

Paloma



# GLP-1 Medications for Weight Loss

A Guide for Patients with Hashimoto's & Hypothyroidism

## Introduction

If you're navigating weight loss with hypothyroidism or Hashimoto's, you already know how frustrating it can be. You may eat well and exercise regularly but still struggle to see results. At Paloma Health, we hear this from our patients all the time.

**Your hormones play a major role in your metabolism.** When your thyroid isn't working optimally—or your hormones are out of balance—it can feel like your body is working against you.

That's where GLP-1 medications come in. These medications have helped many people finally see real weight loss success! We created this guide to help you understand how GLP-1s work, whether they might be right for you, and what you should know if you're considering them.



# What are GLP-1 Drugs?

GLP-1 stands for glucagon-like peptide-1, a hormone your body naturally produces. GLP-1 has several roles in the body:

- ✓ GLP-1 helps control your blood sugar
- ✓ GLP-1 slows your digestion
- ✓ GLP-1 curbs your appetite

GLP-1 receptor agonists are medications that mimic GLP-1 hormone in your body. These drugs were originally developed to treat type 2 diabetes, but have now been shown to support weight management. You may recognize some of their names, like **Ozempic, Zepbound, Wegovy, and Mounjaro.**

Ozempic®



Zepbound®



Wegovy®



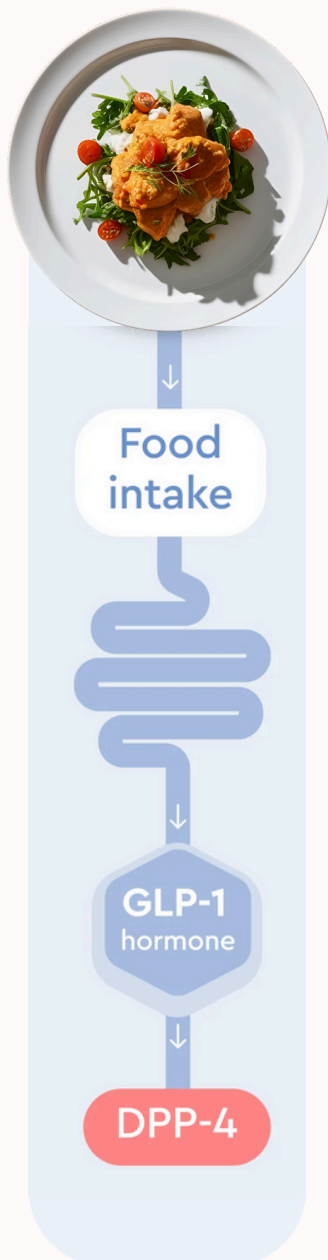
Mounjaro®





# How Do GLP-1 Drugs Work?

GLP-1 drugs work by attaching to and activating the GLP-1 receptors in your body. And that has several effects that can aid in weight loss:



- ✓ GLP-1 drugs help your pancreas release more insulin, but only when your blood sugar is high. So it helps lower blood sugar without a big risk of it going too low – a condition called hypoglycemia.
- ✓ GLP-1 drugs slow down how quickly food moves out of your stomach, known as delayed gastric emptying. This helps you feel full longer.
- ✓ GLP-1 drugs talk to your brain, basically telling it you feel full and satisfied. So that helps curb your appetite.

When GLP-1 is released by the body you feel full.

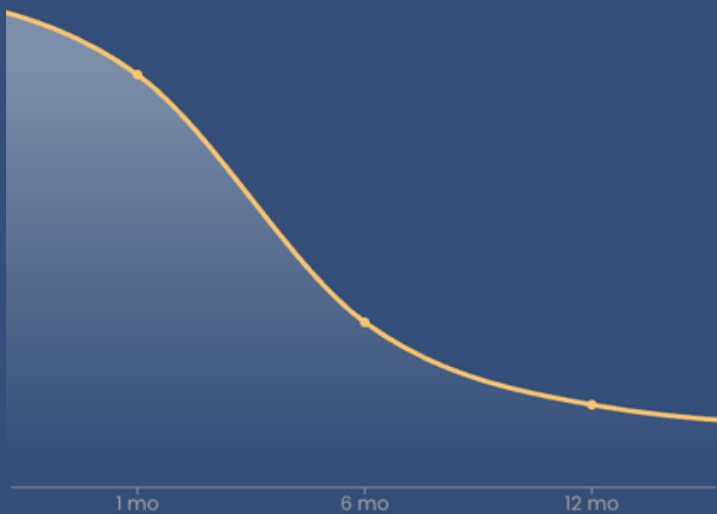
Enzyme DPP-4 is released, removes GLP-1 from the body and you feel hungry again.

## The GLP-1 Cycle

# GLP-1 for Weight Loss

## Lose up to 20% of your weight

On average, people lost 15–20% of their body weight in a 68-week clinical trial study of Wegovy\*\*



The two main GLP-1 medications used for weight loss are **semaglutide** and **tirzepatide**. Both are available as compounded medications as well as under brand names—**Wegovy** for semaglutide and **Zepbound** for tirzepatide. These drugs are taken as a once-weekly injection.

On average, semaglutide leads to a **10% reduction in body weight** over the course of a year or more. Some studies have shown weight loss of **up to 20%** in certain individuals.

Tirzepatide (Zepbound for example) tends to produce even greater results, with average weight loss ranging from 15% to 21%, depending on the dose. With higher doses and healthy lifestyle changes, some participants in clinical trials lost more than 21% of their body weight.

Zepbound®



**Tirzepatide is currently considered the most effective FDA-approved weight loss medication available.**

# GLP-1 Medication Information

## Brand-Name vs Compounded

Commercial Brand-Name	Compounded
FDA approved and may be prescribed for off-label usage	Not subject to FDA approval, but sourced from compounding pharmacies that meet FDA and industry standards
Standardized doses and formulation	May vary slightly in formulation and absorption, but contains the same active ingredient with added vitamins and minerals.
Availability can be limited due to high demand	Often available when brand-name is out of stock
Insurance coverage varies based on specific criteria requirements	Not covered by insurance
Can be expensive without insurance	Often the more affordable alternative

## GLP-1 Medications



Medication (Active Ingredient)	Brand-Name Options	
Semaglutide	Wegovy	Ozempic
Tirzepatide	Zepbound	Mounjaro
Liraglutide	Victoza	Saxenda

## Why Consider GLP-1s When You Have Hypothyroidism or Hashimoto's?

Weight loss with thyroid conditions is notoriously difficult. Like many people with hypothyroidism, you may struggle with weight gain and find it hard to lose weight because your metabolism is slower. You also tend to store fat more easily and often may have lower overall energy expenditure. Hypothyroidism can also raise your risk of developing insulin resistance and metabolic syndrome, which can cause trouble regulating your blood sugar, swings in your energy, and relentless cravings.



You'll be excited to know there are real benefits of GLP-1 drugs that could help you finally lose weight, even if diet and exercise haven't worked in the past!

# How Do GLP-1s Actually Help When Hormones Work Against You?

## 1. Appetite Regulation & Satiety

- Signals fullness to the brain by acting on GLP-1 receptors.
- Slows gastric emptying, leading to prolonged feelings of fullness.
- Decreases food intake by enhancing satiety signals.

➡ *These mechanisms help reduce calorie consumption*

## 2. Improved Insulin Sensitivity & Blood Sugar Control

- Enhances insulin secretion in response to elevated glucose levels.
- Improves insulin sensitivity, aiding in better glucose uptake by cells.
- Stabilizes blood sugar levels, reducing energy crashes and cravings.

➡ *These effects can lead to more stable energy levels and reduced cravings throughout the day.*

## 3. Reduction of Inflammation in Hashimoto's

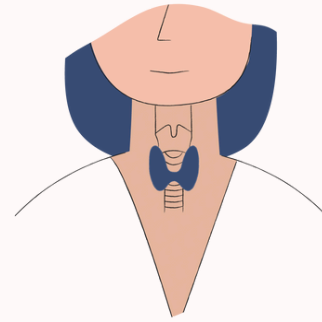
- Lowers systemic inflammation, which is a key feature of Hashimoto's.
- Reduces inflammatory markers, potentially easing symptoms.
- Supports immune system balance

➡ *Emerging evidence suggests that GLP-1 medications may have anti-inflammatory effects beneficial for individuals with Hashimoto's.*



## Benefits of GLP-1s for People with Hypothyroidism/Hashimoto's

- Slower stomach emptying
- Reduced appetite
- Slowed digestion
- Reduced cravings
- Improved insulin sensitivity
- Better blood sugar balance
- Lower inflammation
- Better energy



➔ **You'll feel less hungry, and you'll feel full longer!**

**GLP-1s are rewriting the rules for thyroid patients stuck in metabolic limbo.**



# Risks and Side Effects of GLP-1s

**Initial Nausea:** Around half the people taking GLP-1 drugs, according to research. (A smaller percentage report some vomiting, diarrhea, constipation, and other gastrointestinal symptoms.)



Side effects of GLP-1 drugs are usually mild to moderate, and typically resolve as your body adjusts to the medication.

**Injection Site Reactions:** Some patients have temporary, minor reactions like redness, itching, swelling, or bruising.

**Hypoglycemia** (low blood sugar) isn't a big risk with GLP-1s alone. But the risk goes up if you take other medications for diabetes, like sulfonylureas or insulin.

**Poor Nutrient Absorption:** Because GLP-1s slow digestion, there's a risk of not absorbing nutrients well, especially fat-soluble vitamins like A, D, E, and K. Review your nutrients with your provider and adjust your diet if necessary.



GLP-1s, like many drugs, are not recommended when you're pregnant or breastfeeding.

GLP-1s are not recommended if you or a family member has had medullary thyroid cancer or multiple endocrine neoplasia type 2 (MEN2) syndrome.

# How to deal with side effects?



## Nausea



Eat crackers, apples, mint, ginger-based drinks  
**30 min after administering GLP-1**  
 Avoid strong smells



## Vomiting



Generous hydration



More frequent meals, in smaller amounts



## Diarrhea



Generous hydration



No sport drinks



**Yes:** chicken broth, rice, carrots, ripe peeled fruit, baked fruit



No high fibre content foods

**No:** dairy products, laxatives, coffee, alcohol, soft drinks, very cold/hot foods, products with “ol”-ending sweeteners

## Making GLP-1s Work for You: The Paloma Approach

It's important to understand that you can regain weight if you stop taking a GLP-1 without making sustainable lifestyle changes. GLP-1s are not usually a cure on their own. They work best as part of a bigger plan that includes healthy eating, activity, and lifestyle changes.

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**GLP-1s support your healthy changes.  
They don't replace them.**

GLP-1s work best when they're part of a comprehensive plan. You need a holistic approach because weight management, especially with thyroid issues, is complex. So what does that involve?

First, **nutrition is foundational**. Focusing on whole foods, an anti-inflammatory diet, and getting enough protein are important.



# Lifestyle Support

Weight loss is more than a number on the scale—it's a whole-person approach that considers all aspects of your well-being. At Paloma Health, we're here to help you create lasting changes by supporting your nutrition and lifestyle habits, ensuring they complement your treatment plan. Our goal is to help you achieve long-term results that last, not temporary solutions.

## Nutrition for Lasting Success

Prioritize protein & fiber to support muscle growth and retention and feelings of satiety.

Choose whole, nutrient-dense foods by focusing on lean proteins, vegetables, whole grains, and healthy fats.

Stay hydrated to aid digestion and prevent dehydration.

Limit processed foods & added sugars to help regulate your blood sugar and ease cravings.





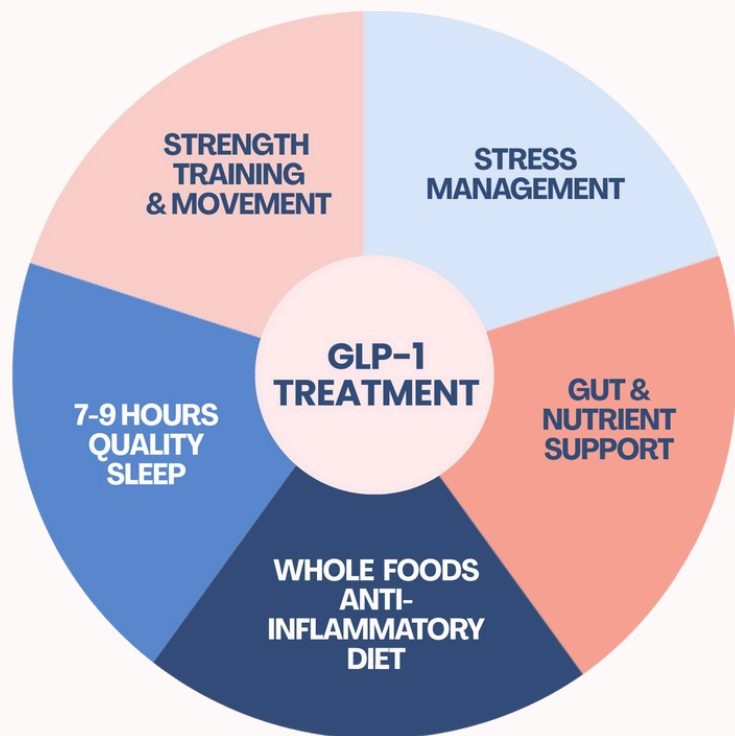
## Other Lifestyle Recommendations

Regular physical activity is key too. Strength training helps build muscle and boost metabolism.

Managing your stress is also crucial for hormonal balance. Activities like mindfulness or yoga can be an important part of your plan. It's also essential to optimize sleep.

Getting enough sleep – 7 to 9 hours per night – can support your weight loss.

You also want to pay attention to your gut health, incorporating probiotics and probiotic-rich foods for healthy gut balance.



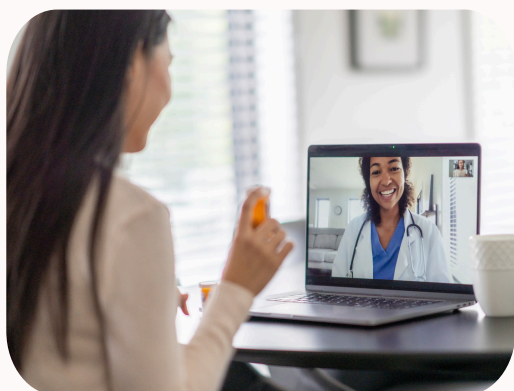
It's about looking at the whole system. GLP-1 medication can be a helpful boost, a support, but it works best alongside those core healthy habits we champion at Paloma Health.

It's about building a sustainable path to feeling better long-term.

## Get Started Now

Paloma Health started as a practice focused on treating hypothyroidism and Hashimoto's. Our GLP-1 treatment is a natural next step in supporting thyroid patients more fully.

Deciding to use a GLP-1 medication is personal, and we're here to help. Our thyroid-savvy providers understand the ins and outs of thyroid-related weight challenges and can guide you toward what works best for your body and goals.



As a Paloma member, you'll get care that's truly personalized—from your initial assessment and customized dosing to ongoing support and check-ins. We also focus on the nutrition and lifestyle habits that are key to long-term success.

Managing weight with a thyroid condition can be complex—but you don't have to figure it out alone. Let Paloma Health help you take the next step toward feeling your best!

### **Schedule a Free Consultation Call**

[palomahealth.com/intake-call](https://palomahealth.com/intake-call)

### **Become a Paloma Member**

[palomahealth.com/pricing-hypothyroidism](https://palomahealth.com/pricing-hypothyroidism)

