The GLP-1 Truth No One Tells You About Muscle Loss Transcript

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Common Struggles: Body, Routine, Stress, and Sleep

Most women will say body or routine is Most women will say body or routine is the thing they need the um help with the the thing they need the um help with the most. Body or routine. And often what I most. Body or routine. And often what I would hear next would be stress, sleep would hear next would be stress, sleep or the evenings have a such a wobble.

or the evenings have a such a wobble. And that's usually what I hear the most. And that's usually what I hear the most. routine and evening seems to be the two routine and evening seems to be the two biggest. Whenever you feel like you're biggest. Whenever you feel like you're wobbling, we can always strengthen up wobbling, we can always strengthen up that leg. Make it stronger so that you that leg. Make it stronger so that you won't be wobble and you have the won't be wobble and you have the confidence and the freedom to move and confidence and the freedom to move and feel good all day because that's really feel good all day because that's really what it's about. Feeling good all day so what it's about.

Why GLP-1s Need Lifestyle Support

Feeling good all day so that when you do retire, you feel good. that when you do retire, you feel good. So, let me talk to you about something. So, let me talk to you about something.

Here's one quick note that I don't want Here's one quick note that I don't want to forget to forget because this is something we see because this is something we see everywhere.

everywhere. everywhere. It's a GLP ones. It's a GLP ones. You know, people want to know what do You know, people want to know what do you feel about it? I hear that all the you feel about it? I hear that all the time. Let me tell you right off what I time. Let me tell you right off what I feel about it.

feel about it. I feel that GLP1s is a support I feel that GLP1s is a support to how your health could and possibly to how your health could and possibly become better, but it's not a lifestyle.

become better, but it's not a lifestyle. So, I have folks who are on GLP1s So, I have folks who are on GLP1s and because they don't have the and because they don't have the lifestyle pieces, they may not be losing lifestyle pieces, they may not be losing weight weight weight and they're getting frustrated. I've and they're getting frustrated. I've been on this for a while and it's not been on this for a while and it's not working. So, let me tell you what GLP1s working. So, let me tell you what GLP1s do. It does curve your appetite do. It does curve your appetite for those check. I need that.

for those check. I need that. But it does not automatically build But it does not automatically build habits. habits. habits. And the habits it doesn't do. It doesn't And the habits it doesn't do. It doesn't protect your muscle.

protect your muscle. GLP1s don't improve your sleep. GLP1s don't improve your sleep. GLP1s do not lower your stress. GLP1s do not lower your stress. And so for most parts And so for most parts if you're trying if the weight is coming if you're trying if the weight is coming off so fast, off so fast, you don't just lose fat, you don't just lose fat, you lose your muscle and strength.

you lose your muscle and strength.

Protecting Muscle, Protein, and Fiber

And so it is important to have a plan And so it is important to have a plan that for those of my ladies that are on that for those of my ladies that are on GLP1s, by eating a certain way with GLP1s, by eating a certain way with support,

the muscle is maintained.

support, the muscle is maintained. I find the um routine part of the leg is I find the um routine part of the leg is really significant. Actually, there's really significant. Actually, there's two of the legs that are really two of the legs that are really important. One is the routine, right?

important. One is the routine, right? When am I eating, right? Getting that When am I eating, right? Getting that kind of down. Then the meals is kind of down. Then the meals is important because it's okay that you important because it's okay that you have a decreased appetite. But ladies, have a decreased appetite. But ladies, when you have a decreased appetite, then when you have a decreased appetite, then every bite that you put in your mouth every bite that you put in your mouth counts.

counts. counts. And if you're not eating enough of the And if you're not eating enough of the healthier foods, healthier foods, your body is not healthy on the inside.

your body is not healthy on the inside. And so that's when the outside may look And so that's when the outside may look one way, but the inside of your body is one way, but the inside of your body is being turned down. It's not really being turned down. It's not really working very well.

working very well. So my goal for those on medications So my goal for those on medications would be that we need to be able to would be that we need to be able to support you so you can maintain your support you so you can maintain your muscle tone so that as you lose weight muscle tone so that as you lose weight you still have strength. You don't want you still have strength. You don't want to become older and can't move.

to become older and can't move. the stool matters. the stool matters. You need protein forward or protein You need protein forward or protein daily. That's your anchor. that protects daily. That's your anchor. that protects your muscle.

your muscle. You need fiber to help steady those You need fiber to help steady those remember those blood sugars that can go remember those blood sugars that can go up and down. You need something to up and down. You need something to steady the blood sugars. That's your steady the blood sugars. That's your fiber. Help support digestive. So the fiber. Help support digestive. So the issue is this. When you are losing a lot issue is this.

Why Routine Matters When Appetite Drops

When you are losing a lot of weight real fast and losing a lot of of weight real fast and losing a lot of muscle tone, most people gain the weight muscle tone, most people gain the weight back. That's why it's important for me.

back. That's why it's important for me. The five protectors are important. We The five protectors are important. We need to maintain your strength support.

need to maintain your strength support. We need to give you hydration and We need to give you hydration and micronutrients. Remember I talked about micronutrients. Remember I talked about yes you're eating a little bit of food yes you're eating a little bit of food but that means every time you do eat it but that means every time you do eat it has to count. That's important has to count. That's important and so does your meal routine.

and so does your meal routine. So one of the questions I heard from one So one of the questions I heard from one of my clients um this week was what's of my clients um this week was what's important important important you know only eat when I'm hungry or you know only eat when I'm hungry or having a routine?

having a routine? That was the question. What what for me That was the question. What what for me what's important? what's important? Having a routine is important.

Having a routine is important. We know you're eating very little, but We know you're eating very little, but if you don't have a routine, you can if you don't have a routine, you can almost go all day and don't eat. She almost go all

day and don't eat. She goes, "Yep." goes, "Yep." Or one meal a day. Yep. But she's not Or one meal a day. Yep. But she's not the only one.

the only one. Cuz I've seen it. What is a wobbly stool Cuz I've seen it. What is a wobbly stool feel like? How can you stabilize the feel like? How can you stabilize the stool? Right? That's talking about the stool? Right? That's talking about the legs being stable and strong.

legs being stable and strong. And in a society that we're in now where And in a society that we're in now where you can just Google this, chat that, you you can just Google this, chat that, you know, sir, you know, just Siri, ask know, sir, you know, just Siri, ask questions.

questions. questions. It's not a matter of just asking all It's not a matter of just asking all over the place. It's being able to sit over the place.

Building a Stable Plan and Pattern

It's being able to sit down down down and look at your pattern in your real and look at your pattern in your real one, one, it's not a willpower issue.

it's not a willpower issue. It's not that I got to work harder. It's not that I got to work harder. It's for you to have a better It's for you to have a better understanding of what's taking place.

understanding of what's taking place. And so if I had stats on testimonials or And so if I had stats on testimonials or what people have recognized, my numbers what people have recognized, my numbers are finally coming down is what I would are finally coming down is what I would hear. or hear. or um um um I thought it was going to be very hard I thought it was going to be very hard to make the changes and I see by having to make the changes and I see by having a plan and structure it wasn't hard at a plan and structure it wasn't hard at all all all for some the cravings are not fighting for some the cravings are not fighting them at night anymore.

them at night anymore. I feel steady for the first time in a I feel steady for the first time in a long time. long time. And you know what's also important? I And you know what's also important? I can see the scale move can see the scale move even if it's a little bit.

even if it's a little bit. Those are the things that you need to Those are the things that you need to hear. How do we wrap this whole piece hear. How do we wrap this whole piece up? This is not from doing more, ladies.

up? This is not from doing more, ladies. It's for doing the right thing first. It's for doing the right thing first. Think about if I was doing the right Think about if I was doing the right thing first. What would that look like?

thing first. What would that look like?

Choosing the Right First Step

It would look like I would be able to It would look like I would be able to wake up in the morning, have a lot of wake up in the morning, have a lot of energy, and just move all day.

energy, and just move all day. It would look like if my family was It would look like if my family was planning a trip or travel, I can say, planning a trip or travel, I can say, "Hey, sign me up because I'm going. I "Hey, sign me up because I'm going. I can't wait to go walking and can't wait to go walking and sightseeing. How about I want to jump in sightseeing. How about I want to jump in that pool, too, with everybody and my that pool, too, with everybody and my grandkids." For others of you, it may grandkids." For others of you, it may be, be, be, you know what? When I go see that doctor you know what? When I go see that doctor again, again, again, I've crushed it.

I've crushed it. my blood pressure, my cholesterol, my blood pressure, my cholesterol, my blood sugar numbers are lower. And my blood sugar numbers are lower. And even if the doctor said, "Hey, can we even if the doctor said,

"Hey, can we decrease this dose or come off this decrease this dose or come off this medicine?" I would even be shouting, medicine?" I would even be shouting, "Hallelujah." I mean, let's keep it real "Hallelujah." I mean, let's keep it real because freedom in the body because freedom in the body get you freedom in the mind.

get you freedom in the mind. When you have the body that you know When you have the body that you know that by making small adjustments, that by making small adjustments, looking at your pattern, looking at your pattern, it's going to work to for your advantage it's going to work to for your advantage inside out because that's what it's inside out because that's what it's about.

So, I want you to know this. For a lot So, I want you to know this. For a lot of folks, you may be standing like at in of folks, you may be standing like at in You may be busy.

You may be busy. You could know like I did. I I got it. You could know like I did. I I got it. I'm fine. I'm good. I know what to do. I'm fine. I'm good. I know what to do.

And starting over again all the time. And starting over again all the time. And with that, there's more medication And with that, there's more medication and more doctor visits and more and more doctor visits and more medication.

medication. medication.

Freedom, Progress, and Personal Accountability

And actually, your life is shrinking, And actually, your life is shrinking, not even becoming wider, because now not even becoming wider, because now you're staying in a small space rather you're staying in a small space rather than meeting the world and having a good than meeting the world and having a good time. or time. or you're like, "Okay, I'm ready to start you're like, "Okay, I'm ready to start today.

today. today. Let's look at my pattern today Let's look at my pattern today so that I'm ready to conquer the world so that I'm ready to conquer the world now." Linda, let's fix this one leg. And now." Linda, let's fix this one leg. And you know that we talked about earlier you know that we talked about earlier that one leg that you want to work on that one leg that you want to work on and what it's costing you. Hey, Linda, and what it's costing you. Hey, Linda, that's where I want to start. That one that's where I want to start. That one leg and what it's costing me. Can we leg and what it's costing me. Can we look at my pattern? Let's sit down look at my pattern? Let's sit down together. I like the fact that we can together. I like the fact that we can sit like at a kitchen table and talk sit like at a kitchen table and talk about what's taking place in my life. I about what's taking place in my life. I didn't say your sister, your best didn't say your sister, your best friend, your coworker, everybody. I'm friend, your coworker, everybody. I'm