

# GlucoseGoddess® GLP-1 HACKS

*Hacks to naturally increase your GLP-1 levels*

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## 1. Eating food in the right order

- Start with **veggies**, then eat **protein** and **fats**, and finish with **starches** and **sugars**. Do this when you can, don't stress if you can't do it all the time. This hack is more important when a meal contains starches and sugars.
  - This order can boost GLP-1 levels **by up to 38%** and keep them high for longer.
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## 2. Chewing your food

- The process of chewing stimulates GLP-1 release, so choose **solid foods** over pureed.
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## 3. Yerba maté

- **Yerba maté herbal tea** has been shown to stimulate GLP-1 release, promoting satiety.
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## 4. Lemon extract

- The antioxidant **eriocitrin**, found in lemons, helps increase GLP-1 production.
  - While you'd need 1.3 liters of lemon juice for the effect, scientists have developed a concentrated extract called **Eriomin** – it's been shown to increase GLP-1 by up to +22% increase after 3 months.
  - Eriomin is one of the key ingredients in **Anti-Spike**. ([www.antispikes.com](http://www.antispikes.com))
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## 5. High protein foods

- Some studies suggest protein may be effective at stimulating GLP-1. So make sure to include **high-protein foods** during meals to increase GLP-1.