# The Power of Professional Guidance: My Journey with GLP-1 Weight Loss and How You Can Succeed Too

## Introduction

When I began my weight‑loss journey, I weighed 104 pounds more than I do today—and that journey spanned a life‑changing 14 months. My path wasn’t driven by extremes, but by balance: a low‑fat, high‑protein, low‑carb eating plan paired with consistent 30‑ to 45‑minute workouts two to three times each week. Yet, the turning point came when I opted for a medically supervised, tailored approach using compounded GLP‑1 medications—tools like Semaglutide and Tirzepatide—under the expert guidance of a seasoned nurse with a Doctor of Nursing Practice.
These medications aren’t magic pills; they’re powerful allies that help regulate appetite, slow digestion, and support glucose control. But their real strength lies in how they’re deployed—within a structured, compassionate, and personalized care framework. In this article, I’ll share both the robust science behind GLP‑1 and GIP medications and my own story, proving that with professional supervision and a supportive lifestyle foundation, sustainable weight loss—and renewed health—is within reach.

## National Studies on GLP‑1 and GIP Medications

The scientific evidence supporting GLP‑1 and GIP-based therapies for obesity is robust—and increasingly impressive.
Semaglutide (GLP‑1 Receptor Agonist): The landmark STEP clinical trial program confirmed semaglutide’s power as an adjunct to lifestyle interventions. In STEP 1, participants receiving once-weekly 2.4 mg semaglutide lost an average of 14.9 % body weight compared to just 2.4 % with placebo over 68 weeks. Moreover, 86 % of treated participants achieved at least 5 % weight loss—a clinically meaningful threshold.
The STEP 5 extension reinforced durability: over 104 weeks, semaglutide recipients maintained an average 15.2 % total weight loss, with 77 % achieving ≥ 5 %, and many reaching ≥ 10 % or even ≥ 20 % reductions.
Tirzepatide (Dual GIP–GLP‑1 Agonist): Tirzepatide pushes boundaries further. In a pivotal phase 3 trial, adults with obesity who received once-weekly tirzepatide experienced up to 20.9 % weight reduction, compared to 3.1 % with placebo over 72 weeks.
A head-to-head study confirmed its superiority: participants on tirzepatide lost an average of 20.2 % body weight over 72 weeks—substantially higher than semaglutide—demonstrating its enhanced efficacy.
Even long-term maintenance shines: in the SURMOUNT‑4 trial, individuals who continued tirzepatide maintained 89.5 % of their initial weight loss across 88 weeks, versus just 16.6 % who switched to placebo.
Real‑World, Practical Considerations: Clinical success doesn’t always translate directly to real life. A recent study of nearly 7,900 GLP‑1 users in Ohio and Florida found weight loss typically less than the 14–21 % range seen in trials, largely due to early discontinuation, insurance barriers, and lower dosing. Still, those who stayed on higher dosages under support achieved outcomes closer to trial benchmarks.
Takeaway: Semaglutide and tirzepatide deliver transformative, sustained weight loss when paired with lifestyle changes—especially when treatment adherence is supported medically.

## What We Offer at The Beauty & Balance Spot

At Beauty & Balance Spot, you’ll experience more than a medication—you’ll step into a trusted partnership.
As a Doctor of Nursing Practice with 34 years of clinical expertise, I lead a warm, professional, and personalized approach to medically supervised weight management. Utilizing compounded formulations of GLP‑1 (semaglutide) and GIP–GLP‑1 (tirzepatide) medications gives us the flexibility to tailor dosing to your unique needs—under close, expert monitoring.
Here’s what sets us apart:
- Personalized, safe dosing. Unlike “one-size-fits-all” solutions, our compounded GLP‑1/GIP dosing is adjustable—carefully titrated for maximum tolerability and efficacy.
- Integrated lifestyle strategy. Medication is one powerful tool—but our success stories come from combining it with your low-fat, high-protein, low-carb nutrition plan and regular, manageable exercise. That’s how I achieved my own 104-lb loss over 14 months—and I guide others to do the same.
- Continuous clinical supervision. Weight loss can falter when treatment drops off. We maintain close follow-up, seamless accessibility, and compassionate accountability, helping guard against pharmacy supply issues, insurance hurdles, or dosage interruptions.
- Holistic support. We assess nutritional deficiencies, address cravings, and support your metabolism with vitamin injections and supplements. Whether it’s B12, Vitamin D, amino acid blends, or hydration therapy, we help manage side effects and keep your body balanced during treatment.

Many people blame themselves for weight gain without realizing that their body chemistry may be working against them. Chronic stress, poor sleep, and elevated cortisol levels can significantly impact your ability to lose weight. When you're under stress, your adrenal glands release cortisol—a hormone that promotes fat storage, especially around the midsection, and increases cravings for sugar and carbohydrates.

Pair that with insulin resistance—a common condition where the body’s cells don’t respond well to insulin—and you have a perfect storm for stubborn weight gain. Even if you’re eating “right,” elevated insulin and cortisol levels can signal your body to hold on to fat, especially visceral fat that surrounds your organs.

That’s why at The Beauty & Balance Spot, we take a whole-body approach. We don’t just look at weight—we examine lifestyle, sleep patterns, hormone balance, and metabolic health. By addressing these hidden contributors, we give your body the best possible chance to respond to treatment and succeed long-term.

## Hormones, Sleep, and Stress – The Hidden Obstacles

## Your Success in Context

I often tell my clients: I wouldn’t recommend anything I haven’t walked through myself. My journey to lose 104 pounds over 14 months wasn’t about shortcuts—it was about strategy, structure, and support. I followed a low-fat, high-protein, low-carbohydrate diet, committed to 2–3 days a week of focused exercise, and, most importantly, I had a medically supervised plan that worked with my body instead of against it.
Compounded GLP-1 and GIP/GLP-1 medications like semaglutide and tirzepatide were pivotal in that journey. But they weren’t magic. What made the difference was how these medications were integrated into a full treatment plan—designed, monitored, and adjusted under professional care. That’s the key. These therapies are powerful tools, but tools must be used correctly to build lasting change.
At The Beauty & Balance Spot, I’ve taken what worked for me and scaled it into a supportive, evidence-based program that offers patients the same chance at success. We go beyond prescriptions—we coach lifestyle change, track progress, manage side effects, and provide emotional encouragement when the scale moves slowly or life gets hard. Because it will.
And because everyone’s body is different, we also assess nutritional deficiencies, address cravings, and support your metabolism with carefully selected vitamin injections and supplements. Whether it’s B12, Vitamin D, amino acid blends, or hydration therapy, our goal is to give your body the support it needs to lose weight safely, reduce medication side effects, and feel good while doing it.
If I can do it, so can you. With the right support and a medically guided plan, you’re not just chasing weight loss—you’re reclaiming your energy, your health, and your confidence.

## Encouragement and Call to Action

If you’ve struggled with weight for years—or even decades—know this: it’s not your fault, and you’re not alone. Obesity is a complex, chronic condition affected by biology, stress, environment, hormones, and metabolism. Willpower alone isn’t enough. But now, we have better tools, better understanding, and better care models than ever before.
Even a 5–10% weight loss has been proven to dramatically lower the risk of heart disease, diabetes, joint pain, and more. And with medically supervised compounded GLP-1 or GIP/GLP-1 treatments, paired with nutritional support, lifestyle coaching, and expert follow-up, those goals are no longer out of reach.
At The Beauty & Balance Spot, we offer hope—and a proven plan. Here, you’ll be supported by a provider with over 34 years of nursing experience and a Doctor of Nursing Practice degree, who has walked this journey personally and professionally. We don’t just prescribe; we partner with you. We look at the whole picture—your habits, your goals, your vitamin levels, your cravings, and your mindset.
We treat you like a person, not a number.
✨ Whether you have 20 pounds or 100 pounds to lose, your transformation can start today.
📍 Call us at 954-967-1900 or visit www.beautyandbalancespot.com to schedule your consultation.
💪 You deserve to feel strong, healthy, and beautiful—from the inside out.
Your journey to lasting weight loss, balance, and confidence doesn’t have to wait. I’m living proof—and I’m here to help.

## Closing

Weight loss is not just about numbers on a scale—it’s about reclaiming your health, your energy, and your self-worth. It’s about waking up each day feeling stronger, more confident, and more in control of your life. I know that because I’ve lived it.
As a Doctor of Nursing Practice and someone who has personally lost over 100 pounds, I understand the clinical side—and the emotional side—of this journey. That’s why The Beauty & Balance Spot was created: to give people a safe, supportive place to transform not only their bodies, but their lives.
You don’t have to do it alone. You deserve medical guidance, compassion, and real tools that work. Whether you’re just beginning or starting over, there is hope—and there is help.
Let today be your turning point.
Your journey to beauty, balance, and a healthier you starts now.
Let us walk beside you every step of the way.