

THE SCIENCE · 3 MIN READ

# How GLP-1 Medications Actually Work

GLP-1 (glucagon-like peptide-1) is a hormone your gut releases after you eat. It tells your brain you're full, slows how fast your stomach empties, and helps steady your blood sugar. GLP-1 medications extend that natural signal -- no jargon, just a clear explanation.

## Three places it works at once

- 1 Your brain -- quiets appetite**  
It strengthens the fullness signal to your brain, so cravings and constant "food noise" fade and you naturally want less.
- 2 Your stomach -- slows digestion**  
Food stays in your stomach longer, so you feel satisfied for hours on smaller portions.
- 3 Your metabolism -- steadies blood sugar**  
It supports a healthy insulin response, smoothing the spikes and crashes that drive hunger.

## Why that matters for weight loss

Most diets fail because they rely on willpower against a hunger signal that never lets up. By turning down that signal at the source, GLP-1 medications make eating less feel less like a fight. That's why clinical trials of these medication classes showed substantially greater average weight loss than diet and exercise alone.

**14.9%**Avg. loss -- semaglutide  
(NEJM STEP-1)**20.9%**Avg. loss -- tirzepatide  
(NEJM SURMOUNT-1)**2.4%**Avg. loss -- diet &  
exercise alone

### It works best as part of a plan

Medication is one lever. AvataCore plans pair it with provider supervision and care-team check-ins so the habits, dose, and results move together.

### See if you qualify -- [avatacore.com](https://avatacore.com)

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