

# HOW GLP-1 MEDICATIONS REWIRE FAT BURNING

These meds do more than cut appetite, they reset how your body uses energy.

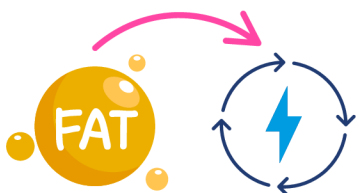
## The Metabolism Reset

GLP-1 = Better Fat Access

Boosts lipolysis (fat-burning).

Makes it harder to store new fat.

Calorie use becomes more like someone without insulin resistance.

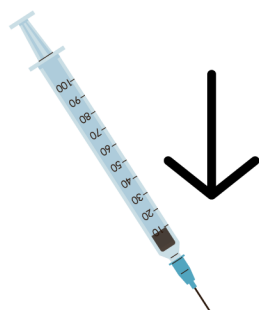


## Hormone Helpers

Lower Insulin = Easier Fat Burn

Less insulin means smoother switch from carb to fat fuel.

Hormone balance lets calories go to energy instead of storage.



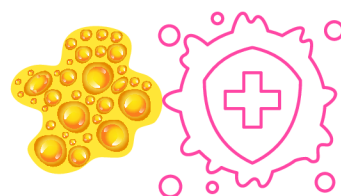
## Why Fat Was Stubborn Before

Chronic Inflammation (Metaflammation)

Enlarged fat cells call in immune cells.

Immune cells release cytokines (TNF- $\alpha$ , IL-6).

More inflammation → more insulin resistance → trapped fat.



## Coming Off the Med

When Support Changes, Your Plan Matters

Without the medication, your metabolism can begin to shift back toward easier fat storage.

Inflammation and insulin resistance can rise again if nothing else changes.

New habits keep the gains: steady movement, strength work, and balanced eating help protect progress.

