Using Ozempic? Up to 40% May Not Be Fat Loss Transcript

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Opening Patient Story

She'd lost 40 lbs. 40 lbs in less than a She'd lost 40 lbs. 40 lbs in less than a year. year. year. And she came to my office feeling worse And she came to my office feeling worse than when she started. More fatigued, than when she started. More fatigued, weaker, hair falling out, lost her weaker, hair falling out, lost her muscle, looking older, and terrified.

muscle, looking older, and terrified.

Introducing GLP-1s and the Topic

She was all these symptoms because she She was all these symptoms because she did exactly what she thought she was did exactly what she thought she was supposed to do.

supposed to do.

Dr. Myra Reedu2019s Background and Mission

Today I'm going to talk to you about the Today I'm going to talk to you about the GLP-1s, how they work, what gets missed, GLP-1s, how they work, what gets missed, and why your muscle may matter more than and why your muscle may matter more than the number on the scale.

the number on the scale. I'm Dr. Myra Reed. I practice functional I'm Dr. Myra Reed. I practice functional and internal medicine, and I have over and internal medicine, and I have over 35 years of experience practicing now 35 years of experience practicing now early detection longevity medicine. I early detection longevity medicine. I help people find what others miss before help people find what others miss before the disease becomes worse. Helping you the disease becomes worse.

Dianau2019s Weight Loss and Hidden Side Effects

Helping you live that smarter, stronger, longer, live that smarter, stronger, longer, because I say, "Don't let your first because I say, "Don't let your first symptom be your last." We're going to symptom be your last." We're going to talk about what everyone's asking me talk about what everyone's asking me about, and that's the GLP-1s. And I want about, and that's the GLP-1s. And I want to tell you a patient story. And we're to tell you a patient story. And we're going to call her Diana. 54-year-old, going to call her Diana. 54-year-old, successful, disciplined, struggling with successful, disciplined, struggling with weight for years. Her primary care weight for years. Her primary care offered her semaglutide, and she said, offered her semaglutide, and she said, "Yes," immediately. And it worked. She "Yes," immediately. And it worked. She lost those 40 lbs. People congratulated lost those 40 lbs. People congratulated her. Her doctor was thrilled. But Diana her. Her doctor was thrilled. But Diana wasn't thrilled. She felt exhausted, wasn't thrilled. She felt exhausted, weak.

weak. weak. Her hair was thinning. Her mood was Her hair was thinning. Her mood was flat. Her scale said success, but her flat. Her scale said success, but her body said something is wrong.

body said something is wrong. The biggest issue, no one measured her The biggest issue, no one measured her muscle, not once. muscle, not once. We're going to talk now about how We're going to talk now about how GLP-1s, yes, it's a natural hormone, GLP-1s, yes, it's a natural hormone, it's a peptide, and it's released after it's a peptide, and it's released after eating. It helps eating. It helps decrease your appetite, insulin decrease your appetite, insulin signaling. It slows the stomach signaling. It slows the stomach emptying.

emptying. emptying. And the peptide specifically today is And the peptide specifically today is going to be the semaglutide and the going to be the semaglutide and the tirzepatide. They amplify the signaling tirzepatide. They amplify the signaling that I just mentioned, and the weight that I just mentioned, and the weight loss does work. The issue is your body loss does work. The issue is your body loses not only fat, but water and loses not only fat, but water and muscle. And research suggests that up to muscle.

How GLP-1s Work and Why Muscle Matters

And research suggests that up to 25 to 40% of weight loss may come from 25 to 40% of weight loss may come from lean mass muscle. Nearly half may not lean mass muscle. Nearly half may not even just be the fat. I want to tell you even just be the fat. I want to tell you why muscle really matters. Muscle why muscle really matters. Muscle determines your metabolic rate, your determines your metabolic rate, your insulin sensitivity, your bone health, insulin sensitivity, your bone health, your recovery, your cognition, your recovery, your cognition, and your immune system, plus your fall and your immune system, plus your fall prevention in the future. Muscle isn't prevention in the future. Muscle isn't just cosmetic. Muscle is your longevity just cosmetic. Muscle is your longevity organ.

organ. organ.

Four Non-Negotiables for Healthy Weight Loss

And I want to tell you what I do And I want to tell you what I do differently. My four non-negotiables. differently. My four non-negotiables. Number one, body composition. Not just Number one, body composition. Not just your BMI, not just your weight, but more your BMI, not just your weight, but more of detailed information from like an of detailed information from like an inbody scan. We want to know your fat, inbody scan. We want to know your fat, your muscle, your hydration, and how your muscle, your hydration, and how these all relate to each other.

these all relate to each other. And number two, your protein intake. And number two, your protein intake. People need more protein than they than People need more protein than they than they really think. You really need to they really think. You really need to target like 1 g per pound of your lean target like 1 g per pound of your lean mass target. Prioritizing protein first mass target. Prioritizing protein first in your meals or even in those snacks.

in your meals or even in those snacks. And number three, resistance training. And number three, resistance training. This is non-optional. This is non-optional.

And I want to tell you, yeah, cardio And I want to tell you, yeah, cardio burns calories, but resistance training burns calories, but resistance training really preserves those muscles. And really preserves those muscles. And number four, sometimes number four, sometimes some extras peptides will be needed like some extras peptides will be needed like the CJC 1295 and the Ipamorelin. These the CJC 1295 and the Ipamorelin. These are growth hormone secretagogues that are growth hormone secretagogues that stimulate the pituitary gland to release stimulate the pituitary gland to release your natural growth hormones. And of your natural growth hormones. And of course, I want to talk about hormone course, I want to talk about hormone support when it's appropriate. Let's go support when it's appropriate. Let's go back to what that patient I was back to what that patient I was mentioning about earlier about Diana, mentioning about earlier about Diana, what she actually needed. Really needed what she actually needed.

Dianau2019s Recovery and Better Body Composition

Really needed a lower GLP semaglutide a lower GLP semaglutide dose. She needed protein strategy. She dose. She needed protein strategy. She needed strength training and she needed needed strength training and she needed support for the recovery. 90 days later, support for the recovery. 90 days later, she comes back. Her energy is better.

she comes back. Her energy is better. Her muscles improving. Her hair look Her muscles improving. Her hair look quality was so much better and was less quality was so much better and was less falling out. Her mood was better

and the falling out. Her mood was better and the scale, well, it didn't really move, but scale, well, it didn't really move, but her body composition showed something her body composition showed something completely different. She didn't need completely different. She didn't need more weight loss. She needed someone to more weight loss. She needed someone to actually look and optimize her health. I actually look and optimize her health.

Questions for GLP Users and Next Weeku2019s Topic

I have a question. If you're on a GLP, have a question. If you're on a GLP, what has your prescriber never talked what has your prescriber never talked about? Is it preserving muscle? Is it about? Is it preserving muscle? Is it the amount of protein you're supposed to the amount of protein you're supposed to eat? Is your body composition? Or is it eat? Is your body composition? Or is it your fatigue? Or maybe the gut issues?

your fatigue? Or maybe the gut issues? Drop it below. I read every comment cuz Drop it below. I read every comment cuz next week I'm going to be talking about next week I'm going to be talking about fatigue and those peptides that help, fatigue and those peptides that help, the ones for energy for your the ones for energy for your mitochondrial support such as MOTS-c and mitochondrial support such as MOTS-c and SS-31.

SS-31. SS-31. And these we're going to talk about how And these we're going to talk about how they can improve and support fatigue and they can improve and support fatigue and why your labs can look normal while your why your labs can look normal while your energy disappears. Everything I do, energy disappears. Everything I do, every protocol, every patient, every every protocol, every patient, every video runs through this one belief. I video runs through this one belief. I want people to live smarter, stronger, want people to live smarter, stronger, longer because I don't want your first longer because I don't want your first