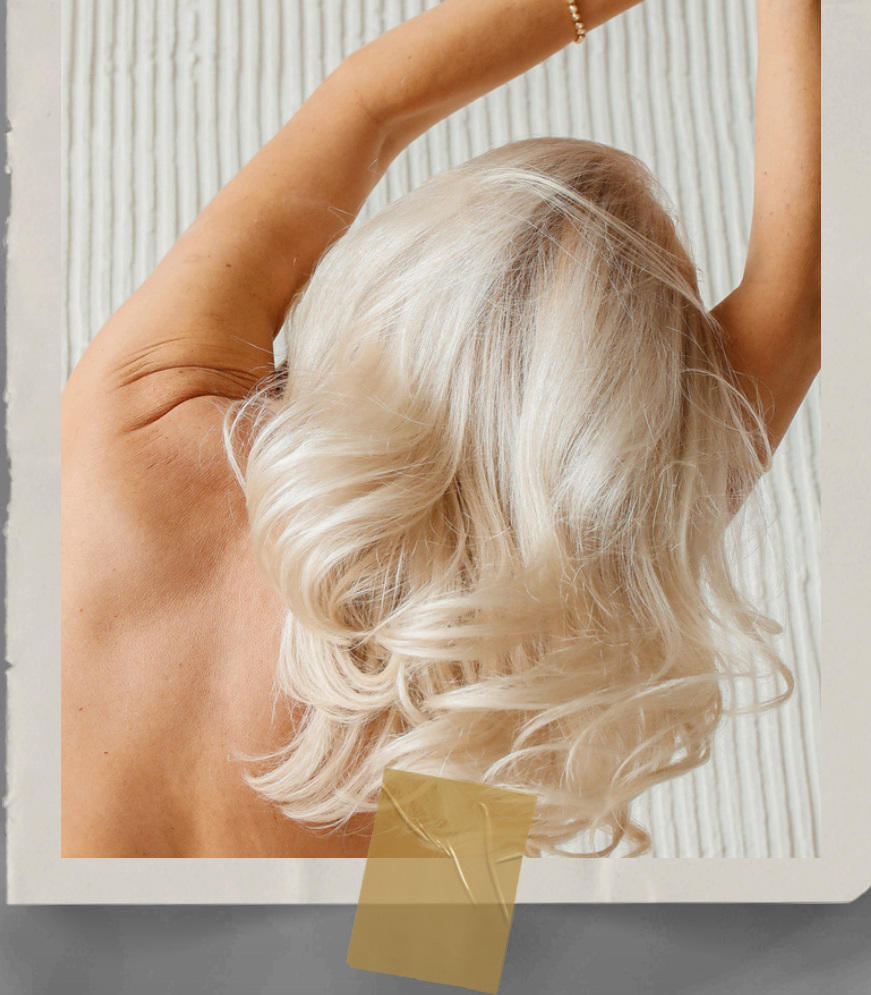


# The Power Pair: *HRT+GLP-1*



Why Combining Hormone Therapy and  
Modern Weight Loss Medications May Be the  
Breakthrough You've Been Waiting For



# Why One Therapy Alone Isn't Always Enough:

If you're in perimenopause or menopause, you've likely felt the frustration. You eat clean, you move your body, maybe you've even tried hormone therapy or a GLP-1 like semaglutide. But the scale barely budes, or the results don't last.

**But it's not you, it's biology.**

Recent research shows that when hormone replacement therapy (HRT) and GLP-1 medications are used together, women may experience greater and more sustainable weight loss compared to using either alone.

**This isn't about hype, it's about synergy.**

# What Each Therapy Does Best:

## **HRT (HORMONE REPLACEMENT THERAPY):**

- Restores estrogen, progesterone, & testosterone to healthier levels
- Improves energy, sleep, and mood
- Protects bone, brain, and heart health
- Sets the “foundation” for a healthier metabolism

## **GLP-1 MEDICATIONS (LIKE SEMAGLUTIDE OR TIRZEPATIDE):**

- Mimic a natural gut hormone that controls appetite & blood sugar
- Reduce cravings and overeating
- Drive measurable weight loss
- Improve insulin resistance and inflammation

# Why They're Stronger Together:

Think of HRT as fixing the foundation of your house while GLP-1s remodel the inside. Alone, each helps. Together, they create real transformation.

- HRT removes roadblocks from hormone imbalance (like belly fat, hot flashes, and fatigue).
- GLP-1s give your metabolism the momentum to burn fat and build muscle more effectively.
- The result: better weight loss, more energy, and lasting results.



## Real-Life Impact for Women in Midlife

Women in perimenopause often feel like their bodies are working against them. This combination therapy may:

- Make GLP-1 medications more effective
- Prevent the “plateau” many women hit with GLP-1s alone
- Preserve lean muscle while reducing fat
- Improve confidence, sleep, and quality of life

## Is This Right for You?

Not every woman will be a candidate for both therapies. But if you:

- Have noticed weight gain during peri- or menopause
- Have tried dieting or exercise with little success
- Feel frustrated by slow progress on GLP-1s alone

...it may be time to explore a personalized plan that integrates HRT and metabolic therapies.



# Your Next Step:

At Gaya Wellness, we specialize in helping women navigate midlife changes with precision medicine, not one-size-fits-all approaches.

Download this guide. Read it. Then let's talk. Because you don't have to choose between feeling better and losing weight. With the right plan, you can have both.





## WHAT DO WE OFFER?



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