GLP-1 Explained Part 2: The Lifestyle Blueprint for Real Metabolic Optimization Transcript

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Introduction to Natural GLP-1 Support

GLP-1 is responsive to your meals, but constant eating blunts sensitivity. So snacking, grazing, all that stuff, not good for GLp- 1. Fasting windows restore insulin sensitivity and improve hormone signaling.

Autophagy, which is the breakdown of those zombie cells, the cells that need to get out of the body, supports metabolic efficiency and cleans the I'm Jared St.

Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't so that you can make confident informed decisions about nutrition, supplements and your health.

Welcome to Vitality Radio, the podcast where we help you master natural supplements, enhance emotional vitality, and thrive without pharma drugs. My name is Jared St.

Clair. What if I told you your body already has a built-in system to control appetite, regulate blood sugar, And most people are doing everything in their daily routine to shut that system right down.

Today, we're talking about GLP-1, but not the pharmaceutical angle. We're taking about how your body is supposed to do this naturally. This is part two of my GLp-one metabolic optimizer series.

If you didn't hear the first one, it's episode 627 from just last week. I highly recommend you listen to that one either before or after this one. They work in either direction.

and they'll work really well together for you. The truth is, you don't need to force your metabolism to work. You need remove what's breaking it and give your body what it needs to function the way it was designed to in the first place.

And when you do that, when stack the right lifestyle with the support, appetite starts to regulate, cravings start to drop, blood sugar stabilizes, not because you overrode your physiology, but because restored it.

And that's exactly what we're going to walk through today. Last episode was about the GLP-1 Optimizer from Vitality Nutrition, the one that I worked really hard on for way too long to get out on the market, but it is out now.

We talked a lot about the specific ingredients in that formula, how they work, why they worked. Today is going to be all about a lifestyle side of it.

But before I get into that, I want to thank those of you who've left a review on Apple or Spotify. It means a LOT to me. it's a really good way to give more recognition for the show, more people listening to the shows, and some of the reviews have been incredibly kind lately on apple where you can actually leave a written review.

Greatly appreciate it. If you haven't done it yet and this show is valuable to you. Will you please do it for me? I would greatly appreciate It and more than anything just share it with your friends and family.

Let's jump into this GLP one thing though I'm gonna do this in sections and I've got eight sections for you I mean to try out and try and do all of this and like 45 minutes because there's a lot to cover here and we're gonna Do our best the first section and and let me preface this by saying that I talked about the supplement last week and everything that is supplemental in vitality nutrition, the stores, Vitality Nutrition Online is a supplement to your diet and a supplemental to exercise and supplement your lifestyle.

So although I sell supplements for a living, it is very important to understand that I know as well as anybody that the

supplement is not the magic bullet.

It is an assistant to what you are already doing and today's episode is about getting into what You can do to enhance glp-1 through your lifestyle your diet your movement even your sleep cycle and everything else to make the gl p-one Optimizer metabolic optimizer work even better for you.

Let's start with The most prolific word in our society today, maybe, which is protein. Protein is everywhere. We were at the Expo West, the biggest health and nutrition show in the world, early in March.

Protein for Satiety and Muscle Preservation

And everybody's got a new protein supplement of some sort, but there's a reason for that. And one of the reasons is we've got lots of people on GLP-1 drugs right now, and protein is the best way to prevent your body from losing too much muscle while you're trying to lose fat.

And that would be the case with any kind of weight loss program, whether it's diet or exercise or a drug, or in this case, the GLp-one metabolic optimizer formula.

Protein is one the most powerful dietary stimulators of GL p1 release. A lot of don't realize that. Amino acids, particularly leucine, one of the three main branched chain amino acids.

I should say one to the 3 branch chain, amino acid is the main one. Of the Three activate L cells in the gut, increasing GLP one secretion, improving satiety, that feeling of fullness, slowing gastric emptying.

and enhancing insulin signaling. Protein also supports lean muscle, which is the primary tissue responsible for glucose disposal, making it essential for metabolic health and long-term fat loss.

So protein directly stimulates GLP-1, reduces cravings and improves satiety, preserves muscle mass, which is massive if you're on a GLP-1 drug, supports insulin sensitivity, Which is the biggest reason why most of us get overweight in the first place, and gives glucose somewhere to go, the muscle, instead of into storage.

Protein intake is huge on GLP1 drugs or any weight loss program, as I said, because it is the single biggest lever that you can pull to help your body produce more of the GLp1 in the first place.

My formula, the glp-1 metabolic optimizer, contains berberine, alpha-lipoic acid, and chromium, which helps to improve glucose handling. But protein gives the body a reason to use that glucose properly.

If you're not eating enough protein, you are improving blood sugar on paper, but you not building a body that can actually use it. And you run the risk of becoming fatter, even if you weigh less as a percentage of body fat, meaning that you can lose 20 pounds, have a higher fat percentage because you losing so much muscle while you also losing some fat.

So what does that mean in real life? The ingredients in the formula help move glucose out of the bloodstream. That's a good thing, but once the glucose leaves the bloodstream, your body has to decide what to do with it.

It has two main options, burn it for energy or store it where it eventually, usually becomes fat. And the ingredients in my formula help move glucose out of the Bloodstream.

Which is a Good thing. But once that glucose, leaves, the, blood stream, Your body, has, to, decide, what, To, do, with, it, and it has two main options.

It can burn it for energy or it can store it, and where it stores it matters. Muscle is the primary tissue that uses glucose effectively. it pulls glucose in, stores as glycogen, then burns it as energy.

That's what we want. But if you're not eating enough protein, especially if your not lifting weights, you start to lose

muscle. And now you've got a problem.

Less muscle equals less space to store the glucose, less ability to burn glucose. So even if the blood sugar improves, more of the energy gets stored as fat.

Think of muscle like a warehouse for glucose if you got big warehouse, glucose gets store and used efficiently. If you don't, it gets shoved into storage.

where you don't want it as body fat. So yeah, your blood sugar might look better on paper, but if you're losing muscle and not building it, you not actually improving metabolism.

In fact, that you are restricting metabolism and decimating metabolism as you lose more muscle, and become fatter as a percentage. We absolutely don' want to do that.

So how much protein should you shoot for? And this is an area of some debate for sure. So I'm going to give you ranges and I'll let you decide what you think.

But basically, There's a few ways to look at it. 30 to 50 grams of protein per meal. If you're eating a food meals a day, 30 is kind of the bare minimum in my book for, you know, people who are not, let's say under 120 pounds, 150 pounds.

You're going to want, no less than 30 per me. Optimally you are going 40 or even 50g per meals. That's around 70 to 80% of your body weight in grams a protein, per day.

So you can take your total bodyweight. Let's just say it's 100 pounds just for ease of mathematics. then that means 70 to 80 grams of protein. If you weigh 100 pounds, you weight 200 pounds 140 and so on.

Ways to think about this. You can look at the body weight method like I just talked about. you can Look at a goal weight or you look a lean body mass method.

if you're under 100 grams a day though, You're almost certainly leaving results on the table. What are, of course, the best sources of protein? That one's pretty easy.

You know, meat, eggs, dairy, if well tolerated, and I would say dairy organic for sure and raw is best. And then you can use supplements for protein as well.

Rebuild Plus, which I use every single day, at least once a day is our bone broth protein that is very unique, specifically when we're talking about GLP-1.

I'll tell you why it's a really nice companion for the GLp-one metabolic optimizer. The first thing is, it's the only bone broth product on the market that I've seen so far that has four times as many branched-chain amino acids versus typical bone-broth protein.

So that L-lucine that we talked about and also L glutamine is a big player. There's more of those amino-acids in our bone bath broth protein, the Rebuild Plus, versus others by about four times.

It also, bone broth protein, because it is a pre-digested high collagen protein and this would apply to all bone-broth proteins, are great for the gut and supporting the Gut Barrier and therefore helping with GLP-1 signaling.

So as protein goes, it's hard to beat the Rebuild Plus as a companion if you're looking for an extra 20, 30 grams of protein per day beyond what you are getting in chicken, fish, eggs, things like that.

Now whey protein is even higher in branched-chain amino acids, which is great. It doesn't have the gut support benefit, but it also can upset people's stomachs sometimes, depending on the individual.

If you're going to get a whee protein, get really good one. Avoid, please, avoid the ones that they sell at Costco. They are cheaper, yes, they are cheap for a reason.

The best whay protein on a market in my book is the Just Ingredients Whey Protein. I absolutely love that stuff. So if you like a Whee Proteins, or you want a protein that is flavored other than chocolate because Rebuild Plus only comes in chocolate, then you may want to consider the just ingredients.

Those are the two proteins that I personally use. You can also just take straight leucine, the amino acid leuccine or branched chain amino acids or an essential amino-acid mix.

We have our Vitality Nutrition essential aminos that have loads of branch chain aminoes in there. That helps to trigger muscle protein synthesis. enhances insulin signaling, and supports GLP-1 release directly, even more directly than does protein powder.

And so when you combine protein, added branched chain amino acids, leucine, or just essential amino acid, which contain the branch chain, amino-acids and leuccine and you weight train then you've got something really, really good going on and you will be supporting exactly what we're trying to accomplish with the GLP-1 metabolic optimizer.

That will help you with better glucose usage, better preservation of the current muscle mass that you have, the ability to build more muscle mask and more efficient fat loss because metabolism improves.

Now, section two of this is what's going in the gut. If you listen to episode, 627 on the GLP-1 metabolic optimizer, you know there's two probiotics and two prebiotics in the formula.

We have lactobacillus gasseri and lactabacilis ruderi.

Gut Health, Fiber, and Microbiome Support

These are key gut probiotics and prebiotics that help with gut signaling, directly stimulating GLP-1 release and improving insulin sensitivity. GLp- 1 after all is a hormonal peptide that is made in the gut.

Microbiome drives hormone signaling and butyrate, which the Clostridium Butyricum will help to increase, becomes a major GLP-1 trigger and fiber feeds that system.

And when I say fiber, I mean specifically prebiotic fibers. Now there's lots of options for that. Vegetables, resistant starches, fiber from all types of different sources like acacia, psyllium, things like that can be utilized in this way.

But by feeding the microbiome, the fiber and prebiotics that it needs, then the probiotics and probiotic that are already in the Vitality GLP-1 Metabolic Optimizer will work even better.

And that helps with all health overall, of course, because the microbiome is really the ground zero, we'll say, for optimal health is what's going on at the microbiome level anyway.

Section three, and this one's pretty important. And I was talking to my producer, Jessica, who's also a fantastic sounding board for when I do these shows.

She's the one that reminds me to throw things in here that I may have forgotten. Then sometimes, unfortunately, after the show's already been recorded, says, hey, Jared, why didn't you say that?

But in this case, she got me before we recorded the Meal timing. I was talking about meal timing as you said. Yeah, but make sure that you differentiate women versus men.

So we're going to get into that. GLP-1 is responsive to your meals. But constant eating blunts sensitivity. Snacking, grazing, all that stuff. Not good for GLp- 1. Fasting windows restore insulin sensitivity and improve hormone

signaling.

Autophagy, which is the breakdown of those zombie cells, the cells that need to get out of the body, supports metabolic efficiency and cleans the bodies up cellularly.

So constant eating equals constant insulin. This is a bad thing when it comes to supporting GLP-1 signaling. And fasting, opposite of that grazing, improves that sensitivity.

With my formula, I will tell you this. the most excited about already. Now I mentioned in the last show, if you heard it, that I literally took my first GLP-1 metabolic optimizer formula that day that, I that recorded that show.

I recorded show about two weeks ago now. And when I recorded that show, I had taken one capsule. I've now taken three capsules a day, uh, religiously for about two weeks.

And I have been very specifically watching my diet, even for the first, for, about, two week prior to that, in ways that were, are more precise than what I was doing before.

W I, was already primarily avoiding seed oils. Uh, Was already eating almost exclusively organic, lots of things that I doing right. Not a lot of grains, all that kind of stuff, but.

I've admitted on this show more than once that I have a sweet tooth. I inherited one from my mother and one my father, so I guess I had two of them. And like my wisdom teeth, they were never removed.

So I got these teeth that love sugar, or at least it feels that way. While I'm probably the cleanest sugar eater you're ever going to meet in terms of the types of sugars I put in my mouth, I still like sugar.

But I've also talked a little bit about this hip problem that I have and some chronic pain issues that deal with. And with those things, sugar is a big trigger.

Meal Timing and Fasting Windows

So as we've been moving into our new store in South Ogden and also moving in to our house in Kaysville, my wife and I, there's been a lot of reason for me to be pretty achy.

I'd been watching my diet very, very carefully for the sugar and the seed oils because it makes such a huge difference in my pain levels. But it was not so fun until the GLP-1 product came around, the glp-one metabolic optimizer.

What I found in two weeks is that I don't miss sugar much. Like it's wild how much I Don't Miss Sugar. People around me eating ice cream, doing things that i would normally be like, you know, gung-ho about.

We've had two neighboring restaurants. I won't even say who they are because it was very sweet of them to bring this stuff. But one of the specializes in cakes and another one specializing in really good rolls with really get honey butter.

And in the last month, I've had them both bring me a dozen of these things, these cakes, and these, uh, honey, butter rolls, which normally not organic, not clean, Not healthy, but very tempting.

I would likely have partaken with of those things and. The cake came before GLP one and oh my gosh, did I struggle to not do the cake, but I wasn't doing it.

The willpower one out, I did fine. I didn't do. On the other hand, when the rolls came around, which was yesterday. like no big deal and I love these rolls and i love honey butter so it was at least in theory should have been a big.

Deal it absolutely was not my sugar cravings have. Been quashed it's very cool and my appetite seems much much

more stable than it ever was so I am loving it and that's the whole idea behind this formula and as I said on the last show I don't know how these formulas are going to Perform right out of the gate.

I have an idea of how they should perform based on the formulation that I put together based On the research that i've done and the resource has been done on those individual ingredients And then I hope that we're going to get this Incredible economy of benefit because we have all of these different ingredients that are clinically proven individually that will then work even better together.

And that seems to be what is happening. I am absolutely thrilled. So don't eat all day. eat when you are supposed to be eating two to three times a day for most people is great.

And of course, watching what you're eating matters as well. But interestingly enough, and I think this is true in this case, especially with GLP-1 signaling, what do you eat is very important, but when do eat and skipping those in-between meal things so that we can keep our insulin in check is probably just as important as what you're putting in your mouth.

A 12 to 16 hour fasting window makes a lot of sense. Oftentimes for women it's less hours and for men it can be more. I find that I especially now on the GLP-1 Metablock Optimizer that i don't struggle much with the 16-hour window so I eat for eight hours.

Obviously not eight-hours straight but three meals in an eight hour period and don't eat for 16. And that works really, really well for me. It's worked well from me in the past.

I'm just enjoying it more now because I don' feel like I am starving as much as I used to. That helps to improve insulin sensitivity, enhances GLP-1 response and gives your system the break that it needs.

Autophagy is a big part of that cellular cleanup, improved metabolic function. And now we talk about the men versus the women. Men tend to tolerate longer fasting.

Like I said, women seem to do better, not delaying food too long, particularly, and you need to ask yourself this question. If you are, tend be a bit of a high stress person or tend have higher cortisol levels, then pushing breakfast back too far is in many cases, going to be a mistake for you.

So don't push them too late in the day. Focus more on finishing eating earlier in them evening so that you can still have that 12 to 14 hour fasting window, but you're eating probably earlier, in day and ending earlier.

In the evening, not eating up until, you know, eight or nine or 10 o'clock at night. Women can still fast. They just need to fast smarter is what it boils down to section four.

And this is a non-negotiable just like protein. In fact, I'd say The first four sections are really, really important. The fiber and microbiome section may be the least important of the group, only because you are getting some excellent support from the probiotics in the supplement, but more is better.

But the weight training, the protein, and the meal timing, that's really critical. Muscle is the primary site for glucose disposal. Remember that. the more muscle we have, The bigger that warehouse, better our body handles glucose.

muscle equals better glucose handling, improves insulin sensitivity, preserves lean mass, prevents poor body composition outcomes. We don't want to get fatter as we're getting thinner, if that makes any sense.

All right. Like I said, it's a, a matter of your body fat percentage, not just your total weight. And the biggest concern that I have by far with the GLP-1 drugs, which I sat in the first episode and I'll repeat it now.

I'm not necessarily opposed to these, these drugs. If you want to call them that these peptides. If used wisely, I think can be very, very helpful, particularly in people that have significant amounts of weight to lose.

I didn't have a significant amount of wait to loose, but I have some weight that I wanted to use. And so the GLP-1 capsules, make all kinds of sense for me.

It's not going to be as fast. Is not gonna be a as dramatic as it will be with the pharmaceuticals, But it's much, much more safe. And it's still, I think a very, very effective method without nearly the risk of that heavy amount of muscle loss.

Weight Training and Muscle Maintenance

It's just such a critical thing. There are plenty of studies now showing that people on Ozempic and we go, we can lose as much as 40 or 50% of the weight they're losing is muscle.

And that is absolutely devastating to your body's ability to manage blood sugar in the longterm. So weight training is absolutely massive. It simply matters.

it doesn't have to be killing yourself an hour, an, hour and a half, two hours in the gym, but it does need to. Three to five times a week, working your muscles in an intelligent way in your home, even with just body weight exercise and bands are can be good enough.

You don't have to have a personal trainer. You. Don't. Have to go to the gym. 10,000 dollars worth of equipment, but you do need to work those muscles.

It's absolutely critical. And if you're a woman and you listening to this and saying, yeah, I want to lose weight. I wanna use, enhance my GLP-1 and your thinking to yourself.

that you don't want to bulk up. Don't worry. That's not what happens. What happens is better overall muscle tone, which will make you feel and look better than if you are just to lose weight.

We've all seen it. Cheeks sunken in and you can actually see that it's not just fat that's getting lost. And we need to be cautious with that and protein on top of exercise, particularly weight training is absolutely massive.

Super, super important. Now let's talk about some of the things that are maybe a little less obvious, but that still extremely important, sleep. The most underrated metabolic tool, poor sleep reduces GLP-1 signaling directly, increases hunger hormones, makes you feel less satisfied, and worsens insulin resistance.

You cannot stabilize blood sugar during the day if you're wrecking it at night. Poor sleep increases cravings, it increases appetite, worsened insulin sensitivity.

Sleep is not optional. If you are struggling with sleep, I've done a few episodes on sleep. We'll link to a couple of them in the show description. If you have questions about sleep and you're struggling in that department and need support with that, because I'm not gonna talk about it here, please give us a call, 801-292-6662 or jump on our website, vitalitynutrition.com and ask in a chat and we will help you figure out sleep, okay?

The next thing, and it goes hand in hand with sleep. And in many cases, it's what restores sleep for people is light and circadian rhythm. taking advantage of light therapy.

Basically, I'm not talking about red light, therapy or blue light. Therapy or any of that kind of stuff. I am talking getting light at the right times of day because light sets metabolic rhythm, impacts your hormone production, affects energy and appetite.

Your metabolism runs on a clock known as the circadian rhythm. Morning light improves signaling for all hormones, including GLP-1. Late night light disrupts that.

If your rhythm is off, your metabolism is up. So get at least five to 15 minutes, better as even 20 or 30 minutes of morning sun. in your eyes, not looking directly at the sun, but looking towards the horizon as much as you possibly

can.

Open those windows and those blinds in the morning time and get less light pollution, we'll say, for your brain in home as the Sun goes down. Don't have all your lights blaring full blast all night long.

Staring at your phone, staring at TV, those kind of things before you go to bed. Work on your light exposure. Less at night. more in the morning and that will help with the signaling as well.

Sleep and Circadian Rhythm

Section seven today is stress and cortisol. I already talked about cortisol in people under stress, and maybe not. And this does apply to men too, as far as the fasting thing.

If you're someone who struggles with a lot of stress you feel like you've got high cortisol or you know you do based on testing that's been done, then you may also want to push your breakfast a little bit earlier.

earlier than what you would normally do with intermittent fasting. So you might eat it eight or nine in the morning or 10 in morning. What works for you?

Figure it out and then cut things off earlier in evening as opposed to pushing it till say noon or one or two o'clock like a lot of people do. For stress, of course, you can take adaptogens.

There is one key adaptogen in GLP-1 formula known as Panax ginseng, which I am in love with. If you're a regular listener, heard me talk about genseng on a recent show.

And it is such a big player in balancing stress response, enhancing energy. And so it's in there, but ashwagandha, of course, is excellent for that. Theanine, those types of things.

If you're really struggling with stress and cortisol, and you're not taking magnesium bisglycinate, you are making a major, major error in my book in terms of taking care of your stress levels and then using our anxiety release formula can be extremely helpful as well.

Those two pair beautifully together and people absolutely love that combination. Now I talked about my cravings And this is what I want you to understand today about that because I think personally, you know, let me tell you just a really quick story.

So I live in Bountiful, well, I lived in Kaysville, Utah now, but the store is in bountful Utah. I'm there right now recording this episode. And literally two parking lots down from ours is a place called Swig.

It's a soda shop. They put weird things in your Dr. Pepper to make it taste, I don't know, sweeter, better, different, whatever it is. There's line through the drive-through that literally goes out onto the highway.

like literally almost causing accidents on a daily basis. It drives me out of my mind. And the reason it drives out me of mind is not just because it's a public safety hazard, which is just not ideal, but because these people are clearly craving this stuff so much.

I get it. Because I've got that thing. Those two super healthy sugar sweet tooths that my parents gifted me. That's part of my genetic makeup, apparently.

I've got those things, and many of us do. And people get addicted to the things they get addicted to, whether it's coffee or energy drinks or soda or cookies or donuts or whatever it is, I formulate formulas sometimes for other people and sometimes, for myself.

This formula is as much for me as it for anybody listening to this show.

Stress, Cortisol, and Cravings

And what I had hoped to accomplish with this formula for personal reasons, as well as for you and for others, is to get a handle on the blood sugar and the cravings and all of that stuff.

And the thousand micrograms of chromium and bitter melon extract and alpha lipoic acid and Glucovantage dihydroberberine, those ingredients are absolutely phenomenal individually for blood sugar and for appetite and sugar cravings.

But as a pair or as, as group, I should say, i've never experienced anything like it. And yes, im tooting my own horn about my formula, but it's just true.

I feel so much more in control of what i'm putting in my mouth. And I hate to even admit this on this show because you know, you got these gurus or whatever that have podcasts out there, right?

You've got so many of them that you their names and I, so, many are great podcasters and they do great work and give you great information. And, I look at a lot of these people and think, man.

I wish I was more like that guy or more that girl in that they know and they do. And I know, and I do, for the most part. But I don't do all the time.

And oftentimes I'm my own worst enemy. You probably are too. Most of us are. And some of use need a little more support than others. I am so excited to finally have a formula.

Beating myself up right now that I didn't do this sooner. Uh, and you're probably not thrilled about it either. Um, if, um, more people has been waiting for a year and a half for this formula, like I have, but it's here and it is.

Awesome for me for sugar cravings. I can't wait to hear if it does the same thing for you We're not crushing the appetite like a GLP one drug drug does we're restoring control so Lifestyle stuff is this protein fiber meal timing weight training sleep light balancing stress and then stabilizing blood sugar with the GLP-1 formula.

Layer 2 is the formula itself. enhancing insulin sensitivity, enhancing gut signaling, and enhancing cellular response to those signals. Layer three would be the supporting supplements like Rebuild Plus or whey protein, creatine.

I forgot to mention this, but it's massive, especially if you're working out and if your not working and you are doing anything with GLP-1, whether it is a supplement or a pharmaceutical, please stop not-working-out.

Get going with that because it's going to be your best friend exercising as well as getting enough protein. Those will be two besties when you're doing this kind of thing.

And creatine is huge in there too, because if you want to talk about preserving muscle other than protein, I don't think there's anything better than creatinine.

Of course, you can always look at the Vital 5 too. I talked about magnesium. A great multi-vitam to cover all the bases, all that kind of stuff. One more little tip for you.

Whenever I'm looking at a new formula, I am looking what else might people be taking. And I look at my show and I'll look into the things I talk about.

and one of the thing I talked about all of time is the Vital 5. I know a lot of people listening to this show, you may be one them. Take All five of the Vital 5, we see it all the time in our people's shopping carts on our website here at Vitality Nutrition and Bountiful in out new store.

Barely anybody knows anything about the vital five up there yet, but it will, they'll figure it out in South Ogden. But regardless, if you're taking the VITAL 5 I want you to know that the GLP-1 is designed to be compatible with the

Vitale 5.

Putting It All Together for Metabolic Health

Particularly the vitale five ultimate vitality multi. There is more chromium in there, which is great. That's why I didn't overdo chromia in the GLP-1 formula.

There's some alpha lipoic acid in The Ultimate Vitality Multi, and that's okay. A little extra alpha-lipoic-acid will not hurt you. So it is designed to be compatible with the Vital-5.

You're not overdoing anything. It is also designed be to compatible the probiotics in Vital 5. the precision probiotic vital spores. They are complimentary, not competitive in any way.

So I hope this episode, plus episode 627 were helpful on your weight loss and blood sugar control journey. Most people looking at GLP-1s right now are looking for weight-loss.

It's the thing that so many Americans are look at right. Now it's one of the reasons that I'm taking it, but we know that metabolic health is not just about being heavy.

or heavier than you want to be or having a higher BMI than like to have or any of that kind of stuff. It's also about what's actually happening at the blood sugar cellular level.

What's happening with insulin signaling and everything else. And we know that in America, that is a major problem. We have so many people that are, it's at epidemic levels, they're struggling with their bloodsugar.

So, the difference between forcing a result and building a system or rebuilding a system in this case is the difference between what I'm talking about with the GLP-1 metabolic optimizer versus the glp-one pharmaceuticals.

Could they be used together? Yes, they could be use together with caution, watching your blood sugar levels and things like that. And I think they actually make sense to be a really excellent team.

So if you're already using a glP1 and you want more support, for your metabolism. Everything I said in this show is going to help you get a better result and a healthier result, and lower side effect result from the GLP-1 pharmaceutical you might be on.

if you're, and I'm talking about all these lifestyle things, but you can also throw the supplement at it as long as you let your doctor know and you are keeping an eye on things to make sure that your blood sugar doesn't drop too low, that kind of thing.

Because the GLP-1 drugs are forcing the body to do something, to get a result. Here, we're rebuilding and strengthening the body so that it can do what it was supposed to do in the first place.

Because when you combine the right lifestyle with the rights supplements, you're not just trying to lose weight. You're re-building a metabolism that knows what to with fuel that you give it.

And once that system comes back online, You are not fighting your body anymore. Your finally working with it! I hope this has been helpful. If you have questions, call us 801-292-6662 or jump on our website, vitalitynutrition.com.

And if you're in the area, we'd love to see you at Healthy Me Help Foods, which will very soon be called Vitality Nutrition in Ogden at 1735 Skyline Drive, or come by and see us at our mothership, original location, Vitalty Nutrion in Bountiful, Or like I say, vitalitynutrition.

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