

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

Can a Healthy Gut Help With Weight Loss?

There's growing scientific interest in how gut health may directly influence one's ability to manage weight. At the center of this conversation is GLP-1, a naturally occurring hormone produced in the gut that plays a powerful role in metabolism, hunger, and blood sugar control.

What is GLP-1?

GLP-1 (glucagon-like peptide-1) is a hormone your body releases in response to food. It helps:

- Regulate blood sugar levels
- Slow stomach emptying
- Signal to your brain when you're full
- Reduce appetite



Because of these effects, GLP-1 has become a significant focus in the field of weight management and metabolic health.

The Gut-GLP-1 Connection

Your gut is home to trillions of bacteria, known as the microbiome. When your gut microbiome is healthy and balanced, certain bacteria help stimulate the release of GLP-1—essentially allowing your body to naturally support its own metabolism and appetite regulation.

Bacteria like *Akkermansia muciniphila* and *Bifidobacteria* ferment dietary fiber into short-chain fatty acids, which in turn trigger GLP-1 production. A gut rich in these beneficial bacteria can help you feel full after meals and make it easier to avoid overeating.

When the Gut is Imbalanced

People struggling with weight often have a disrupted gut microbiome, producing fewer of the helpful compounds that encourage GLP-1 release. This makes it harder to feel satisfied after meals, which can lead to increased hunger and weight gain over time.

How to Support GLP-1 Naturally

1. **Focus on Gut-Friendly Foods**A diet high in fiber supports the growth of beneficial gut bacteria. Look for whole grains, fruits, vegetables, legumes, garlic, onions, and asparagus. Fermented foods like yogurt, kefir, kimchi, and sauerkraut also supply helpful probiotics.
2. **Add Prebiotics and Probiotics**- Prebiotics feed good bacteria and are found in fiber-rich foods.- Probiotics provide live beneficial bacteria that enhance your microbiome.
3. **Exercise Regularly**Physical activity helps support a diverse, balanced gut, which may boost GLP-1 levels and improve appetite control.
4. **Manage Stress and Prioritize Sleep**Chronic stress and poor sleep can disrupt gut health and reduce GLP-1 production. Prioritizing rest and practicing stress-reducing techniques can have a real impact on metabolism and mood.

When Additional Support Is Needed

For individuals who struggle with appetite regulation or blood sugar balance, medical support may be recommended. Some treatment options work by mimicking the effects of GLP-1, helping to manage weight and metabolic function.

The Future of Gut-Based Therapies

As science continues to explore the gut-brain connection, new tools like targeted probiotic therapies and microbiome-based treatment plans may offer even more personalized solutions for weight management.

Supporting your microbiome with healthy habits may help your body naturally produce more GLP-1—giving you a head start on managing hunger, blood sugar, and weight.

By focusing on:

- Fiber-rich, whole-food nutrition
- A diverse, well-supported gut
- Movement, sleep, and stress relief

You give your body the tools it needs to thrive—naturally.

Want to learn more about how gut health and GLP-1?

Schedule a consultation today to explore with our pharmacist, who understands the science behind your body's signals and the latest regulations around medical support options.

<https://pubmed.ncbi.nlm.nih.gov/30987326/>

<https://pubmed.ncbi.nlm.nih.gov/24789701/>

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

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ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

READ MORE



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. ***Call Mary, our Patient Care Coordinator, to schedule your appointment.***

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

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