



GLP-1s Explained: The Facts, Fiction, and What's Next with Joe Zucchi, PA-C, MPAS (ep – 92)

GLP-1 medications are everywhere right now, but the confusion around them runs just as deep as the excitement. In this episode, Dr. Ginger Hultin sits down with Joe Zucchi, PA and clinical supervisor at Transition Medical Weight Loss, for a deep dive into everything you've been wondering about these medications.

Joe walks through the surprising history of GLP-1s, breaks down exactly how they work in the body, and tackles the stigma that still surrounds obesity medicine. The conversation covers real clinical data on side effects, including the truth behind the cancer warnings, what the research shows about muscle and bone loss, and practical strategies for managing GI symptoms. Joe also shares what's coming next in the pipeline, from triple-agonist medications to once-monthly injections.

Whether you're considering a GLP-1, currently taking one, or just want the facts, this episode is designed to be a shame-free, evidence-based resource you can trust.

In this episode, we'll cover:

[00:02:35] The long history behind GLP-1 medications

[00:06:03] GLP-1, GIP, and the evolution to dual and triple agonists

[00:08:18] Pushing back on the stigma in obesity medicine

[00:09:56] What happens when someone comes off the medication

[00:13:04] Inside the clinical trial process and what FDA approval requires

[00:19:30] Pancreatitis and thyroid cancer concerns, explained

[00:21:30] What the research shows about muscle and bone loss

[00:25:11] GI side effects and practical ways to manage them

[00:28:50] The future of obesity medicine and what's in the pipeline

About Dr. Ginger Hultin, DCN, RDN, CSO.

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist who received her Doctorate in Clinical Nutrition from the University of North Florida. She received her master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, Ginger Hultin Nutrition where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook.

Connect with Dr. Ginger Hultin on [Instagram](#), [LinkedIn](#) or her [website](#).

About Joseph Zucchi, PA-C, MPAS

Joseph Zucchi is a Physician Associate and Clinical Supervisor at Transition Medical Weight Loss in Salem, New Hampshire, where he leads a multidisciplinary team delivering evidence-based obesity and metabolic care. With a Master of Physician Assistant Studies from MCPHS University, a background as an ACE Certified Personal Trainer, and research experience at Tufts University, Joseph brings an impressive blend of clinical proficiency and hands-on fitness expertise to his work. He serves as a speaker for Eli Lilly, sits on the Board of the New England Obesity Society, and has been featured in The Wall Street Journal, The New York Times, and Bloomberg. His mission is clear: treat obesity as the chronic disease it is by reducing stigma and expanding access to care.

Connect with Joseph Zucchi on [LinkedIn](#) or [Website](#).

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