

Listen Up!

MIDLIFE CONVERSATIONS



with Natatie Jill

- **394: Microdosing GLPs/
Ozempic/Semaglutide for
Metabolic Health with Dr. Tyna
Moore**

- Sep 3 2024
- Length: 1 hr and 2 mins
- Podcast

- **Summary**

- In this episode, we dive deep into Ozempic, semaglutide, and the broader class of GLP-1 peptides with expert Dr. Tyna Moore. Contrary to popular belief, these peptides are not just for weight loss but also offer numerous benefits for metabolic health, neurodegeneration, and more. Dr. Moore emphasizes the importance of personalized microdosing, highlighting the significant impact on gut health, immune modulation, and overall well-being. We discuss the vital role of strength training and bioidentical hormones in optimizing health during midlife and challenge the myths and propaganda surrounding these treatments. Learn how to find a knowledgeable physician and the importance of being your own health advocate.

Learn more about Dr. Tyna Moore at:

- Dr. Tyna Show Instagram: <https://www.instagram.com/drtynashow/>
- Ozempic Uncovered: <https://www.drtyna.com/ozempicuncovered>
- Dr. Tyna on YouTube: <https://youtube.com/@drtyna>

- Watch this episode on YOUTUBE HERE: <https://bit.ly/NatalieJillYouTube>

Want to listen in on a LIVE recording of Midlife Conversations?

You can listen in, hear the episode unedited prior to launch AND stay on and ask your questions to the guest! (Don't worry! We won't air your questions so you can stay anonymous!) Go to

Join.Midlifeconversations.com to learn more

Free Gifts for being a listener of Midlife Conversations!

- FREE Mastering the Midlife Midsection guide: <https://theflatbellyguide.com/>
- FREE Age optimizing and supplement guide: <https://ageoptimizer.com>

-

Additional links you might like to check out!

- 365 Community for Midlife
Womenjoin.midlifeconversations.com
 - The 7 Day Jump Start Midlife Edition
www.the7dayjumpstart.com
 - Home workouts www.Nataliejillfitness.com/homefit
- To advertise on our podcast please reach out to support@Nataliejillfitness.com
Connect with me on your social media!
Instagram: www.Instagram.com/Nataliejillfit
Facebook: www.Facebook.com/Nataliejillfit