

GLP ANSWERS

**The 3 questions you've been asking
answered by a medical professional
for women already on GLP, GLP/GIP
medications**



IF YOU'RE ON A GLP BUT STILL FEEL UNSURE... YOU'RE NOT BEHIND

A collage of beach and ocean photos. In the center, a light beige rectangular box contains the text 'CREATE A LIFE YOU CAN'T WAIT TO WAKE UP TO' in bold, black, sans-serif capital letters. The background consists of several overlapping images: a person holding a surfboard on a rocky beach, two surfers in the ocean, a person swimming in a large wave, and a rocky coastline with turquoise water.

**CREATE
A LIFE
YOU CAN'T
WAIT TO
WAKE UP TO**

Most women are prescribed GLP/GIP medications with very little education or support.

That doesn't mean you're doing anything wrong- it means the system wasn't built to guide you through what this medication is actually doing!

This guide exists to answer the three questions that almost every woman asks - but rarely gets clear answers to.

Lets start there.



HEALTHY

01

Is it Cheating?

The belief that this medication is cheating is based on outdated biology.

Most women with excess body fat have impaired GLP/GIP signaling.

This means insulin response, hunger, satiety, and energy are all chemically dysregulated.

GLP/GIP restores those signaling pathways allowing your body to respond normally to food again.

The medication is restoring a physiological imbalance.

02

Is it safe?

Like any medication, safety depends on how it's used and supported.

GLP medications have been studied for nearly 20 years.

Most serious issues arise from:
Under-eating, poor protein intake, rapid weight loss, ignoring red flag symptoms like vomiting & chronic fatigue.

The medication isn't the problem- lack of metabolic support is.

03

Will I gain the weight back if I stop?

It depends on what you build while you're on it.

GLPS don't permanently change habits themselves.

But they create a **neuroplastic and metabolic window.**

During this window the body is more responsive to habit rewiring, muscle preservation and insulin regulation.

In my **free masterclass** I'll show you how to use this window intentionally.

WHAT MOST WOMEN ARE NEVER TOLD



GLP and GLP/GIP medications are not the finish line.

They are a window of opportunity.

Without guidance, many women:

- lose weight but feel depleted
- eat less without rebuilding metabolism
- rely on the medication instead of learning how to support their changing body
- feel anxious about stopping- or staying on long term

With the right strategy during this phase this window can be used to

- restore metabolic signaling
- protect muscle and hormones
- stabilize energy and digestion
- create habits that last beyond the medication

This is the difference between temporary weight loss and long-term metabolic health.

About THE AUTHOR

Hi! My name is Annalee. I'm a physician assistant with a background in emergency medicine and a deep passion for helping women build sustainable health.

My core belief is simple: when medical education is paired with informed, empowered action, we can change the way healthcare actually works- one person at a time.

If you're already on a GLP or GLP/GIP medication and wondering what you're supposed to do next, this is where clarity starts.

In my **free masterclass**, I'll show you what's actually happening inside your body and why this phase is a rare window for metabolic healing, and the common mistakes that quietly sabotage long-term success.

This isn't about losing more weight. It's about using this moment intentionally so the changes you make now LAST! If you're on this medication, you can't afford to waste this window.



SAVE YOUR
SPOT!

FREE
MASTERCLASS



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