

GLP1 Activation Cheat Sheet

By Salena Rotheneberger, D.PSc, CFMP, CHC

Disclosure

The information contained in this guide is for informational and educational purposes only and does not constitute a doctor-patient relationship. You should always discuss with your health care provider any changes in supplementation and should not make any changes to medications without consulting your prescribing provider.

Overview of GLP-1

Roles of GLP-1

- Stimulates insulin release
- Slows gastric emptying
- Reduces appetite
- Promotes feeling of fullness

Testing GLP-1

- Glucagon Blood Test
 - CMP
 - A1c
 - Lipid Panel
 - Insulin & C-Peptide
- These tests may provide insights to GLP1 imbalances

Symptoms of sluggish GLP-1

- Increased appetite
- Elevated glucose
- Difficulty optimizing weight
- GI distress
- Cognitive impairment

Natural Strategies

- Diet
 - Activity
 - Digestive Health
- See checklist on following page

Checklist

- Protein Prior to meals
- Healthy Fats
- Variety of Fiber
- Eat Carbohydrates last
- 10 min walk after meal
- Check for H. Pylori
- Consider L. Reuteri probiotic

Need Help?

Are you finding that you need help with deciding which strategies to use or need to delve deeper to identifying your underlying root cause? We offer a complimentary 15-minute strategy session to help you gain clarity on your action steps to reach your health goals.

Book a call to get your personalized strategy today!



Step One

Book
Complimentary
Strategy Session
at:

<https://thefunctionalperspective.com/schedule>



Step Two

Create a
Personalized
Strategy



Step Three

Implement
Strategies for
Better Health!