# GLP-1 Isn’t the Cure: Fix Your Body From the Inside Out Transcript

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## Weight Loss on Zepbound

Some of you have noticed that I've lost weight over the year, 45 pounds to be exact, and by the way, thanks for noticing. It's because of a GLP one that i'm on called ZepPow.

He's an obesity doctor and two years ago on TikTok I told him that his diet recommendation, which is the Mediterranean diet, is a failure of the diet because it's low in protein and high in carbs and he just blacked me.

I take it every week and I expect that I will be on it for the rest of my life.

## Obesity, Diet, and Food Noise

So he's admitting that his diet doesn't work because he needs this drug for rest his life being an obesity doctor and surgeon he relies on surgeries and drugs to have a medical practice and if he was truly in nutrition and improving health he would change the recommendations regarding the diet.

Because obesity is a disease. If you disagree with him on that he'll call you fat phobic that's what he called me on social media. Now I'm a weight loss surgeon.

I've known obesity is a disease for a long time. It's an issue of knowledge, he doesn't have the right knowledge. What is food noise? I think it's carbs.

He's eating too many carbs, not enough protein. Something I didn't really know about until I injected myself the first time and it was gone.

## Hormones, GLP-1s, and Low-Carb Eating

The food noises that drives you to eat and then makes you feel ashamed for doing it. Yeah, that's ghrelin. That's a hormone that you train your body to raise up and it makes you be hungry at breakfast, lunch, dinner, because that is when you eat.

If you two meals a day, your ghrelin goes up twice a days. if you five meals day like with snacks, you ghrellin goes five times a. The other hormone is glucagon.

So when eating a high carb Mediterranean diet like he recommends, Your insulin stays up Your glucagon stays down. You want to flip that. Everybody talks about insulin, but not many people talk about glucagon.

But this GLP-1 drug that he's on mimics glucogon. All the obesity drugs mimic this hormone called glucegon, which goes up on a low-carb diet. So he is faking a little carb diet by taking this medication.

## Health Improvements Beyond Weight Loss

And the victories along this journey haven't just been weight. Although, yes, I'm very happy that my waist and seam size are the same now, but I have better sleep scores, better heart rate variability, less stress, and all of my lab values are better than they ever have been before.

And you can do that with a low carb diet. You don't have to rely on a drug. But I'm glad he's lost 45 pounds. I am glad that he finally figured out the goals in his profession.

A means to an end I guess you could say. Hopefully he doesn't any negative side effects from this medication.

## Diet Guidelines and Sugar Limits

There's a lot of people taking this drug But the standard dietary guidelines have been incorrect since 1980, and now we're making a change now with the upside down food pyramid.

And then all this ultra processed food is going away. For the first time since nineteen eighty, the federal guidelines on diet says no sugar. It says limit or no.

Sugar. That's the. First time it's ever said no, sure. So we were on the right track.