

Let's talk GLP-1...No, NOT the drugs, the Real-Life Hormone that God Made



Your Own Body to Produce. Like most healing processes in the human body, the body knows what to do, it just needs less interference from modern man-made life! The more you know, the better decisions you can make...so here we go!

We've all heard the term by now, and if you're not on the drug, you certainly know someone who is! GLP-1 stands for "glucagon-like peptide-1," which is a hormone that helps regulate blood sugar levels and appetite in the body. That hormone is produced naturally in our intestines, especially that L-cells in our lower small intestine & colon (large intestine). The BIGGEST dietary drivers of your own GLP-1 are these: protein, fermentable fiber, healthy fats, slower glucose absorption (minimizing blood sugar spikes, we'll elaborate on this in a bit), gut microbial health, and the timing of when you eat & order of foods you eat.

Here are 8 Keys to Help Your Own Body Maximize Your Own GLP-1 For Weight Loss... and I happen to believe this is just a really super-healthy way to eat in general for today's fake-food-infested existence.

1. Prioritize Protein at Every Meal
 - Eggs, Grassfed Beef, Lamb, Wild-Caught Fish (ones that have fins & scales), Sardines, Greek Yogurt, Legumes (lentils, all types of beans) if your body tolerates them well
 - Aim for 30-40 grams of Protein at every meal, esp. breakfast!! This sets you up for better GLP-1 signaling for the entire day, i.e. better blood sugar control and appetite control
 - Need some ideas?: see the end
2. Increase Fermentable Fiber and/or Resistant Starches
 - Gut bacteria ferment certain types of fiber into short-chain fatty acids which STRONGLY support your body's natural GLP-1 production
 - Healthy Fiber: Chia seeds, Flax seeds, Oats (steel cut are best, NOT instant), Beans/Lentils (fyi, if you are a B blood-type, lentils may cause digestive disturbances), Onions, Garlic, Asparagus, Apples, Berries
 - Resistant Starches: this phenomenon happens when you cook potatoes or rice, then cool them completely in the fridge, then re-heat in the oven or stove-top.
 - Needs Ideas?: see the end
3. Feed Your Gut Microbiome (Probiotic rich foods + Polyphenol foods)
 - Better microbiome = more GLP-1 production period.
 - Probiotic-rich Foods: Kefir, Yogurt with live cultures, Sauerkraut (I'm always promoting making your own or HEB Organics has a good one in the produce section), Kimchi, Fermented Veggies
 - Polyphenol Foods: High Quality EVOO (look for High-phenolic), berries, green tea (if tolerated), cocoa, pomegranates, herbs/spices, coffee (organic, mold-free)
4. Use Healthy Fats Strategically
 - EVOO, Avocado, Olives, Nuts, Seeds, Fatty fish
 - Omega 3's are critical, and most Americans get Omega 6 20:1 compared to Omega 3, when we need to be getting a 1:1 ratio of Omega 3's to Omega 6's
 - COMPLETELY AVOID: Industrial seeds oils (completely omega 6's), Ultra-processed fats
 - Stack Protein + Fiber + Fat to increase satiety, minimize glucose spikes, improve your own GLP-1 Signaling

5. Eat Foods in the BEST Order
 - This reduces blood glucose spikes and increases GLP-1 Signaling
 - Veggies/Fiber first
 - Then Protein/Fat
 - Starches/Carbs last
 - Add Apple Cider Vinegar 10-15 minutes before meals, I like to put 1 tablespoon of ACV in 8 oz water while I'm cooking meals, then by the time you're ready to eat, your body is already getting the benefits in preparation for the meal
6. Consider Time-Restricted Eating (Intermittent Fasting)
 - Restrict your eating window to 8 hours, i.e. 10am-6pm or 8am-4pm as examples
 - Fast for at least 12-16 hours, max 12 if you're struggling with hormones or adrenal fatigue
 - Avoid snacking
 - 2-3 real meals instead of grazing
7. Exercise & timing of it in relation to eating
 - Go For A Walk After Meals!!
 - Lift Weights or use bands for resistance training, we NEED muscle and more of it as we age, but you've got to be intentional about it, otherwise you're losing muscle by the day over 40
 - Even a 10-minute walk after meals improves how your body handles glucose SO MUCH
 - If you eat dessert, make taking a walk after the meal a non-negotiable
8. STOP the things that inhibit your own GLP-1 Production
 - STOP Ultra-processed foods (the further they are from looking like their original version) i.e. fast food French fries vs. making your own baked potato at home, letting it sit in fridge overnight and then warming it in the oven the next day. 2 VERY different effects in the human body from a potato. Always go with whole foods when possible.
 - STOP liquid sugar. You know what I mean...cokes, sweet tea, milkshakes, etc.
 - STOP frequent snacking.
 - STOP sleep deprivation. Your body has to rest, so turn off the TV and go to sleep.
 - STOP disrupting your circadian rhythm with blue light in your eyes at night. Watch the sunset then turn off screens or block blue light from screens with proper glasses so that your body can produce melatonin
 - STOP low-protein diets
 - Deal with chronic stress. Pray, Seek Counselling, Walk with a friend who is positive and uplifting, Deep breathing, Meditate on Scripture that reminds you God is good & He's never going to leave you nor forsake you for example

Some Great Meal Ideas:

- Protein Meals: Steak & Eggs, Greek Yogurt & Chia Seeds & Berries, Salmon & Avocado, Lamb Sausage & Sauteed veggies
- Increasing Fiber: Add 2-3 tablespoons of Chia Seeds or Flax Seeds to your food daily, include resistant starches several times per week, add veggies at lunch & dinner
- Stacking Protein + Fiber + Fat into 1 meal:
 - Salmon + Roasted Sweet Potatoes + Olive oil
 - Grassfed Steak + Avocado + Sautéed greens
 - Greek yogurt + Chia Seeds + Walnuts
- Eating Order: try salad before carbs, protein before bread/rice, add ACV before all big meals, and always always always eat PLENTY of protein and/or fiber before anything sweet