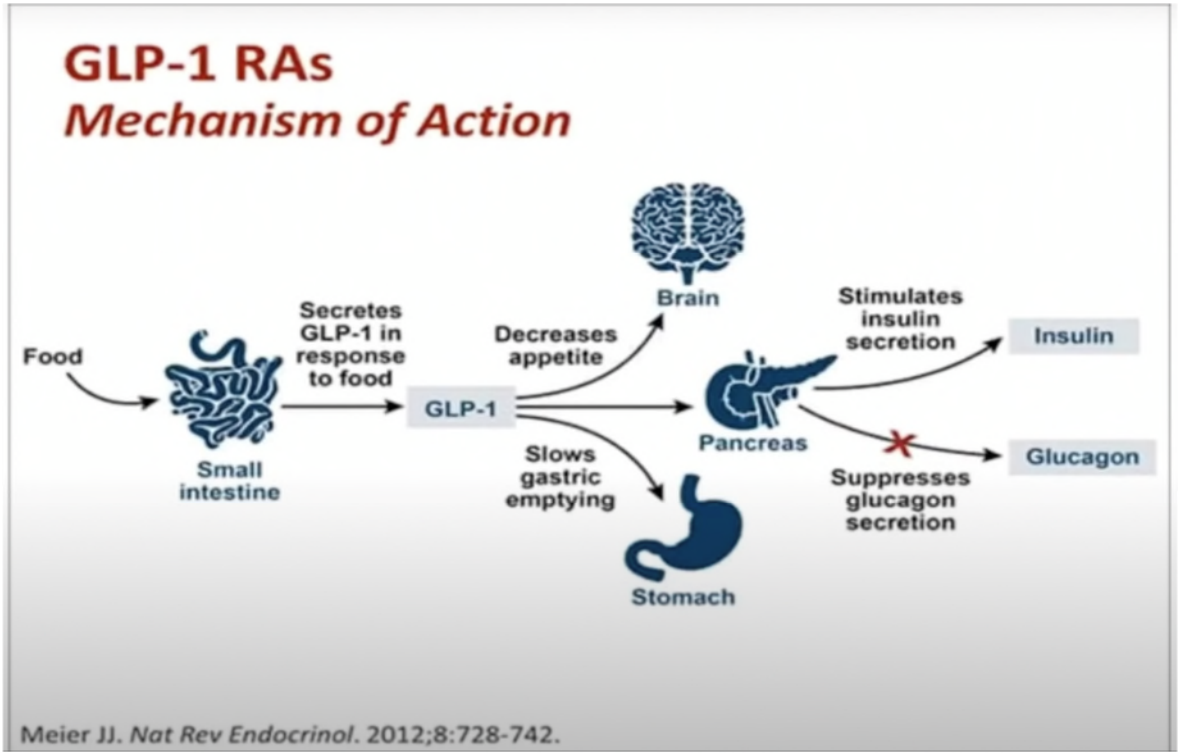
GLP-1: The "Miracle" Behind Ozempic and other GLP-1 Agonists

GLP-1 stands for Glucagon-like Peptide 1. GLP-1 is what causes people to not be hungry and assist them in losing amazing amounts of weight.

How does GLP-1 work? If you have the right bacteria in your gut, it works like this. You eat. Your microbiome metabolizes the food and create POSTbiotics, which are excretions from beneficial bacteria like butyrate and a protein called P9. These postbiotics signal L-cells in your gut to create GLP-1. The L-cells are not represented here, but you get the idea.



GLP-1 is created, then sends signals like you see above. One of the big pieces is how GLP-1 affects the brain …. basically sending the signal to make you say, "I'm not hungry." It's a huge appetite suppressant.

That's how it is supposed to work naturally. Once Big Pharma got this information, they figured out how to synthesize GLP-1 and put it into a syringe. These drugs, referred to as semaglutides, can have devastating side effects. These include (but not limited to) stomach paralysis, pancreatitis and bowel obstructions. Several people have died from gastrointestinal complications of the drug. The body is not equipped to handle such a huge dose injected into the blood stream.

Reports have also indicated that much of the weight lost is **muscle**, not fat. In my research, I even found a plastic surgeon who specializes in fixing "Ozemipic Face," which is basically a loss of muscle and fat in the face, making you look haggard.

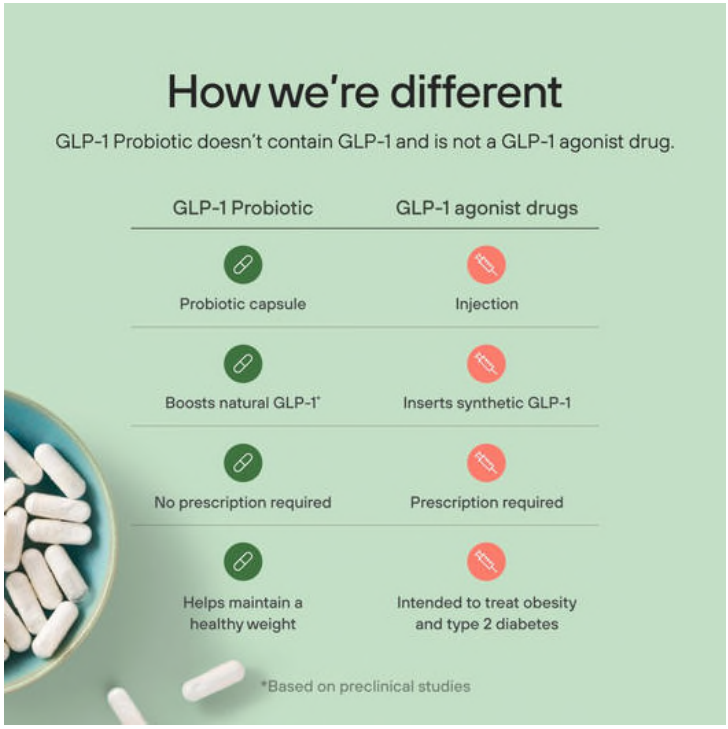
So how can we make GLP-1 work for us naturally?? A probiotic called Akkermansia.

Akkermansia is described as a “Keystone Bacteria” that should be found in everyone’s gut microbiome, but these days is missing from most of us. Higher levels of Akkermansia – lower weight. Why are so many of us missing them? Eating bad fats!! I’m not kidding. Those French Fries and soybean oil in your mayo and salad dressing destroys the ability of the Akkermansia bacteria to survive.

Can you take Akkermansia as a supplement? Yes. But as I always warn you, be careful where you spend your money. It did not take long for the knockoffs to arrive on Amazon. A company called Pendulum is the one with the initial, breakthrough product. They have several different versions of it. We tried the lower priced one (which is available on Amazon) but after about a week or so, just tossed it. Then after reading more about Akkermansia, we decided to try again. This time bought Pendulum Akkermansia PRO. Within 24 hours, we experienced appetite suppression. I have always been hungry. Now, not so much. It’s been pretty amazing. The weight is not “dropping off,” but my size is smaller.

To promote the growth of Akkermansia, increase your intake of polyphenols such as black tea, red wine grape extract, cranberry extract and Concord grapes. Increase good sources of fiber. And decrease bad fats in your diet and reduce alcohol.

The MSRP on the Akkermansia PRO is $75. I will be selling it for $65 for a 30-day supply.



References:
Akkermansia presentation at the World Congress, December 2023, for the American Association of Anti-Aging Medicine.

Data presented by Pendulum.

Mercola, Joseph, May 8, 2024. The Effects of Ozempic and Other Weight Loss Injections. Mercola.com