



HOW TO GET GLP-1 RESULTS BY CHANGING JUST ONE THING

Dr. Shweta Patel, MD FACOG



Introduction

Are you in your 40s or 50s, experiencing perimenopause or menopause, and struggling with stubborn weight? You're not alone. Understanding how your metabolism changes during this phase of life and making specific lifestyle adjustments can help you achieve remarkable results—without medication. This e-paper will guide you through these changes and introduce you to an effective strategy that can make a significant difference.





The Counterproductive Effects of Low-Calorie Diets and Strenuous Exercise

While it might seem logical to cut calories drastically or exercise strenuously to lose weight, these approaches can backfire. Low-calorie diets can put your body into starvation mode, lowering your metabolic rate and making it even harder to shed pounds. Similarly, excessive exercise can elevate cortisol levels, leading to increased fat storage.



The One Thing to Change: Cut Out Sugar

One of the most effective changes you can make is to cut out sugar from your diet. High sugar intake can cause insulin spikes, leading to fat storage and cravings. By reducing sugar, you can regulate your insulin response, stabilize blood sugar levels, and ultimately overcome the stubborn effects of age and hormonal changes on your metabolism.



Sample One-Day Diet Plan

To help you get started, here's a sample diet plan that focuses on high protein, good fats, and low glycemic index carbs.

Breakfast:

- Greek yogurt with a handful of nuts and berries

Lunch:

- Grilled chicken salad with avocado, mixed greens, and olive oil dressing

Dinner:

- Baked salmon with quinoa and steamed broccoli

Snacks:

- A small apple with almond butter
- A handful of carrot sticks with hummus





The Importance of Hydration, Sleep, and Reducing Cortisol

Staying hydrated, getting enough sleep, and managing stress are crucial for weight loss and overall health. Water helps with digestion and metabolism, sleep regulates hormones, and reducing stress lowers cortisol levels. Simple stress-reduction techniques like deep breathing, meditation, or yoga can be very effective.



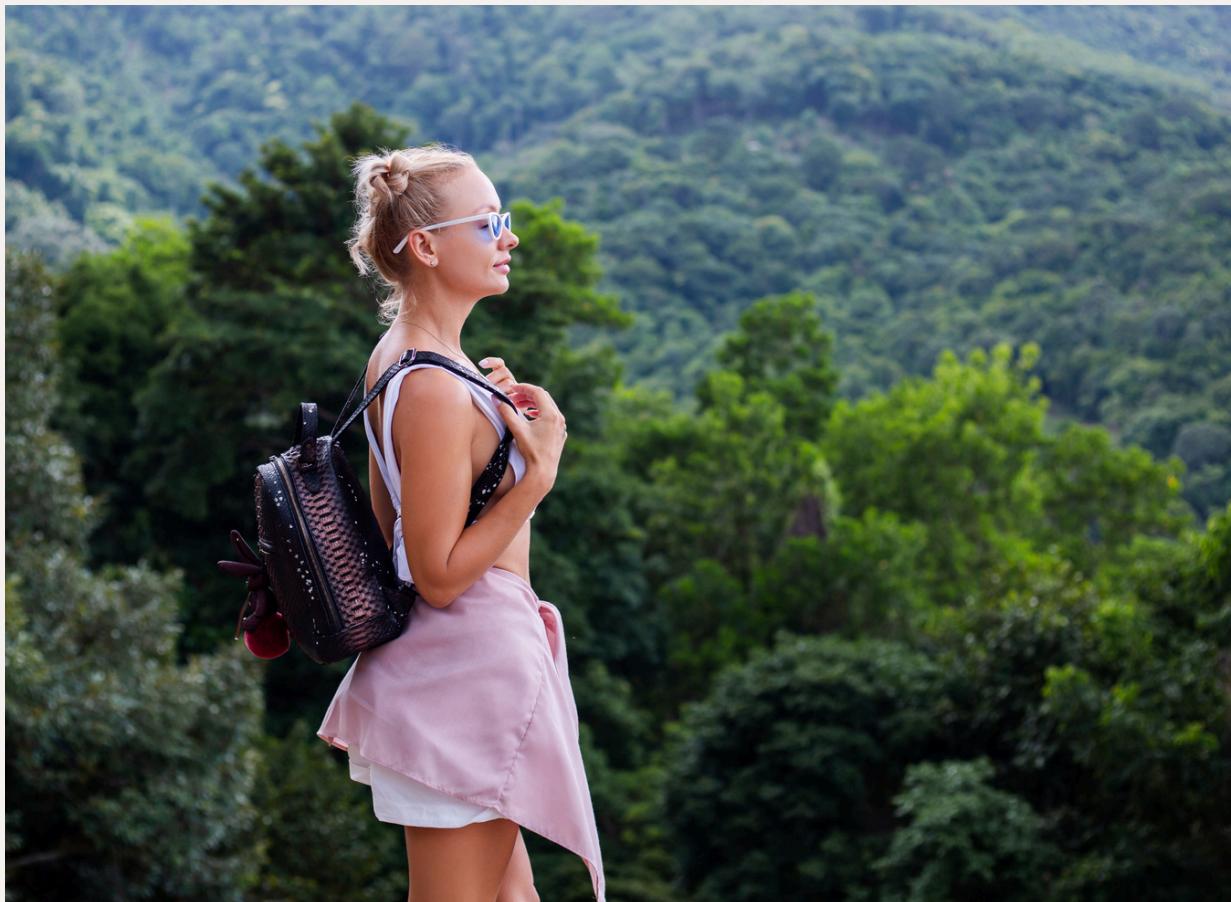


Enhancing Your Metabolism with Resistance Training

Incorporating weight resistance or lifting exercises, especially those targeting the lower body, can significantly boost your basal metabolic rate. Squats, lunges, and deadlifts are excellent choices. These exercises build muscle, which burns more calories at rest.

The Challenge and the Commitment

Adopting these lifestyle changes can be challenging, but they are worth it. It takes time, commitment, focus, and patience. Remember, significant changes don't happen overnight, but with persistence, you can see real results.





When to Consider GLP-1 Medications

For some women, lifestyle changes alone may not be enough to achieve their desired results. This is where GLP-1 medications can provide an additional boost. These medications can help you feel fuller longer, reduce cravings, and improve your metabolic rate.



Join Our Program

If you're feeling stuck or not seeing the results you want, consider joining our Doctor Led GLP-1 Virtual Weight Loss Program.

Our program is designed to provide comprehensive support, from personalized care and regular check-ins to a focus on behavioral modification and sustainable health habits.

(Insert an image of a woman looking happy and healthy with a call to action button)

Join Now for Only \$9!

Visit www.gayawellness.com or call 407-63-8879 to get started today!

Achieving GLP-1 results without medication is possible with the right changes and commitment. However, if you need additional support, our program is here to help you succeed.

*-Dr. Shweta Patel, Founder
GAYA Wellness*

