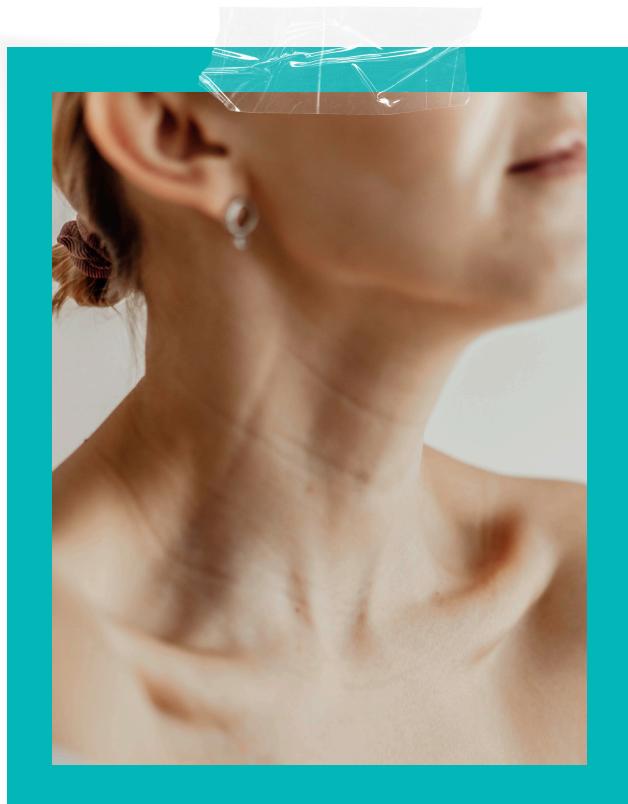
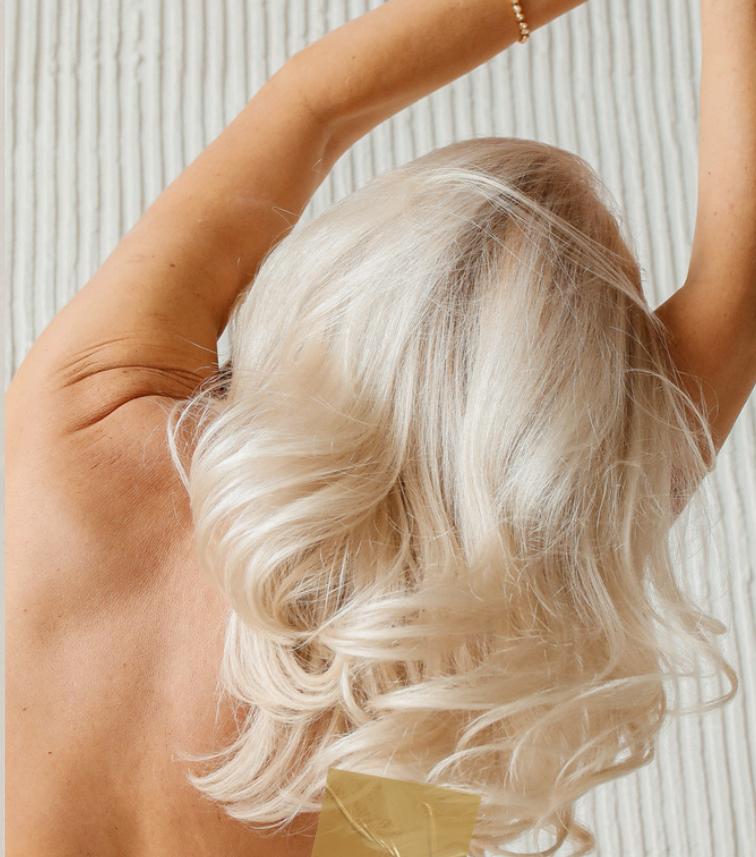


The Power Pair: *HRT + GLP-1*



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 budges, 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?

- ✓ CONCIERGE ACCESS VIA TEXT AND ZOOM
- ✓ 50+ BIOMARKER WORK UP
- ✓ COMPOUNDED MEDICATIONS
- ✓ NUTRITION AND WEIGHT TRAINING GUIDANCE
- ✓ ONGOING SURVEILANCE
- ✓ REGULAR CHECK INS

... & SO MUCH MORE!)



MAKE AN APPOINTMENT TODAY!