

# What is GLP-1 & How Does It Reduce Appetite & Promote Weight Loss? | Dr. Andrew Huberman

<https://silosolo.com/108934>

## Summary

The paper discussed in the video highlights the existence of parallel pathways in the body that operate independently to suppress appetite. Glucagon-like peptide one (GLP one) is a peptide that can suppress appetite and is being explored for the treatment of diabetes, obesity, and weight loss. GLP one acts through gut distension and activates neural pathways in the brain to increase satiety. Parallel pathways are independent pathways, either neural or hormonal, that work separately but towards a common goal. Understanding parallel pathways is important because they play a fundamental role in how the body and brain function.

## Silo sample questions

- What is the main finding of the paper?
- What is glucagon-like peptide one (GLP one)?
- How does GLP one suppress appetite?
- What are parallel pathways?
- Why is understanding parallel pathways important?

## Topics

parallel pathways

glucagon-like peptide one

appetite suppression

biology

neuroscience

## Key Takeaways

- The main finding is the existence of parallel pathways in the body that work independently to suppress appetite.
- GLP one is a peptide that can dramatically suppress appetite and is being explored as a treatment for diabetes, obesity, and weight loss.
- GLP one acts through both gut distension, which makes a person feel full, and by activating neural pathways in the brain that trigger satiety.
- Parallel pathways are independent pathways, either neural or hormonal, that work separately but towards a common goal.
- Understanding parallel pathways is important because they play a fundamental role in how the body and brain are organized and function.

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