

Mindy Kaling's Path to Wellness: Breaking Down Her Weight Loss Secrets

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[Advanced Weight Loss Keto Apple Cider Vinegar Gummies Reviews. 9 GLP-1 Mistakes That Are Stalling Your Weight Loss](#)



[9 Reasons You're Not Losing Weight on GLP-1s | What We Learned After Losing 150+ Pounds](#) ðŸ“ In this video, weâ€™re talking about something that comes up all the time in the GLP-1 community: Why am I not losing weight? Weâ€™ve been there. Iâ€™m Christopher Durham. Iâ€™m Laraine Durham. And we are The Downsized. Together, weâ€™ve lost over 150 pounds using Zepbound, Mounjaro, and tirzepatide â€” and in this episode, weâ€™re sharing 9 real reasons your progress may have slowed down or stalled altogether on a GLP-1 medication. If youâ€™re frustrated, confused, or just looking for answers, this video is for you. ðŸ“ Some of these reasons are about mindset. â™Œ, Some are functional, practical, and fixable today. ðŸ“ All of them come from our lived experience after 77 weeks on these medications. Here's what we cover in this video: Youâ€™re rushing the process â€” GLP-1s are not a quick fix. Theyâ€™re a long-term treatment. Youâ€™re focused only on the scale â€” Weight loss isnâ€™t linear. You might be changing in ways you canâ€™t see. Youâ€™re treating the dose like a magic bullet â€” Higher doses donâ€™t always mean faster weight loss. Itâ€™s about what works for you. Youâ€™re not eating enough real food â€” Undereating can slow you down. Your body still needs fuel. Youâ€™re skipping the basics â€” Water, sleep, and stress management really matter. Youâ€™re inconsistent with your shot â€” Timing matters. Skipping a dose can affect your progress for weeks. Youâ€™re not moving your body â€” You donâ€™t need to run marathons. Small movement adds up. Youâ€™re trying to outsmart the medication â€” Thereâ€™s no hack. Just habits. Real food. Patience. Youâ€™re treating this like a diet â€” This is not a diet. Itâ€™s a medical treatment for the disease of obesity. ðŸ“ Whether youâ€™re on semaglutide, or tirzepatide â€” if your weight loss is stalling, chances are at least one of these is playing a role. ðŸ“ Let us know in the comments which one of these resonates with you â€” or if you have another tip that helped get things moving again. Letâ€™s help each other. BOOK THE DOWNSIZED AT SEA CRUISE: <https://thedownsized.org/downsized-at...> DOWNSIZED WEBSITE: <https://thedownsized.org/> DOWNSIZED GLP-1 COMPANION PRODUCT STORE:

<https://thedownsized.org/downsized-store> JOIN CLUB DOWNSIZED: / @thedownsized FOR SPONSORSHIPS, BRAND DEALS & COLLABS: <https://thedownsized.org/contact/> 00:00 Introduction and Channel Overview 00:36 Our Weight Loss Journey 02:17 Reason 1: Rushing the Process 05:32 Reason 2: Focusing Solely on the Scale 08:23 Reason 3: Treating the Dose Like a Magic Bullet 10:48 Reason 4: Not Eating Enough Real Food 13:53 Reason 5: Skipping Basics like Water and Sleep 17:07 Stress Busting Techniques 17:23 Reason 6: Consistency with Medication 18:48 Importance of Not Skipping Shots 19:45 Reason 7: So you're not moving your body 22:11 Reason 8: Outsmarting the Medication 24:37 Reason 9: Medical Treatment vs. Diet 26:30 Impact of GLP-1 Medications 29:22 Personal Experiences and Advice 33:55 Conclusion and Viewer Engagement

9 GLP-1 Mistakes That Are Stalling Your Weight Loss



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