

SUPPORT FOR GLP-1 FUNCTION

HT WELLNESS EDUCATIONAL SERIES

Renee M. Schambre

GLP-1 is a hormone that plays a central role in blood sugar regulation, appetite control, and metabolic balance.

Supportive Lifestyle Practices

Movement: Regular physical activity supports metabolic flexibility and insulin sensitivity.

Sleep Rhythm: Consistent sleep patterns help regulate appetite hormones and glucose metabolism.

Stress Regulation: Nervous system balance supports hormonal signaling and metabolic resilience.

Gut Health Support: A healthy gut microbiome plays a key role in GLP-1 signaling.

Whole Food Nutritional Support

Soluble fiber, Protein intake, Omega-3 foods, Bitter plant foods.

Supporting gut health and metabolic rhythm enhances natural GLP-1 signaling.

Small, consistent lifestyle and nutritional choices create long-term impact.

Supplement Brands Mentioned

Standard Process

- Gluco-Assist
- Tuna Omega-3 Oil
- Whole Food Fiber

MediHerb

- —

Premier Research Labs

- Lean Advantage

Fullscript

- Thorne Berberine

