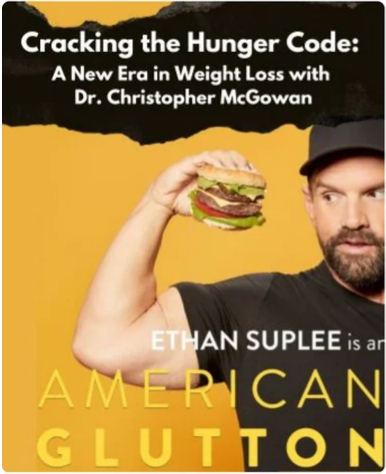




This month at True You Weight Loss, we’re sharing exciting updates—from Dr. McGowan’s latest podcast appearance to a groundbreaking new study on weight maintenance after GLP-1s. Plus, get inspired by a patient success story, try a new workout, and enjoy a fresh spring recipe!



**Cracking the Hunger Code:
Dr. McGowan on American Glutton**

Dr. McGowan was recently a return guest on the **American Glutton Podcast** hosted by actor Ethan Suplee. In this episode, they dive into **the latest science on weight loss**, the growing debate around GLP-1 medications, the dangers of rapid weight cycling, and a groundbreaking technique—gastric fundus ablation—that targets hunger at its source.

[▶ WATCH THE EPISODE](#)



**Jenny's 80-Pound Weight Loss with
ESG-MAX®**

After struggling with hunger and portion control, Jenny enrolled in a clinical study featuring gastric fundus mucosal ablation (GFMA) and endoscopic sleeve gastroplasty (ESG)—now known as **ESG-MAX®**. The results? Nearly **80 lbs lost** and a whole new outlook on life! With GFMA helping to suppress hunger and ESG reinforcing portion control, Jenny has gained confidence, energy, and a healthier future.

[READ MORE](#)



No Gym? No Problem! Bodyweight Exercises for Any Space

April 18th is National Exercise Day—a perfect time to up your workout routine. This blog covers simple yet effective bodyweight exercises that you can do anywhere, no gym required. Plus learn about the **benefits of strength training** for long-term weight management.

[READ MORE](#)



Featured Recipe: Beet Pickled Deviled Eggs

Spring is here, and so is this vibrant recipe! Our Registered Dietitians love these Beet Pickled Deviled Eggs—a fresh and festive twist, perfect for Easter or any spring gathering.

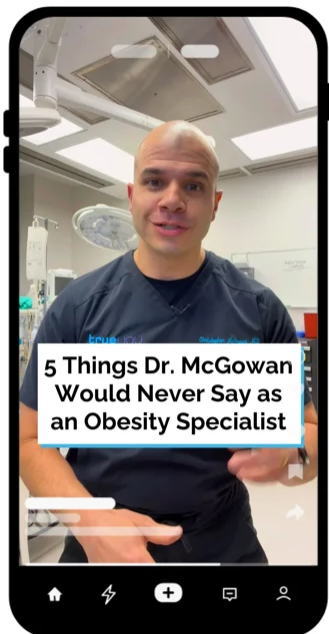
[DOWNLOAD RECIPE](#)



New Study: Can Fundus Ablation Help Maintain Weight After GLP-1s?

True You Weight Loss is now enrolling participants for **MAINTAIN, an FDA-authorized clinical study**—the first of its kind—to explore fundus ablation as a **weight maintenance tool after stopping GLP-1 medications**. If you're in the **Raleigh or Cary, NC area** and have recently stopped (or are planning to stop) GLP-1s, you may qualify.

[LEARN MORE](#)



Social Highlight

Check out one of our favorite Instagram reels from March: **5 Things Dr. McGowan Would Never Say to Patients as an Obesity Specialist!**

[WATCH](#)

Whether you're exploring new weight loss options or looking for inspiration, we're honored to be part of your journey. Stay tuned for more expert insights, patient

success stories, and exciting advancements in endoscopic weight loss.

In the meantime, if you have any questions, our team is here to help! Reach out at **info@trueyouweightloss.com** or give us a call at **[\(919\) 689-5189](tel:(919)689-5189)**.



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