

TestoCore
Hormonal Wellness

GLP-1 WEIGHT LOSS DONE RIGHT



This guide explores how a structured approach drives action, protects results, and sustains fat loss in any weight-loss journey.



**TESTOCORE HORMONAL
WELLNESS**



WHAT MOST PEOPLE GET WRONG

GLP-1 medications work. The problem is how they're being used.

Most people are told:

"Here's your injection... eat less... good luck."

Giving you the medication is easy.

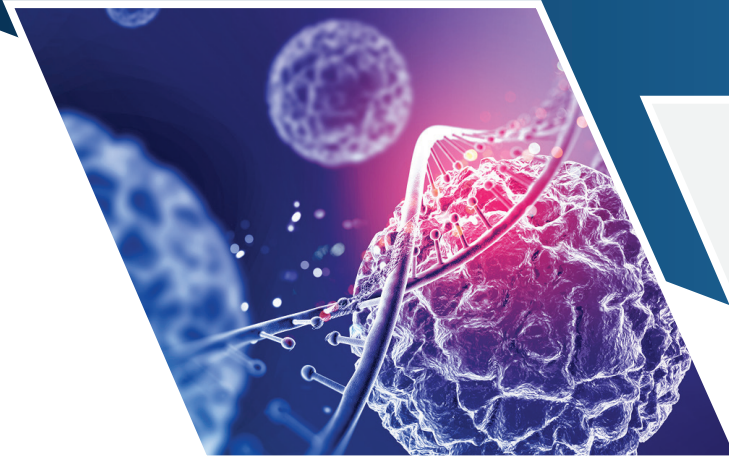
Guiding you through it is the hard part.



IF WEIGHT LOSS WAS JUST ABOUT EATING LESS...



You would've solved it already.



Your results are driven by:



Metabolism — your body's baseline energy rate



Hormones — imbalances that silently block fat loss



Body composition — the ratio that shapes your results



WHAT NO ONE TELLS YOU

Up to 30–40% of weight loss can come from muscle if there's no structure.

The more muscle you lose... the slower your metabolism becomes.

Most people don't fail during weight loss — they fail after.



The scale can go down... while your body actually looks worse.

Up to **30–40%** of weight loss can come from muscle.

Lose weight too fast...and you risk loose skin and "Ozempic face."

TWO PEOPLE. SAME MEDICATION. DIFFERENT OUTCOME.



What determines the result is not the medication —it's how it's used.

CHASING THE SCALE

THE DIFFERENCE

SHAPING THE BODY

"How much did I lose?"

FOCUS

"How do I look and feel?"

Just takes the medication

APPROACH

Follows a structured plan

Never checked

LABS

Used to guide decisions

Ignored

HORMONES

Optimized

Eats less

NUTRITION

Prioritizes protein & structure

Cardio or nothing

TRAINING

Strength training

Fast drop, plateau

RESULT

Consistent fat loss

Smaller, softer

BODY

Leaner, tighter

Slows down

METABOLISM

Protected

Gains it back

AFTER

Keeps results



WHY PEOPLE ON THE SAME MEDICATION GET DIFFERENT RESULTS



Because what matters isn't just what you take... it's what's happening inside your body.

This is why two people can take the same medication — and get completely different results.

This is where most clinics stop.

This is where we start.

1. Insulin Resistance

Determines how your body stores and burns fat.

2. Hormones

Testosterone → muscle + metabolism
Thyroid → metabolic rate
Estrogen → fat storage + cravings



THE TESTOCORE APPROACH

Comprehensive Blood Work

Find what's actually going on

Personalized Plan

Not guesswork

Medication + Hormone Optimization

Fat loss + muscle preservation

Ongoing Adjustments

Based on response, not assumptions

THIS IS HOW YOU GET:

✓ Better results

✓ Fewer side effects

✓ Long-term success



THREE THINGS THAT PROTECT YOUR RESULTS

Metabolism and hormones determine outcomes.

- Prioritize protein
- Strength train
- Stay hydrated
- Optimize hormones with labs



If you're not lifting weights...
you're not protecting your results.



**MOST PEOPLE WILL LOSE WEIGHT.
NOT EVERYONE WILL KEEP IT OFF.**

If there's no plan for coming off... there's no plan at all.

This isn't about quick weight loss. It's about:

Rebuilding your metabolism

Protecting your muscle

Creating results that last

Better approach. Better results.

Ready to do it right?

We've got you.

Give us a call



561-774-8944