The Hidden Weight-Loss Blocker: Cortisol Rhythm Transcript

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Adrenal imbalance and wired-tired weight loss

I am Dr. Mima. If you're feeling wired but tired, and you racing by day and restless at night, you not alone. That pattern actually points to adrenal imbalance.

And it's one of the most under recognized reasons why people get stuck with weight loss. Here's the physiology. It's actually pretty simple and clear.

When cortisol stays high, insulin sensitivity falls and cravings start to rise and the thyroid conversion slows down.

Cortisol, insulin, and thyroid effects

Some people are more vulnerable because of their genetics. There's a DIO2 genetic SNP that reduces the conversion of T4 to T3, which is the active thyroid hormone form.

Lower T3 means slower metabolism. Some people also have the NR3C1 glucocorticoid receptor variant.

Genetics and thyroid conversion

In these people, stress feels louder in their bodies. When we put people on GLP-1s, like semaglutide, it can help with weight, but we also need to use them with our eyes wide open.

GLP-1 benefits and safety concerns

In the New England Journal of Medicine step one trial, there were GI side effects quite common in patients, causing more people to stop treatment than even the placebo group.

Safety reviews also noted that there was higher gallstone risks present. So the longevity approach is to rebuild your sleep and your stress rhythms first, even before starting these peptides.

Protect your lean mass with daily protein, like 20 to 30 grams of protein per meal. And also using therapeutics for managing your cortisol in the evenings and not staying wired.

Sleep, stress, and lean mass support

Personalized nutrition approaches work quite well as well. Looking at your genomics for this, like your appetite genes, the FTO genes and the MC4R gene, to decide if you're gonna front load your protein and fiber and stabilize your meal timing.

Personalized nutrition and SNP-guided planning

If you are adding a GLP-1 to your weight loss program, you have to make sure that you ramping up very slowly, that just supporting your digestion and enhancing the bioflow.

Keep on strength training while you using these. So the bottom line is medications can help by biology is leading the way. Restoring the adrenals and the hormone balance is essential.

And matching your plan to your SNPs is important for weight to start moving without burning you out.

Slow GLP-1 ramp-up and strength training

Closing advice and consultation offer

You can go ahead and book a concierge consult with me for a precise weight loss plan or join my live webinars on Thursday evenings that are free for those of you who are enrolling in October.

I'll see you there.