



Understanding GLP-1

Key Takeaways from Ferna's Vitality by Design Lunch & Learn

The big picture: GLP-1 medications may be helpful tools for some people, but long-term wellness still comes back to daily habits that nourish the body and support strength.

6 Key Takeaways

1. GLP-1 is a natural hormone.

GLP-1 (glucagon-like peptide-1) is made in the gut after we eat. It helps communicate between the gut, brain, and pancreas and plays a role in blood sugar, fullness, and appetite regulation.

2. Why GLP-1 medications are getting attention.

Prescription medications mimic or enhance natural GLP-1 signals, which can help people feel fuller longer and often eat less.

3. Cravings aren't simply about willpower.

Blood-sugar swings, poor sleep, chronic stress, genetics, metabolic health, gut microbiome diversity, and lifestyle habits can all influence hunger, cravings, and energy.

4. GLP-1 medication is a tool—not a complete solution.

The presentation emphasized that nutrition, movement, hydration, sleep, muscle health, and sustainable daily habits still matter for long-term wellness.

5. Protecting muscle is especially important.

Weight loss can include loss of muscle as well as fat. Adequate protein, movement, and overall nourishment can help support muscle health—especially as we age.

6. Small, consistent habits add up.

Focus on nutrient-dense foods, adequate protein and fiber, hydration, regular movement, better sleep, and reducing excess sugar and highly processed foods.

Practical focus: Protein & muscle support • Fiber & blood-sugar balance • Hydration • Movement—especially after meals
• Consistent sleep habits • Nutrient-dense foods & less excess sugar

The Take-Home Message

Whether someone uses a GLP-1 medication or not, the foundation remains the same: nourish the body, support muscle, stay hydrated, move regularly, manage stress and inflammation, sleep well, and build habits that can last.

Think about it

What healthy habit makes the biggest difference in your energy or appetite?

How do your sleep, stress, and protein intake seem to affect your cravings?

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Educational overview based on Ferna's Understanding GLP-1 Lunch & Learn transcript.

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