

How to get the best results on Semaglutide

Dear Patient,

We have seen some fantastic results from patients on our Semaglutide Medical Weight Loss Program.

And we're excited to help as many people as possible to achieve a healthier weight as the first step to optimal health and wellness.

We also know you may have a lot of questions about this program, including what to do to get the best possible results.

So, we've compiled these eight tips to help you maximize your results when using Semaglutide for weight loss.

1. Eat Smaller Portions



Semaglutide will make you feel full on far less food, so plan to eat small meals throughout the day. If you eat too much in one sitting, you can end up with nausea, heartburn, or other unpleasant GI symptoms. And always keep some over-the-counter medicines at hand in case you need them.

2. Concentrate on Eating More Slowly



Did you know it takes your brain 15 minutes or more to register that you've eaten? That's why it's so important to take your time, even with Semaglutide. Concentrate on slowing down and taking a moment between each bite.

3. Avoid Foods That May Cause Side Effects



While no food is off-limits when taking Semaglutide, certain foods can also cause side effects. These include fatty foods, processed foods, fried foods, and foods with added sugar. These can be the toughest for your body to digest — and the most likely to cause nausea while being on Semaglutide.

4. Drink a LOT of Water



You know the importance of drinking enough water — it's vital for all your bodily processes. But it becomes even more important with Semaglutide, as staying hydrated can stave off nausea that some people experience on this medication. Try to get in a minimum amount of water that equals to a half of your body weight in ounces a day. And just like with calories, many apps are available to track this.

5. Keep Alcohol to a Minimum — or Not at All



Alcohol can irritate your stomach while you're taking Semaglutide. It can also influence your blood sugar levels — which may drop too low when alcohol combines with Semaglutide. Also, when you drink alcohol while taking Semaglutide, you risk developing pancreatitis (although this is rare).

6. Aim to Lose One to Two Pounds MAX Each Week



This program isn't a quick-fix diet — it provides healthy weight loss at a rate of one to two pounds per week. If you lose over three pounds per week (considered rapid weight loss), you may be at risk of gaining it back plus some. We recommend eating two protein-focused meals a day. Protein or meal replacement shakes are acceptable if you do not have much appetite. You may want to track your calories on an app to ensure you're eating enough.

During the first few weeks of treatment, you will notice a reduction in Inches not pounds. Do not be discouraged. Pounds will not start coming off until later. We recommend taking progress photos, front, side, and back views, on a weekly and/ or bi-weekly schedule so that we can compare visible results.



A tip from one of our Nurse's

We all have that one pair of jeans or dress in the closet that doesn't fit right??

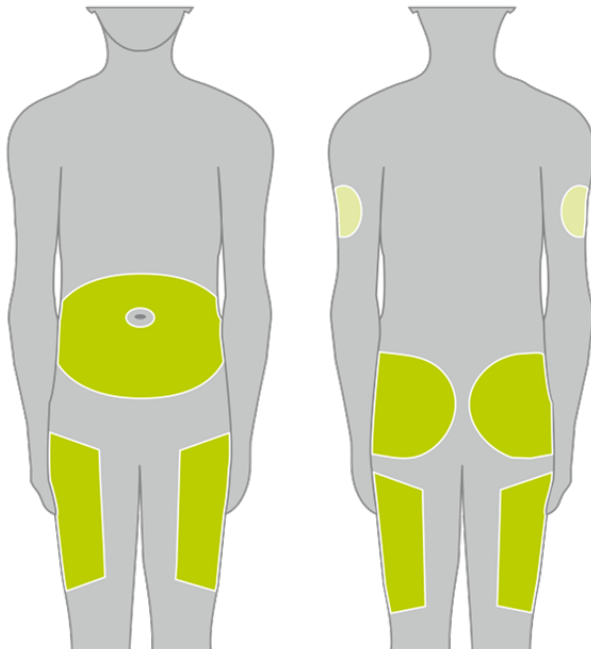
Let's use that as our goal marker and **take pictures in it every week.**

7. Move as Much as You Can



Regular exercise is vital for good health, with or without Semaglutide. But getting in more movement while on Semaglutide can help you achieve better results — and keep those results after you've lost weight. The best way to get more movement in is to start walking. You should also incorporate strength or resistant training to preserve the muscle mass. Use a step counter on your phone or watch to keep track of how you're doing.

8. Rotate Where You Inject the Semaglutide Each Week



You can inject Semaglutide in three different locations on your body: your thighs, abdomen, and upper arm. These areas ensure you inject the medicine under the skin but far from a vein. It's important to rotate where you inject each week, so you give your skin a chance to heal.

Bonus Tip: Personalized Medical Team on Your Side!



Our Semaglutide Medical Weight Loss Program includes visits with highly trained, knowledgeable Medical Team that include Nurse's, Nutritionist, and Health Coach who've worked with many people on this program. Your team of health care providers are there to answer any questions you have during the program and help you make the most of your health journey.

We're Here to Help You Get the Best Results

As we've said, we've seen some significant results with Semaglutide, including healthy weight loss, reduced, or eliminated cravings, and a whole new outlook on food and living life. We're here to help you get results, too — the results you have always wanted but may have thought were impossible.

Message us to find out how we can help you.