

Hormones

DR MARTIN GALY

Galy is the quiet authority to whom Londoners turn when hormones, metabolism and weight loss concerns collide. (So do Dubai locals, at the 23MD co-founder's second practice in Jumeirah.) And long before GLP-1s became ▷

◁ the jabs du jour, he was using them against PCOS, high BMI and entrenched insulin resistance ('still the backbone of weight issues, though it's often compounded in women by oestrogen dominance or deficiency'). However, what sets the Trinidadian doctor apart is his deeply forensic use of HRT, particularly in those navigating peri- and post-menopause. 'Every woman is on this hormonal journey,' he says. 'If we don't bring these bodily chemicals back into balance, then weight gain, cellulite, poor sleep and mood changes almost inevitably follow.' But his approach isn't one-size-fits-all. Careful combinations of oestrogen, progesterone and testosterone are tailored to metabolic needs, sleep quality, cycle symptoms and body composition. For younger women on GLP-1s, he often introduces progesterone to counter oestrogen dominance and stabilise weight patterns, as well as testosterone if shown to be deficient to minimise the risk of losing muscle. For more mature patients, he pairs HRT and GLP-1s to address the two sources of midlife weight gain, hormonal decline and insulin resistance. And though he likens his approach to 'a tiered ladder – berberine for those one or two kilos above their target, metformin for more significant insulin resistance, then GLP-1s' – microdosing the latter has been shown to have anti-inflammatory effects on immune systems. ('It's a new way of thinking, but the science is very promising.') Happy patients report profound changes: 'food noise' quiets, cravings are muted, even alcohol holds less appeal. As for goals: 'If someone gives me a target weight within a healthy BMI range, I don't argue. If it's an eating disorder mindset or unrealistic, I push back. At the end of the day, I'm a listening doctor. Everything starts with a conversation.' *HRT consultation, £450*

