

Protocol: Effective Weight Maintenance and Appetite Support After GLP-1 Medications

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Disclaimer: The Pendulum team has created these protocols in collaboration with practitioners to help healthcare partners make decisions when building treatment plans. When using this protocol, you understand and accept that the recommendations in the protocol are for educational guidance only and need to be adapted to meet individual patient needs. This may not be appropriate for every patient. This protocol is not a substitute for medical advice, and is not intended to diagnose or treat any medical condition. Please consult with your qualified medical professional to determine if this protocol is appropriate for you, as this may not be appropriate for every individual.

Description

Weight gain frequently occurs after discontinuing weight loss interventions, such as GLP-1 medications. Research indicates that many patients experience significant weight regain within a year of stopping treatment. For example, a 2022 clinical trial revealed that individuals typically regained about two-thirds of their lost body weight after ending GLP-1 therapy¹. GLP-1, or glucagon-like peptide-1, is an incretin hormone secreted by the gut in response to food intake. It plays a crucial role in regulating blood sugar by stimulating insulin release, promoting pancreatic beta-cell growth, suppressing glucagon production, and enhancing satiety through its effects on the brain's appetite control centers and by slowing gastric emptying, thereby helping individuals feel fuller longer².

Obesity and overweight are chronic conditions often linked to imbalances in the microbiome³. Key gut bacteria, such as the keystone species *Akkermansia muciniphila* and butyrate-producing *Clostridium butyricum*, are vital for gut health and metabolic health. These strains enhance gut barrier integrity, play a role in inflammatory responses, and produce metabolites that stimulate GLP-1 secretion, which is necessary for effective metabolic regulation and weight maintenance⁴⁻⁵.

Data indicates that weight loss interventions, particularly GLP-1 medications, often see discontinuation within a year, with only 32% of users continuing past the one-year mark⁶. A 2024 survey of healthcare providers who use a three-strain probiotic with *Akkermansia muciniphila* and *Clostridium butyricum* in their practice revealed that 78% of these providers use the probiotic to help patients naturally support GLP-1 hormone levels, manage food cravings, and maintain healthy weight after stopping GLP-1 medications.

See Pendulum Protocol: [Support GLP-1 Production](#) for more information on how to naturally boost GLP-1 production.

Supplement Plan

- **Pendulum GLP-1 Probiotic Pro:** 1 capsule, once daily with food
 - To be started 90 days prior to medication wean to reduce food cravings and promote GLP-1 production*
- **Pendulum Polyphenol Booster:** optional add on to boost *Akkermansia* and support microbiome diversity

Diet/Lifestyle Modifications

- Sufficient protein to encourage satiety and boost production of GLP-1⁸⁻⁹
 - Modify protein needs according to individual needs
- Encourage intake of prebiotic dietary fibers such as onion, chicory, garlic, asparagus, banana, and artichokes to promote microbiome diversity and growth of beneficial bacteria

- Dietary fibers and sufficient carbohydrates are necessary to maintain a healthy weight
- Smaller frequent meals, spread evenly throughout the day for optimal blood sugar regulation
- Adequate hydration throughout the day is necessary for weight management¹⁰
 - Consider electrolyte/oral rehydration if not meeting recommended hydration requirements

References

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