



Maximise Results & Minimise Dependence with GLP 1 Medications

Are you currently using medications such as Ozempic, Wegovy, Mounjaro or Zepbound for weight loss?

If you are, it's likely that you are experiencing results, but you may also be wondering:

'What happens if I want to stop using them?'

Research shows that **most people** stop taking GLP-1 medications within the **first year**, and also **regain** most of their weight loss within one year.

There are a number of reasons why people discontinue GLP 1 receptor agonist medications, such as **side effects** and **high cost**. The rebound weight gain that commonly occurs after stopping the medications is not necessarily due to lack of willpower or self-discipline, it's a natural response to the powerful effects of the medication being removed. These drugs mimic a natural gut hormone called GLP-1 (glucagon-like peptide-1), which strongly reduces appetite and the drive to eat.

What is GLP 1 and what does it do?

GLP1 (glucagon-like-peptide-1) is a peptide hormone; a chemical messenger made up of amino acids. Our bodies make GLP-1 naturally after we eat, but the effect is short-lived. GLP 1 levels naturally rise after a meal and drop back down within minutes.

In contrast, GLP-1 receptor agonist medications like Ozempic and Wegovy, push GLP-1 levels much higher, and keep them circulating around the body for days rather than minutes.

When the GLP-1 medication is discontinued, previous levels of hunger and subsequent weight gain often return. This is the body reverting to its natural, much shorter and smaller bursts of GLP-1. These synthetic medications are very effective for weight loss because they trigger powerful changes that lead to:

- **Reduced appetite**
- **Reduced food intake**
- **Slower digestion**
- **Greater satiety**
- **Reduced reward-driven eating**

!! GLP 1's are an effective treatment for weight loss, but they are not a cure for the underlying causes of weight gain and metabolic dysfunction !!

Downsides of using GLP 1 medications

Healthy weight loss is basically fat loss, however a significant amount of **muscle is often lost** with the use of GLP 1 medication. This underlines the fundamental importance of eating enough protein and resistance training, to both preserve muscle whilst on the medication and maintain fat loss if the medication is reduced or discontinued. Other common **side effects** to using these medications include:

- Constipation
- Diarrhoea
- Nausea
- Vomiting
- Fatigue
- Reduced activity levels and energy expenditure

The Window of Opportunity

GLP-1 receptor agonist medications significantly reduce appetite and cravings, creating the perfect opportunity to reshape eating habits and improve your relationship with food. Many people also report a reduction in **'food noise'**, whilst on GLP 1 medication. **Food noise is a term used to describe obsessive and repetitive thoughts about food.**

Without the constant urges to eat hyper-palatable foods, it becomes much easier to establish healthier routines and long-term habits.

Highly processed foods, especially those rich in refined carbohydrates (such as white bread and sugary snacks), can trigger **brain responses** similar to addictive substances. **Research** shows that both adults and children are most likely to develop addictive eating behaviours with foods that combine fats and carbohydrates, such as pastries, cakes, potato chips, burgers, pizza, and french fries. These foods cause rapid spikes in blood sugar and insulin, which in turn activate dopamine reward pathways in the brain. This cycle intensifies cravings and reinforces unhealthy eating patterns.

GLP-1 medications help interrupt this cycle by reducing dopamine signalling in brain regions linked to reward and motivation. As a result, highly palatable foods feel less rewarding, which decreases compulsive eating triggered by stress, boredom, or negative emotions. This shift supports more mindful and controlled eating, allowing people to make food choices that genuinely meet the body's energy and nutrient needs.

Beyond Metabolism: A Mind-Body Advantage

GLP-1 medications don't just support weight loss and metabolic health, they may also enhance **brain function**. By reducing **inflammation**, improving circulation, and supporting **neuroplasticity** in the brain, they may enhance your ability to establish healthier habits. This cognitive boost becomes a powerful ally in building the mindset and behaviours that sustain lasting transformation.

In short, GLP-1 drugs give people control over their eating habits, and a great opportunity to embed the habits that will ensure lasting results, either on or off the medications.

Maximising Results & Minimising Dependence

GLP-1 receptor agonists like Ozempic and Wegovy offer a powerful kickstart for weight loss and greater metabolic health, however, true transformation happens when this medical advantage is paired with personalised lifestyle behaviours.

By combining GLP-1 therapy with the Metabolic Health Reset Programme, you will not only be able to optimise fat loss, you will also be able to easily integrate the habits needed to sustain results long after stopping the medication.

Combining GLP-1 therapy with the Metabolic Health Reset will help you:

- **Reverse insulin resistance** with targeted nutrition and smart exercise.
- **Preserve and build muscle mass**, supporting metabolism and long-term fat loss.
- **Optimise gut health** to improve digestion, energy, and mood.
- **Increase metabolic flexibility**, allowing you to effortlessly burn fat
- **Stabilise hunger hormones naturally**, reducing reliance on medications.
- **Lower systemic inflammation**, the hidden driver of chronic disease.
- **Improve key metabolic markers** such as blood pressure, liver enzymes, and triglycerides.

Your GLP-1 Off-Ramp: Lasting Results Beyond Medication

The Metabolic Health Reset programme is the perfect complement to GLP-1 therapy, transforming a short-term metabolic and weight loss boost into a lifelong health solution. **Together, they provide a more effortless and effective path to lasting weight loss, metabolic health and a longer healthspan.**

With this combination, you will:

- **Maximise fat loss and health gains while on GLP-1 medication.**
- **Lock in lasting results by building simple, sustainable daily habits.**
- **Transition off GLP-1s smoothly, avoiding rebound weight regain.**
- **Master your nutrition, energy, and metabolism with greater ease.**

GLP-1 medications can jump-start your metabolic health and weight loss. The Metabolic Health Reset can make the results last. Together, they are a great formula for a more energetic, leaner and metabolically healthier you.