



EBOOK

A PATIENTS GUIDE TO
GLP1 & METABOLIC PEPTIDES

METABOLIC AWAKENING

A MODERN GUIDE TO OPTIMIZE YOUR
METABOLISM, HORMONES, AND HEALTH
WITH GLP1 & PEPTIDE THERAPIES.



RESET
YOUR METABOLISM



SUPPORT
HORMONE BALANCE



BURN FAT
PRESERVE MUSCLE



BOOST ENERGY
& MENTAL CLARITY

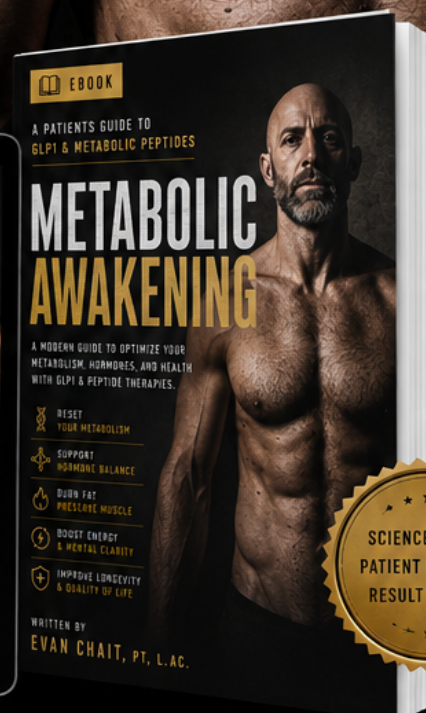


IMPROVE LONGEVITY
& QUALITY OF LIFE

WRITTEN BY

EVAN CHAIT, PT, L.AC.

CLINICIAN. RESEARCHER. ADVOCATE.



EASY TO READ
PRACTICAL &
ACTIONABLE



REAL WORLD
STRATEGIES FOR
REAL RESULTS



CLINICALLY
INFORMED
PEPTIDE INSIGHTS



TAKE CONTROL
OF YOUR HEALTH
AND FUTURE



INSTANT DOWNLOAD
START YOUR AWAKENING TODAY

A Note From Evan

For years I watched patients do everything right - eat less, move more, push harder - and still lose the fight with their own metabolism. They blamed themselves. They were sure they lacked willpower. But the problem was never their effort. It was that no one had ever shown them what was actually broken underneath the number on the scale.

This ebook is the conversation I wish every patient could have before they start. It is not a prescription, and it is not hype. It is an honest, plain-language look at what these peptides are, what they can and cannot do, and how to use them the right way - as one powerful tool on top of a strong foundation, never as a magic shortcut that works alone.

Read it at your own pace. Underline what speaks to you. Bring your questions to a provider you trust. Nothing here replaces that conversation - think of this as a map, so when you sit down with someone, you already know the terrain and the questions that matter.

Most of all, know this: your metabolism is not permanently broken, and feeling like yourself again is far more possible than you have been led to believe.

- Evan Chait

Why Your Metabolism Stopped Listening

If the weight keeps climbing no matter how hard you try, it is not a willpower problem. Somewhere along the way, your cells stopped listening to insulin - the hormone that moves sugar out of your blood and into your cells for energy. When they stop listening, your body pumps out even more insulin to compensate, and high insulin is a powerful signal to store fat and stop burning it.

This is insulin resistance, and it sits right in the middle of the ROOT CAUSE cascade: stress feeds inflammation, inflammation drives insulin resistance, and that quietly starves your cells of energy. It rarely announces itself - it builds silently for years before the scale or your lab work ever catch up.

Signs your metabolism may be stuck:

- Weight that climbs even when you are eating carefully
- Afternoon energy crashes and relentless cravings
- Belly fat that will not move no matter the effort
- Feeling tired but wired, especially at night



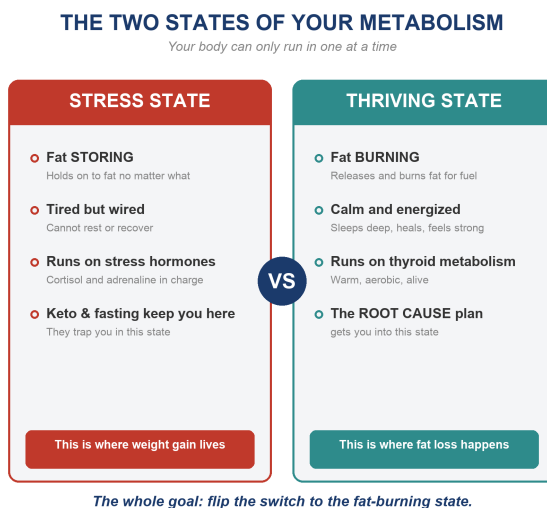
THE BOTTOM LINE

Weight gain is a downstream signal of insulin resistance, not the root problem. Force the scale down with willpower alone and it fights back. Fix the upstream cause and the weight finally has a reason to move.

The Two States of Your Metabolism

At any moment your body is running in one of two modes, and it cannot run in both at once. In the stress state, it holds onto fat, runs on stress hormones like cortisol and adrenaline, and leaves you feeling tired but wired. In the thriving state, it burns fat for fuel, feels calm and energized, and runs on a healthy, warm thyroid metabolism.

Most people stuck in a weight-loss battle are locked in the stress state - and the usual advice makes it worse. Crash diets, endless cardio, and skipped meals are all read by the body as more stress, which keeps the fat-storing switch flipped on.



How you flip the switch back:

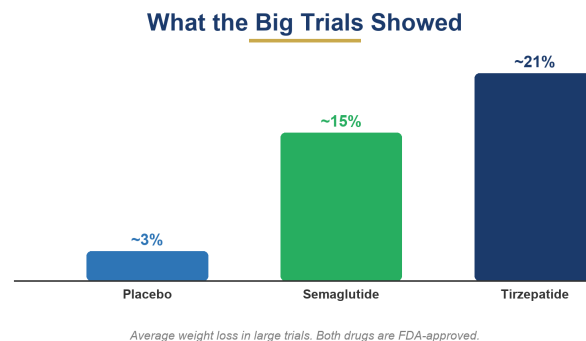
- Eat enough - especially protein and real whole-food carbohydrates
- Sleep deeply and lower your daily stress load
- Move gently and often, instead of punishing yourself with cardio
- Use targeted peptides to support and speed the shift

THE BOTTOM LINE

You cannot store fat and burn fat at the same time. Everything in this guide is about flipping - and then holding - the switch to the fat-burning side.

The GLP-1 Family Changing Weight Loss

GLP-1 is your gut's natural 'I am full' signal. Your body releases it after every meal, but it normally lasts only about two minutes before an enzyme breaks it down. These peptides are engineered versions of that same signal, built to keep it switched on for a full week. Each new generation adds another target and does more than the last.



Semaglutide (Ozempic, Wegovy)

The original. It mimics GLP-1 to quiet appetite, slow the stomach, and steady blood sugar. In large trials it produced about 15-17% average body-weight loss - results that were simply not possible with older weight-loss drugs.

Tirzepatide (Mounjaro, Zepbound)

Hits two targets at once, GLP-1 and GIP. GIP improves how your fat cells store and release energy and helps restore the pancreas's own insulin-making capacity. The result is deeper: about 22.5% average weight loss and stronger blood-sugar control.

Retatrutide (research stage)

Adds a third target, glucagon, which tells your body to burn more energy at rest. Appetite down, insulin restored, and fat actively burned at the same time - the deepest metabolic reset achieved with medication so far.

THE BOTTOM LINE

These are not stimulants - they restore a natural fullness signal you already make. The newer, multi-target versions produce deeper, more complete metabolic results.

How GLP-1 Actually Works in Your Body

GLP-1 peptides do not 'melt' fat, and they are not appetite pills that simply starve you. They restore a signal your body was designed to use after every meal, and they do it in four quiet ways at once. Understanding this is what separates people who use them well from people who are disappointed by them.

1. They turn down the food noise.

Acting in the brain's appetite center, they quiet the constant background chatter about food, so smaller portions genuinely feel satisfying instead of like deprivation.

2. They slow your stomach.

Food leaves the stomach more slowly, so you feel full longer after a meal and your blood sugar rises gently instead of spiking.

3. They sharpen your insulin.

They prompt the pancreas to release insulin only when it is actually needed, and help the liver stop dumping excess sugar into the blood between meals.

4. They steady the whole system.

The combined effect is fewer spikes and crashes - the blood-sugar roller coaster that drives cravings, energy dips, and fat storage finally slows down.

In real life, most people describe it the same way: for the first time, food feels like a decision instead of a compulsion.

THE BOTTOM LINE

GLP-1 peptides work with your biology, not against it. That is exactly why they feel less like white-knuckling a diet and more like your appetite finally making sense again.

Beyond Appetite: Rebuilding a Fat-Burning Metabolism

GLP-1 peptides quiet hunger, which helps you eat less. But eating less is only half the equation. This next group of peptides does something different - it rebuilds the cellular machinery that actually burns fuel, so your metabolism runs better even at rest. Think of GLP-1 as taking your foot off the gas, and these as tuning the engine underneath.

5-Amino-1MQ

Your fat cells have a switch that flips them from storing fat to burning it - and an enzyme called NNMT keeps that switch off. 5-Amino-1MQ blocks NNMT, turning passive fat storers into active energy burners and raising cellular NAD+. In studies, body fat fell and insulin sensitivity improved without any calorie cutting.

MOTS-c

A peptide your own mitochondria make when they need help. It signals the body to build more mitochondria, burn fuel more efficiently, and improve insulin sensitivity - copying many of the effects of aerobic exercise, which makes it especially useful for people who cannot train hard yet.

SLU-PP-332

Flips on the same 'exercise switch' (ERR) your muscles use during sustained cardio, telling cells to build mitochondria and burn fat even at rest. In animal studies, sedentary subjects gained 50% more endurance with no training at all.

NAD+ (NMN / NR)

The fuel every energy reaction in your cells depends on. Your NAD+ levels drop by half between age 20 and 50, which slows the entire metabolism. Restoring it switches the energy - and the repair processes tied to it - back on.

THE BOTTOM LINE

Appetite peptides help you eat less; these help you burn more. The strongest plans use both ideas - quiet the hunger and rebuild the engine underneath.

The #1 Mistake: Losing the Muscle You Need

GLP-1 peptides reduce appetite so effectively that many people simply stop eating enough - and up to a third of the weight they lose can come from muscle, not fat. This is the single biggest mistake I see, and it quietly sabotages the entire goal.

Muscle is the engine that burns your calories all day long. Lose it, and your metabolism slows, the weight returns more easily the moment you stop, and you end up smaller on the scale but softer and weaker than before. A great number with lost muscle is not a win - it is a setup for the rebound.

Two habits protect your muscle:

- Protein: aim for roughly one gram per pound of your goal body weight, spread across the day - and do not skip it just because you are not hungry.
- Resistance training: two or three short strength sessions a week send the signal that tells your body to hold onto the muscle it has.
- Eat enough overall: severe under-eating is exactly what triggers muscle loss, so 'as little as possible' is the wrong target.

THE BOTTOM LINE

Scale weight is a poor goal. Losing fat while keeping muscle is the real win - and protein plus lifting is exactly how you get it. Skip them, and even a great result will not last.

The Foundation That Makes It Last

Peptides are a tool, not a replacement for the basics - and this is the part the ads never mention. The results only hold when they sit on top of a metabolism that is fed, rested, and calm. Get these four right and the tools work far better; ignore them, and no peptide will save you.

Eat pro-metabolic.

Enough protein, real whole-food carbohydrates, and minimal processed seed oils - food that raises your metabolism instead of suppressing it. Under-eating to force faster loss backfires by pushing you deeper into the stress state.

Protect your sleep.

Deep sleep is when repair and fat-burning hormones do their work and when hunger hormones reset. Even a few nights of poor sleep can stall fat loss and spike cravings the next day.

Move every day.

Daily walking and light activity keep insulin sensitive between workouts - and consistency matters far more than the occasional punishing session.

Lower your stress.

Chronic stress keeps cortisol high, and high cortisol stalls fat loss at its source while driving belly-fat storage. Calming the nervous system is part of the plan, not a luxury.

THE BOTTOM LINE

No peptide out-performs a broken foundation. Sleep, protein, movement, and calm are what turn a temporary result into a lasting one.

What to Expect: A Realistic Timeline

Everyone is different, and progress is never a perfectly straight line - there will be faster weeks and slower weeks. But here is the general arc most people can expect with a well-run metabolic plan, so you know what is normal and do not quit right before the good part arrives.

Weeks 1-2

Appetite quiets, the food noise fades, cravings ease, and some early water weight comes off. Mild nausea is common as your body adjusts - starting at a low dose keeps it manageable.

Weeks 3-8

Steady fat loss begins in earnest. Energy and blood sugar level out, afternoon crashes fade, and clothes start to fit differently even when the scale moves slowly.

Months 3-6

The bigger changes show up: meaningful fat loss, improving labs - blood sugar, blood pressure, triglycerides - and habits that finally start to feel automatic rather than forced.

Beyond 6 months

The foundation is what carries it. The goal is a metabolism that holds the result, with or without the tool, because the habits underneath have become who you are.

THE BOTTOM LINE

Real change is measured in months, not days. Trust the process, protect your muscle, and let the foundation compound. A plateau is a signal to adjust, not a reason to quit.

The Honest Downsides

Every real tool has trade-offs, and you deserve to hear them plainly before you start - not after. Going in with your eyes open is exactly what lets you capture the upside while sidestepping the pitfalls.

Nausea and gut changes

The most common early effect, and usually temporary. It fades as the dose is raised slowly - which is precisely why a careful, gradual start matters so much.

Muscle loss

Real and common if protein and strength training are ignored. This is the single most important thing to get right, and it is entirely within your control.

Rebound weight

Weight can return after stopping if the foundation was never built underneath. The peptide buys you a window; the habits are what keep the result.

Not for everyone

Anyone pregnant or nursing, or with certain thyroid or pancreatic conditions, should not use GLP-1 peptides. This is precisely why medical screening before you start is non-negotiable.

THE BOTTOM LINE

Used carelessly, these tools can cost you muscle, money, and momentum. Used well, under a provider's care and on a real foundation, they can be genuinely life-changing. The plan around them is the difference.

Questions to Ask Your Provider

You deserve a real conversation, not a prescription pad slid across a desk. The right provider treats this as a partnership and will happily walk through each of these with you. Print this page or take a photo, and bring it to your appointment so nothing gets missed.

- Am I a good candidate, given my full history and current labs?
- Which peptide fits my specific goal, and why that one over the others?
- How exactly will we protect my muscle while I lose fat?
- What baseline labs will we check, and how often will we recheck them?
- What results are realistic for me - and what are the honest risks?
- What is the plan for keeping my results if and when I stop?
- Where does the product come from, and how is its quality and purity assured?

THE BOTTOM LINE

If your questions are brushed off or rushed, that is your answer - find a different provider. A good one welcomes every question on this list.

Your Next Steps

If this ebook gave you a clearer picture, the most valuable next move is a real conversation with a medical professional who can make it personal to you - your history, your labs, and your goals. You do not have to figure this out alone.

Your telehealth visit can go two ways - or both:

1. A personalized peptide & GLP-1 plan.

Meet virtually with one of our licensed physicians to review your history, goals, and labs. If a therapy is a fit, it is prescribed by your physician and filled through a vetted 503A compounding pharmacy with independent, third-party testing - so you know exactly what you are getting.

2. Regenerative & stem-cell options.

A dedicated consult to learn about regenerative and stem-cell therapies and whether they are appropriate for your goals - with a licensed medical provider, at your own pace.

While you wait, build your foundation.

Start with one habit this week - protein at breakfast, a daily walk, or an earlier bedtime. It makes every next step work far better.

Ready to build your plan?

Book a telehealth consult with our medical team: [add your booking link or phone here]

www.EvanChait.com @drevanchait

About Evan Chait

Evan Chait is a Doctor of Acupuncture, Physical Therapist, and Licensed Acupuncturist focused on root-cause metabolic health and peptide education - helping busy people restore their energy, resilience, and metabolism.

His approach brings together modern peptide science and the fundamentals that make it work - stress, sleep, nutrition, and movement - into one practical, root-cause plan. The belief behind all of it is simple: your body is not broken. With the right signals and the right foundation, feeling like yourself again is far more possible than you have been told.

Through our telehealth practice, you can meet virtually with our licensed physicians to build a personalized plan - peptide and GLP-1 therapies, prescribed and filled through a vetted 503A compounding pharmacy with third-party testing, alongside nutrition, lifestyle, and regenerative and stem-cell options - matched to your medical and weight-loss goals, all from home.

This ebook is part of that mission - to put clear, honest, usable information in your hands, so the next conversation you have about your health is a smarter one.

-> Read The Peptide Reset, and connect at www.EvanChait.com and [@drevanchait](https://www.instagram.com/drevanchait).

MEDICAL DISCLAIMER

This guide is for educational purposes only. It is not medical advice, diagnosis, or treatment, and does not create a provider-patient relationship. Peptide therapies carry real risks and should be considered only under the supervision of a qualified, licensed healthcare provider. Statements here have not been evaluated by the FDA. Always consult your physician before beginning any new therapy.