your side effects may change. With 24/7 messaging and regular check-ins via our Seismic app, our team will work with you to adjust your nutrition plan continuously, helping to manage any new or ongoing symptoms.

Metabolic Health

Our GLP-1 weight loss nutrition team can provide you with the comprehensive support needed to enhance the benefits of your medication while promoting lifelong metabolic health.

Muscle mass is vital to maintaining a healthy metabolism, as muscle tissue burns far more calories at rest than body fat. Unmanaged, rapid weight loss can lead to losing that precious lean muscle mass.

Your personalized coach will help you achieve steady, sustainable weight loss that supports a more stable metabolism and reduces the risk of regaining lost weight. You and your personalized coach will work together to create a balanced plan that focuses on adequate protein intake to aid in preserving muscle mass while losing weight. Our individualized support ensures you lose weight and maintain a strong and efficient metabolism.

Nutrition Education

Working with our GLP-1 weight loss nutrition coaches gives you the education and confidence to make food choices that truly serve your body and your goals. You'll learn to enjoy the foods you love without guilt, fostering a healthier relationship with food and setting yourself up for long-term weight loss and weight maintenance success.

Our program will help you build the confidence to make informed nutrition choices that support your metabolism, muscle preservation, and overall well-being. This knowledge lets you choose foods that fuel your body, reduce side effects, and help you feel energized and satisfied throughout the day.

Each client is unique. Our personalized 1-on-1 approach is designed to ensure your nutrition is aligned with the benefits of your specific medication regimen and health goals. Our approach creates a lasting positive relationship with food, allowing you to have a mindful, sustainable eating plan that you enjoy.

Knowledge is power; you'll learn to create a flexible, balanced diet that fits your lifestyle. Your personalized weight loss nutrition coach will equip you with the tools to make lasting changes.

GET A GLP-1 NUTRITION COACH

References

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