



Hit a Weight Loss Plateau After GLP-1? Here's a Simple, Strategic Reset

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First — plateaus are normal. Weight loss isn't a sprint. When progress slows, it usually means your body has adapted and needs a different strategy — not more willpower.

Why plateaus happen

After early weight loss:

- Your body burns fewer calories
- Hunger and set-point signals increase
- Muscle loss can slow metabolism
- GLP-1 effects often stabilize over time

This doesn't mean treatment failed. It means it's time to adjust the approach.

The Key Missing Piece: Phase-Based Strategy

Your body cannot detox deeply and build muscle efficiently at the same time. Trying to do both often leads to stalls. The solution is identifying which phase your body needs right now.

Phase 1: Detox & Inflammation Reduction

Best if you still carry visceral fat, fluid retention, or signs of inflammation.

Focus: resetting the system

- Prolonged intermittent fasting — *“train your body to burn fat instead of sugar”*
- Plenty of hydration (add lemon, lime, green tea, or herbal teas)
- Low-intensity movement (walking, light jogging / Zone 2 cardio, yoga)
- Daily sauna use if available and tolerated

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During this phase, lower protein intake is OK temporarily. The goal is detoxification and inflammation reduction — not muscle building.

Phase 2: Muscle Rebuilding & Metabolic Support

Best once fat and fluid have decreased and muscle tone feels reduced.

Focus: rebuilding metabolism

- Protein intake ~ 0.7 g per lb of ideal body weight
- Low-carb, healthy-fat diet (olive oil, avocado, nuts)
- Resistance training (weights, bands, or bodyweight exercises)

This phase restores metabolic rate and prevents long-term slowdown.

Rotating Between Phases

You don't stay in one phase forever. For safety, avoid continuing Phase 1 for more than about five days without medical supervision, and always consult your healthcare provider before making major dietary or exercise changes.

We help you decide:

- Which phase you're in now
- How long to stay there
- When to shift safely and effectively

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New You Medical - Medication Strategy for Your Plateau

If lifestyle changes alone aren't enough, we may adjust dosing, switch medications, or add carefully selected secondary or tertiary adjuncts tailored to your specific plateau causes.

These adjuncts may include:

- Medications that support muscle mass and energy
- Agents that enhance cellular metabolism or insulin sensitivity
- Options that help balance stress hormones (like cortisol)
- Treatments that address hormone-related plateaus in different ways

All decisions are personalized, discussed with you, and medically supervised to ensure safety and effectiveness.

The goal is sustainable progress — not fighting your body.

Ready for guidance?

If you lost weight on GLP-1 and then stalled, let's figure out which phase your body needs now and build a realistic plan around it.

Book [a free consultation](#) with New You Medical

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& Get Your Questions Answered

Disclaimer: This content is for informational and educational purposes only and is not intended as medical advice. Always consult a qualified healthcare professional before making any changes to your medication, diet, or treatment plan.

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