These Are Your Resources
to Accompany

It Was NEVER About Willpower

The Woman's Guide to GLP-1 Weight Loss

to Free You From the Guesswork, Guilt and Fear of Failing

Contents

Chapter 1: Emotions Wheel

This wheel is designed to help you identify how you are feeling as you read new information throughout the book.

Our brains try and keep us safe, and being challenged can feel confusing.

As women, we're not always taught how to verbalise our emotions, either, so this is a start, to do privately.

Chapter 1: Glossary of Terms

A quick reminder of the key words and concepts from the book, in alphabetical order. It might be worth downloading and keeping nearby for quick reference.

Term	Reminder
Adiponectin	Helps the body use stored energy efficiently and effectively, whilst also protecting other tissues and organs. As obesity develops, adiponectin levels tend to fall, reducing these protective effects and allowing inflammation to continue.
Adipose tissue	The fat beneath your skin. It plays a central role in regulating appetite, weight, temperature control, immune responses and metabolism by constantly communicating with the rest of your body.
Amylin	A hormone released alongside insulin after you eat. It helps control appetite by slowing stomach emptying, suppressing glucagon after meals and acting on the brain to reduce appetite.
Anti-inflammatory	Helping to reduce inflammation within the body.
Appetite	Your interest in food, shaped by hormones, emotions, habits, stress and what's going on around you.
Balanced meal	A meal that combines protein, healthy fats, fibre-rich carbohydrates and colourful plant foods to provide steady energy, nourishment and support appetite regulation.
Basal metabolic rate (BMR)	The energy your body needs each day to keep you alive, even if you stayed in bed all day.
Beliefs	Thoughts you've developed over time about yourself, your body or what is possible. They influence the choices you make and can change as your understanding grows.
Bile	A digestive fluid made continuously by the liver and stored in the gallbladder. It helps break down fat, absorb fat-soluble vitamins, stimulates your natural GLP-1 and influences how well your body regulates glucose, fats and energy.
Blood glucose	The amount of glucose (sugar) circulating in your bloodstream. Your body works hard to keep this within a healthy range, so your cells have a steady supply of energy.
Brainstem	Works closely with signals from your gut to help regulate appetite based on the size and type of food you've eaten.
Calorie deficit	Eating fewer calories than your body uses over time, allowing it to draw on stored energy.
Cholesterol	A blood fat processed by the liver. Your liver helps manage cholesterol levels and prevents fat building up where it doesn't belong. As metabolic health declines, cholesterol levels can rise.
Clinical trial	A research study that tests how well a medicine or treatment works and how safe and tolerable it is.
Cognition	Cognition is how clearly you think, focus, remember, make decisions and cope mentally day to day. Your gut and brain communicate constantly, which is why changes in gut health can affect your cognition as well as your mood.
Self-trust	Trust in your ability to make informed decisions that support your health and future.

Digestive enzymes	Substances released by the pancreas that break down carbohydrates, proteins and fats so they can be absorbed and used by your body.
Dopamine	A chemical messenger involved in motivation, reward and learning. It helps explain why certain foods can feel so rewarding and why food habits become deeply ingrained.
Ectopic fat	Fat that spills into organs and tissues that were never designed to store it, such as the liver, muscles, pancreas, heart, kidneys and brain. This affects how well these organs work.
Empty calories	Foods and drinks that provide energy (calories) but little or no nutritional value.
Energy	The fuel (calories) your body needs to keep your organs, brain and muscles working properly, along with adequate nutrition.
Ferritin	A measure of your body's iron stores. Low ferritin can contribute to tiredness and hair shedding.
Fibre	A type of carbohydrate that isn't fully digested. It supports gut health, steadier blood glucose, appetite regulation and a healthy microbiome.
Fibrosis	Scar tissue that gradually builds up within adipose tissue as unhealthy fat cells die, making the tissue stiffer and less able to store fat safely.
Food cues	Sights, smells, emotions, routines or situations that trigger thoughts about eating, even when your body doesn't physically need food.
Food noise	The persistent thoughts about food that can arise from unreliable appetite signals, heightened reward sensitivity, stress, poor sleep or years of dieting. It isn't one single problem and doesn't have one single cause.
Fructose	The main natural sugar found in fruit. Fruit also contains fibre, vitamins and other nutrients that slow its absorption and support health.
Gallbladder	A small organ that stores bile until it's needed to digest fat. When gallbladder function becomes less efficient, bile isn't released as effectively, increasing the risk of gallstones.
Gastric emptying	The speed at which food leaves your stomach and enters your small intestine. GLP-1s slow this process, helping you feel fuller for longer.
Ghrelin	A hormone released mainly by the stomach that stimulates hunger before meals. It falls after eating but rises when your body senses that energy is running low, such as during dieting or after weight loss.
GLP-1	A natural hormone involved in appetite, blood glucose and digestion which only remains active for a few minutes in our body. The medicines commonly called GLP-1s work by mimicking these natural signals for a longer time.
GLP-1 receptor agonist	A medicine that mimics your body's natural GLP-1 hormone by attaching to GLP-1 receptors. Wegovy and Mounjaro work in this way.
Glucagon	A hormone released by the pancreas between meals. It tells the liver to release stored glucose and later helps release energy from stored fat so your brain and body continue to receive fuel.

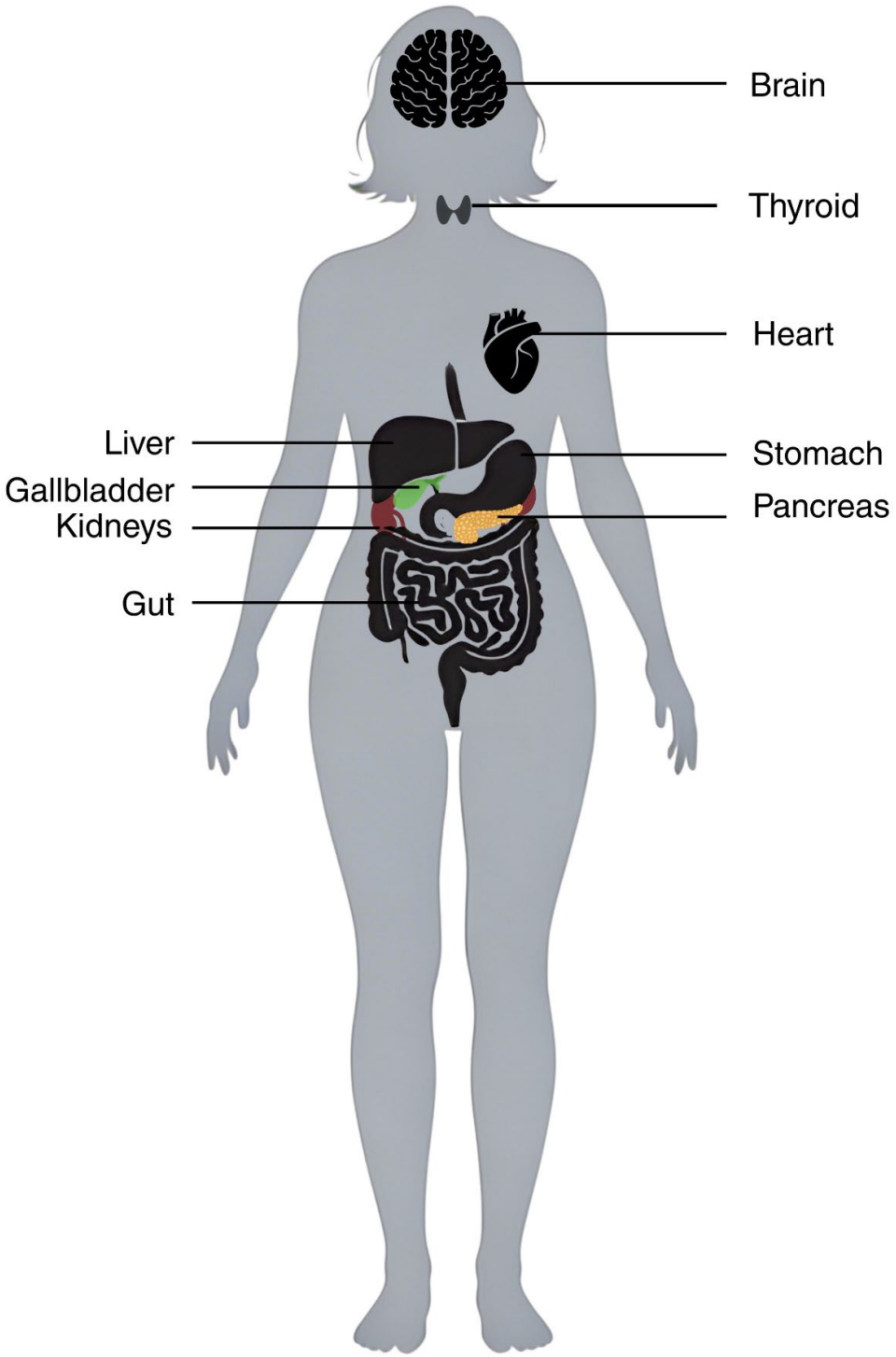
Glucose	Glucose is the body's main source of energy. It circulates in your bloodstream and is moved into your cells by insulin, where it can be used immediately or stored for later.
Glycogen	The stored form of glucose. Most glycogen is stored in your muscles to fuel movement, while the liver stores glycogen to help keep your blood glucose stable between meals.
Gut	Running from your mouth to your anus, your gut forms the largest boundary between your body and the outside world. Good gut health is essential for digestion, immune protection and communication with your brain.
Gut microbiome	The community of trillions of organisms living in your gut. Together they help maintain the strength of your gut wall and influence hunger, fullness, mood, energy balance and communication with your brain.
Gut-brain axis	The communication network between your gut and your brain. Messages travel in both directions, influencing appetite, mood, emotional regulation, digestion and cognition.
HbA1c	A blood test that measures your average blood glucose over the previous two to three months. It is commonly used to identify pre-diabetes and diabetes.
High-fructose corn syrup (HFCS)	A highly processed sweetener commonly added to ultra-processed foods and drinks. Unlike fruit, it comes without fibre and is rapidly absorbed.
Highly palatable foods	Foods that are especially appealing because of combinations of fat, sugar, salt, texture and flavour, making them easier to overeat.
Highly processed foods	Foods that have been extensively altered from their original form. Many contain combinations of fat, sugar and salt that make them especially appealing and easier to overeat.
Homeostasis	Your body's ability to maintain a stable internal environment despite outside changes. It regulates things such as body temperature, blood sugar and fluid levels so your cells can function properly.
Hormone	A chemical messenger that allows different parts of your body to communicate with one another, helping regulate processes such as appetite, hunger, metabolism and blood glucose.
Hunger	A physical signal that your body needs energy.
Hypothalamus	The part of the brain that coordinates hunger, appetite, satiety and energy balance by responding to signals from around the body.
Identity	How you see yourself. Lasting change comes from building an identity that extends beyond weight loss.
Immune system	Your body's defence system. As well as protecting against infection, immune cells respond to unhealthy adipose tissue and contribute to low-grade inflammation.
Inflammation (low-grade)	A persistent inflammation that develops when adipose tissue becomes unhealthy. Unlike the inflammation that helps heal a cut, this ongoing inflammation disrupts metabolism and contributes to many obesity-related complications.
Insulin	A hormone that helps keep blood glucose in a healthy range by moving glucose from the blood into cells, where it can be used immediately or stored safely for later. It also works alongside other signals involved in appetite regulation.

Insulin resistance	Develops when cells stop responding as well to insulin, making it harder for glucose to enter cells. Blood glucose rises, the pancreas produces more insulin, and appetite regulation becomes disrupted.
Internal voice	The thoughts and messages you tell yourself, shaped by your experiences and the voices of others.
Leaky gut	Increased permeability of the gut wall. Particles that would normally stay inside the gut pass into the bloodstream, contributing to further inflammation throughout the body.
Leptin	A hormone produced by adipose tissue that tells the brain how much energy is stored in your fat tissue.
Leptin resistance	Develops when the brain no longer responds properly to leptin. Even though plenty of energy is stored, the brain behaves as though stores are low, driving hunger and increased food intake.
Liver	Your body's metabolic hub. It processes everything you eat, decides what to use for energy, what to store for later and helps regulate blood glucose, cholesterol and blood fats.
Long-term maintenance	Maintaining your health and weight loss over time in a way that supports your body and your life, whether that includes a GLP-1 or not.
Mental wellness	Looking after your thoughts, emotions and behaviours alongside your physical health.
Metabolic flexibility	Your body's ability to switch efficiently between using glucose, glycogen and fat for energy, depending on what is available. Healthy skeletal muscle is central to metabolic flexibility.
Metabolic health	How well your body regulates processes such as blood glucose, blood fats, blood pressure, inflammation and energy balance to keep you healthy.
Metabolism	All the processes that convert food and drink into usable energy so your body can stay alive, function, grow and repair itself.
Myokines	Hormones released by contracting muscles. They communicate with your liver, adipose tissue, pancreas and brain to improve insulin sensitivity, reduce inflammation and support energy balance.
NEAT (Non-Exercise Activity Thermogenesis)	The energy you use for everyday movement, such as walking, standing, fidgeting and household tasks, rather than structured exercise.
Neuroinflammation	Low-grade inflammation within the brain that can disrupt appetite regulation, mood, thinking and energy balance.
Nourishment	Giving your body the energy, nutrients and consistency it needs to function, repair and thrive.
Nutrient-dense	Foods that provide a high amount of nutrients for the amount you eat.
Nutrients	The substances in food that your body needs for energy, growth, repair and healthy functioning. They include carbohydrates, proteins, fats, vitamins and minerals.
Omega-3 fats	Healthy fats that help support your brain, heart and reduce inflammation.
Omega-6 fats	Essential fats that support normal body function and are found in many plant oils, nuts and seeds. Most people already get plenty in

	their diet, so the focus is often on increasing omega-3s to achieve a healthier balance.
Pancreas	An organ with two important jobs: releasing hormones such as insulin and glucagon into your bloodstream and digestive enzymes into your gut. Together these help regulate appetite, blood glucose and digestion.
Pancreatic polypeptide (PP)	A hormone released after eating that helps suppress appetite and bring eating to a natural stop. In obesity, less PP is released, weakening these appetite signals.
Permeability	How easily substances can pass through a barrier. Eg. Across the blood-brain barrier or gut.
Personal fat threshold	The amount of adipose tissue your body can safely store before it begins to affect your health. This threshold differs from person to person.
Pituitary gland	Works closely with the hypothalamus to help coordinate appetite with energy availability. It also regulates stress responses, sleep and reproductive hormones.
Polyphenols	Naturally occurring plant compounds that help reduce inflammation and support gut and metabolic health.
Protein	An essential nutrient used to build and repair muscles and other body tissues. It also supports fullness and metabolic health.
Reframing	Looking at a situation or belief in a different way to help create a more helpful perspective.
Reward pathways	Networks within the brain that influence motivation, pleasure and the desire to repeat behaviours that feel rewarding, including eating.
Satiety	The feeling of satisfaction that tells you you've had enough to eat and can stop eating.
Satiety hormones	Hormones released after eating that help you feel full and satisfied.
Side effects	Unwanted effects that can occur while taking a medicine. With GLP-1s, some are caused by the medicine itself, whilst others are influenced by your underlying health, food choices, eating habits, hydration, dose or how quickly you increase it.
Skeletal muscle	One of the body's most important organs for metabolic health. Muscle helps remove glucose from the bloodstream, uses energy, stores glycogen and releases myokines that support insulin sensitivity and reduce inflammation.
Taste receptors	Specialised receptors found on your tongue, throughout your gut, pancreas and adipose tissue. They help determine how pleasurable food tastes and continually report back to your brain about what you've eaten, how much energy is available and whether it should be used or stored.
Triglycerides	A type of blood fat. As metabolic health declines, triglyceride levels can rise alongside cholesterol and contribute to fatty liver and metabolic disease.
Ultra-processed foods (UPFs)	Industrially manufactured foods made with ingredients rarely used in home cooking. They are often designed to be highly appealing and easy to overeat.
Under-fuelling	Not eating enough energy or nutrients to meet your body's needs, even when your goal is weight loss.

Visceral fat	Fat stored deep inside the abdomen around your internal organs. As adipose tissue reaches its storage limit, excess fat spills into this area, increasing waist size and contributing to metabolic disease.
Weight regain	Regaining weight after weight loss. It isn't inevitable and is influenced by your biology, beliefs, behaviours and the support you have in place.

Chapter 2: Labelled Body Image



Chapter 3: Form to Log Symptoms

Use this tool to note the symptoms and experiences you recognise as you read Chapters 2 and 3.

These can be anything. For example, hunger, appetite, mood, energy, food noise, hormones, etc.

You can then compare these with what's discussed
- in future chapters;
- when you're on your GLP-1;
- when you're reducing your dose and
- when you're deciding whether to stay on your GLP-1 or not.

Date	What I recognise		What I am learning about my body
	Before starting GLP-1	Since starting a GLP-1	

Chapter 4: Form to Log How Hunger & Appetite Might Be Changing

These observations are about understanding how your appetite and hunger signals might change

- throughout each week
- on different doses
- as you reduce your dose
- when you're deciding whether to stay on your GLP-1 or not.

How does food taste compared with before?	**How hungry do I feel physically?** (On a scale of 1-10)	**What is prompting me to eat right now?** (hunger, habit, emotion or cue?)	**How urgent does the drive to eat feel?** (On a scale of 1-10)

Chapter 5: What's Happening In My Body Now Tool

Tracking Metabolic Improvement

Now that you've read the book, you appreciate what is happening in our body.

This form will help you track your changes in metabolism to support your decision-making.

You may need to organise blood test privately.

Date	Waist Measurement	Blood Pressure	Total Cholesterol	LDL Cholesterol	HDL Cholesterol	Total CHL:HDL ratio	HbA1C	Triglycerides	Thyroid Stimulating Hormone	Next Steps

Chapter 6: Identifying Which Foods Appeal For Low Appetite Days

Unlike previous diets, when you have tried to fill yourself up with foods with a low number of calories, it is now important to nourish your body as much as possible.

By making a list of foods which appeal , it helps make mealtimes seem more manageable and less hassle.

Softer foods which are easier to chew and swallow or ones which are bite-sized might help. Suggestions include:

- Eggs
- Milk
- Greek yoghurt
- Cottage cheese
- Fish
- Tofu
- Seeds
- Hummus
- Falafel and tomato sauce
- Mashed potato
- Nut butters
- Avocado
- Nuts

Chapter 7: 30/Week Vegetables

Tick each different plant you eat during the week. Each plant only counts once, no matter how many times you eat it. This isn't a complete list; if it's a plant, herb, spice, bean, lentil, wholegrain, nut or seed that you eat regularly, it will also count!

- ☐ Asparagus
- ☐ Aubergine
- ☐ Beetroot
- ☐ Bitter melon
- ☐ Broccoli
- ☐ Cabbage
- ☐ Callaloo
- ☐ Carrot
- ☐ Cassava leaves
- ☐ Cauliflower
- ☐ Celery
- ☐ Choi sum
- ☐ Chinese leaf (Napa cabbage)
- ☐ Courgette
- ☐ Cucumber
- ☐ Garlic
- ☐ Green beans
- ☐ Kai lan (Chinese broccoli)
- ☐ Kale
- ☐ Leek
- ☐ Lettuce
- ☐ Mooli (daikon)
- ☐ Mushrooms
- ☐ Okra
- ☐ Onion
- ☐ Pak choi
- ☐ Peas
- ☐ Peppers
- ☐ Potato
- ☐ Rocket
- ☐ Red onion
- ☐ Spinach
- ☐ Spring onion
- ☐ Sweet potato
- ☐ Sweetcorn
- ☐ Taro
- ☐ Tomato
- ☐ Watercress
- ☐ Yam

Chapter 7: 30/Week Fruit, Nuts and Seeds

Fruit
☐ Apple
☐ Banana
☐ Blackberries
☐ Blueberries
☐ Cherries
☐ Dragon fruit
☐ Durian
☐ Grapefruit
☐ Grapes
☐ Guava
☐ Jackfruit
☐ Kiwi
☐ Lemon
☐ Lime
☐ Lychee
☐ Mango
☐ Orange
☐ Papaya
☐ Passion fruit
☐ Peach
☐ Pear
☐ Persimmon
☐ Pineapple
☐ Plantain
☐ Plum
☐ Pomegranate
☐ Raspberries
☐ Star fruit
☐ Strawberries

Nuts
☐ Almonds
☐ Brazil nuts
☐ Cashews
☐ Hazelnuts
☐ Peanuts
☐ Pecans
☐ Pistachios
☐ Walnuts

Seeds
☐ Chia seeds
☐ Flaxseed (linseed)
☐ Lotus seeds
☐ Pumpkin seeds
☐ Sesame seeds
☐ Sunflower seeds

Chapter 7: 30/Week Beans, Lentils, Pulses & Wholegrains

Beans, Lentils & Pulses

☐ Aduki beans
☐ Black beans
☐ Black-eyed beans
☐ Black gram (urad dal)
☐ Borlotti beans
☐ Butter beans
☐ Cannellini beans
☐ Chickpeas
☐ Edamame
☐ Green lentils
☐ Haricot beans
☐ Kidney beans
☐ Mung beans
☐ Pigeon peas (gungo peas)
☐ Red lentils
☐ Split peas
☐ Yellow split peas

Wholegrains

☐ Barley
☐ Brown rice
☐ Buckwheat
☐ Bulgur wheat
☐ Millet
☐ Oats
☐ Pearl barley
☐ Quinoa
☐ Red rice
☐ Rye
☐ Sorghum
☐ Wild rice
☐ Wholemeal wheat

Chapter 7: 30/Week Herbs, Spices, Polyphenols & Resistant Starch

Herbs
☐ Basil
☐ Chives
☐ Coriander
☐ Curry leaves
☐ Dill
☐ Fenugreek leaves
☐ Mint
☐ Oregano
☐ Parsley
☐ Rosemary
☐ Thyme

Spices
☐ Black pepper
☐ Cardamom
☐ Cinnamon
☐ Cloves
☐ Cumin
☐ Fennel seeds
☐ Five-spice
☐ Ginger
☐ Mustard seeds
☐ Paprika
☐ Saffron
☐ Star anise
☐ Turmeric

Polyphenol-rich Foods & Drinks
☐ Black tea
☐ Blackcurrants
☐ Coffee
☐ Cocoa (70%+ dark chocolate)
☐ Extra virgin olive oil
☐ Green tea
☐ Hibiscus tea
☐ Matcha
☐ Rooibos tea

Resistant Starch
☐ Cooked and cooled pasta
☐ Cooked and cooled potatoes
☐ Cooked and cooled rice
☐ Green bananas
☐ Overnight oats

Chapter 7: What is driving me to eat?

Differentiating between appetite and hunger when you struggle with “food noise” might feel extra challenging, especially to begin with. This exercise is designed to help you build trust in yourself by separating biological needs from learned behaviours.

Thoughts about food are shaped by years of habit, anticipation and emotion. Understanding the difference between hunger and appetite helps you nourish your body when it needs it, not only when food is appealing.

	M	T	W	T	F	S	S
What is driving me to eat?							
What have I learned today?							
What’s the best action, I could take next?							

Chapter 7: Building Awareness & Learning About Myself

Differentiating between appetite and hunger when you struggle with “food noise” might feel challenging, especially to begin with. This exercise is designed to help you build trust in yourself by separating biological needs from learned behaviours.

Thoughts about food are shaped by years of habit, anticipation and emotion. Understanding the difference between hunger and appetite helps you nourish your body when it needs it, not only when food is appealing.

	Pause before eating and ask yourself:	
1.	Does my body need food right now? (Clues might be a rumbling or empty tummy, low energy, light-headedness or mental fog, feeling cold or irritable. Or it’s been hours since you last ate.	
2.	Do I want food right now. If so, why might this be? Is it related to how you are feeling, something around you, s specific craving or habit, perhaps?	
3.	What patterns are driving me to eat? Hunger or appetite? (There is no right or wrong answer. Instead, ask your self the final 2 questions)	
4,	What have I learned about my eating?	
5.	What’s the best action I could take next? (Whilst being kind to myself)	

Chapter 7: Bristol Stool Chart