7 Foods That Activate Your Weight Loss Hormone Transcript

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Why Diets Fail and Jenniferu2019s Weight Loss Story

Most of the people who are trying to lose weight are fighting hunger and not fixing it and that's the reason majority of diets fail. My client Jennifer tried everything – Keto diet, intermittent fasting and ultimately she even tried Ozempic but unfortunately she had side effects of nausea, diarrhea plus she lost thousands of dollars in Ozmpic prescriptions.

But ultimately, she had to stop it because of the side effects. Instead, what she did was that she fixed her GLP-1 signaling naturally by using these 7 foods and within 30 days, her food cravings went away and she lost 9 pounds in that time.

So today, I'm sharing with you those 7 Foods that Jennifer tried that fixes the GLp- 1 signaling, how much to eat those foods, and when and that one mistake that most people make that cancels the whole benefit of these foods.

Hi I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US.

How GLP-1 Medications Work

I help people improve their chronic diseases by making personalized functional medicines. As you know, GLP-1 medications like Ozempic are getting really very popular because people achieve great results of weight loss.

The way these medicines work is by increasing the GLp- 1 which your body makes naturally. The GLP-1 molecule sends the signal to your brain that you are completely full.

Plus it improves insulin sensitivity and plus it also slows the stomach emptying so you again feel full very easily. Now these GLp-2 medications stimulate too much GL p1 production in a lot of people and that's the reason they get the side effects.

And what most people don't know that is that most are producing enough GL P1. The only thing broken in their body is the impaired GL-P1 signaling. which can easily be repaired through food.

And that's the reason these seven foods which were able to fix Jennifer's GLP one signaling can also help you in fixing your GLB one molecule and help in losing weight.

So let me share with you these 7 foods and how to exactly use them. The first category of foods over here are fermentable fibers.

7 Foods That Naturally Support GLP-1

What that means is that these foods contain soluble fiber which your gut bacteria breaks down into short-chain fatty acids and these short chain fatty acid naturally increase the production of GLP-1 in your GUT.

The two top foods over here are one of them is steel cut oats. Steel cut Oats have soluable fiber called beta-glucan which increases the GLP- 1 naturally by producing short chains fatty-acids.

How much can you consume? Only ½ cup of steel cut dry oats. And the best time to consume them is in your breakfast. Make sure you combine your morning oatmeal with vegetables though.

The second food over here is chia seeds. Again, Chia seeds are very high in both soluble and insoluble fiber plus they are also a good source of protein.

That's the reason again chia seeds help in production of your natural GLP-1 in your gut. How to use them? You can use 1-2 tbsp of chia seed on a daily basis.

Make sure they are soaked overnight to be used. Either you can add them into your oatmeal in the morning or you eat them with your lunch. The second category of foods you need to include is protein plus good fat combination.

Protein is important because it stimulates your satiety hormones you keep full for a long time. Plus, good fats slows down your gut motorly so that again you feel full easily.

The number one food over here are eggs. Eggs are a complete source of protein plus they have several antioxidants which reduce inflammation in your system.

You can eat up to 2-3 eggs in a day. Either you can them in your breakfast or either you eat them with your lunch or dinner.

Protein, Healthy Fats, and Gut-Friendly Foods

Now if you are a vegetarian or vegan, then your protein sources can be either lentils. Lentils again are good source of protein. They do have some carbohydrates but because of high fiber content, their glycemic index is low.

But only one cup of cooked lentils is what you can eat on a daily basis. Try to eat your lentil with your lunch and not with dinner. So that all that carb from the lentill is burned during the day time.

In terms of the good fats, the number one food over here is avocados. Avocados are again very high in good fats plus they are very good in fibers so they keep your belly full for a long time and works very similar to GLP-1 molecule in your system.

Make sure you are not eating more than half an avocado in a day time. You can either eat it with your lunch or dinner. The next food which is high is good fatty fish which can be salmons, tunas, sardines or mackerel.

Again, these fatty fishes are high omega-3 fatty acids plus are a good source of protein. So that's the reason again they keep you full for a very long time plus reduce inflammation in your system.

You can eat 4-6 ounces of fish which is one serving. Again you can have them as your lunch or as dinner. The third category of foods which are going to support your GLP-1 production is working on your good bacteria in the gut.

Good bacteria naturally helps in production of GLp- 1 molecule in our body. Over here we have two major foods. One of them is fermentable foods which are high in probiotics which can be kimchi, sauerkraut, greek yogurt or kombucha drinks.

All of these support the growth of good bacteria in your gut so make sure you are including them on a daily basis in you diet. The last food over here are leafy greens.

specifically spinach, kale, chard or any other local greens that you can eat.

The Mistake That Cancels the Benefits

These leafy greens are very high in fiber plus they are high anti-oxidant compounds and plus, they will improve the production of GLP-1 in your gut. Now let me tell you that one mistake that derails the benefit of all of these foods.

If you're combining these foods with high carbohydrate processed sugary foods, that ultimately leads to insulin spike and you will not be able to lose the weight.

So what that means is that in your morning oatmeal, do not add any sugaring things into it. When you are eating grains for your lunch or your dinner, make sure you pairing them with a good quality protein as well as a lot of non-

starchy vegetables.

Again that is going to blunt that insulin spikes for you. and make sure you're adding at least 15 to 20 minutes of body movement on the daily basis. It can easily be a cardio exercise or it can be combination of cardio plus strength training because this body movements along with these foods is going to actually melt the stored fat in your body.

So as you saw these 7 foods can simply repair your GLP-1 signaling in you body, you don't need expensive medications and side effects from those medications.

Expected Results and Final Takeaway

If you like the information I shared, make sure you hit the like and subscribe button because I am going to share more natural ways of losing weight and inflammation in the next few weeks for you.

What is the realistic expectation once you start incorporating these 7 foods? Within 7 to 10 days, what you are going notice is that you have less hunger cravings.

You will crave less for sugar as well as salt. You will feel more energized in your body so you will be able to do that exercising. Plus in 4-6 weeks, you are going to start noticing that you're losing the weight as well as your belly fat is shrinking.

So give these 7 foods a try and let me know in the comment section what difference it makes for you in next 4 to 6 weeks. I hope you like this video. If you do, please like and subscribe as I share this with others who can benefit from this great information.

Until next time, take care, bye bye.