



PATIENT COORDINATOR CONSULTATION

What are your Goals? _____

What does your daily Diet look like? _____

What is your Daily Water intake? _____

Current Exercise routine? _____

Current Health Concerns? _____

List Past Surgeries: _____

List past weight loss medications or procedures: _____



PATIENT COORDINATOR CONSULTATION

Do you have any of the following:

CONTRAINDICATIONS

- Type 1 Diabetes (Type 2 and borderline is approved for GLP-1)

Yes _____ or No _____

- Active Cancer (Cannot do treatment if active or if it's been less than 6 months since last radiation or chemo treatment)

Yes _____ or No _____

- Active Liver or Kidney Disease (Unless they have a certified letter from DR saying its ok to use)

Yes _____ or No _____

- Currently Pregnant

Yes _____ or No _____

- Currently Breast Feeding

Yes _____ or No _____

- Looking to become Pregnant in next 6 months.

Yes _____ or No _____

All prescriptions are non-refundable as they are specifically made for each client.

How do semaglutide and tirzepatide work?

Semaglutide (Ozempic, Wegovy, Rybelsus) and tirzepatide (Mounjaro, Zepbound) are both in the class of drugs known as incretin mimetics and work similarly but have some differences in mechanism and dosing. Both drugs are FDA approved in various brand names as treatments for type 2 diabetes and long-term weight loss.

Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist and mimics the natural GLP-1 hormone in our bodies. It binds to the GLP-1 receptor to exert its effect.

Tirzepatide is a dual-acting glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptor agonist and binds to both GIP and GLP-1 receptors. Like GLP-1, GIP is also a natural incretin hormone and may increase the action of tirzepatide. (Has better study results in individuals that need to lose more than 40 pounds)

These medicines work by:

- For the Brain – It suppresses appetite, and increases satiety (the feeling of being full).
- For the Pancreas – Improves sugar management hormones, decreases blood sugar, and decreases sugar production by stimulating insulin release from the pancreas when needed to help lower your blood sugar.
- For the Liver – Decreases fat production by decreasing the amount of sugar made by your liver by suppressing glucagon secretion.
- For the Stomach – Increases feeling fullness, and decreases physical hunger by slowing the movement of food through your stomach (gastric emptying) which can help you feel fuller for a longer period of time, decrease your appetite and lead to weight loss.

Rewaken Life Is a Legit Script Certified TeleMed company that only uses Legit Script certified sterile 503 FDA approved Pharmacies and our offices are certified Patient Coordinator's for Rewaken Life.

These medicines should not be used together or with any other GLP-1 or GIP receptor agonists.

Expectations:

- Weight loss usually starts after week 5 and 6.
- 20% of people who take Semaglutide or Tirzepatide have the side effects of nausea, head aches, and diarrhea. These side effects usually stop after a few weeks. If they persist or increase, please email Doctor@RewakenLife.com immediately and we can send medicine to you to help while your body adjusts. If a medical emergency please call 911.
- Generally, you should take half of your body weight in ounces of water. Therefore, a person weighing 180 pounds should target about 90 ounces in a day.
- Take a daily vitamin, eat more protein, and Increase your daily exercise to prevent muscle loss.

NEXT STEPS

- A Text with a link for Intake and Consent forms for Rewaken Life prescription will be sent to your phone, once filled out, a payment link will appear.
- Once paid please show, text, or email a screenshot showing payment was paid to your Patient Coordinator.
- A appointment will be scheduled for a consultation with your provider that will take 5 to 15 minutes (Nurse Practitioner licensed in your state to prescribe Medical Weight Loss medication) Once this appointment has been fulfilled the prescription will take two weeks to arrive. The provider will review your intake forms, ask if you have any questions and order your prescription. (Detailed consultation is today with your Patient Coordinator)
- A appointment SHOULD be scheduled with our Life and Health coach that will take 20 to 60 minutes to go over your daily diet, exercise and lifestyle to help you maximize the benefits and minimize the side effects.
- A monthly scheduled visit at this location will be needed to stay on the program with your Patient Coordinator so that we can check on your health, weight and progress in person.

How to avoid side effects and how to eat while taking GLP1.

(Keep a healthy snack at home, in your car, and at work, so when hunger pains come unexpectedly you have a healthy snack such as Almonds on hand)

- While taking Semaglutide, side effects like bloating, stomach pain, and nausea are possible. Therefore, **choosing nutrient-rich foods** is key to preventing side effects of Semaglutide. Additionally, it is important to be mindful of your appetite and refrain from overeating when you feel full.

What to Eat When on Semaglutide

EAT LEAN PROTEIN AT EVERY MEAL - Adding protein to a meal will help reduce blood sugar spikes post-meal and enhance your feeling of fullness, which prevents overeating. Protein should make up 10 to 35% of your total daily calorie intake for the day. A good guideline is to fill $\frac{1}{4}$ of your plate with protein. Incorporating lean proteins such as skinless chicken breast, white fish, lean meat, or plant proteins is a good way to get your protein in and feel fuller longer. These types of foods are low in saturated fat and calories, which can help you lose weight.

PRIORITIZE COMPLEX CARBOHYDRATES - Complex carbohydrates, like brown rice, quinoa, and whole wheat pasta, are high in fiber, digested, and absorbed more slowly into the bloodstream than refined carbohydrates. As a result, this produces a slower, lower rise in blood sugar levels and can help you feel full for longer. Aim to fill $\frac{1}{4}$ of your plate with complex carbohydrates. Doing so is a great way to maximize your results when taking Semaglutide.

CONSUME MORE FRUITS AND VEGETABLES - Eating a diet rich in fruits and vegetables can help you consume fewer calories and get more vitamins, minerals, and fiber. Fiber helps slow the breakdown and absorption of carbohydrates in your bloodstream. Nutrient-rich fruits and veggies can boost satiety, making you feel fuller. Try to fill half your plate with vegetables and fruits. Opt for low-glycemic fruits and veggies like greens, lentils, chickpeas, grapefruit, and berries.

SNACK ON SEEDS AND NUTS - Seeds and nuts are full of healthy fats, protein, and fiber. Snacking on pumpkin seeds, walnuts, or hemp seeds while taking Semaglutide can help you feel satiated, which can help with your weight loss efforts. Nuts and seeds are also high in essential minerals like zinc and magnesium, which boost energy and support a strong immune system.

STAY WELL HYDRATED - Staying hydrated is important when taking Semaglutide. Your small and large intestines help absorb water from your food. Therefore, the longer gastric emptying takes, the drier your solid waste will be. Dry, hard stools are uncomfortable and difficult to pass. Drinking plenty of water is a great way to prevent constipation while taking Semaglutide. A general guideline is to consume 30 mL of fluids per kilogram of body weight, or about 0.5 oz/lbs of your body weight.

If Side effects persist email Doctor@RewakenLife.com or call 888-REWAKEN if emergency please call 911

What Not to Eat While on Semaglutide

No foods are completely prohibited when taking Semaglutide. However, some foods should be reduced or avoided altogether if possible. This is because certain foods can increase Semaglutide side effects such as bloating, nausea, and abdominal cramping. Additionally, fatty, or saturated foods can contribute to weight gain. Limiting the following foods below reduces the chances of increasing side effects that you experience with Semaglutide.

HIGH-GLYCEMIC FRUITS AND VEGGIES - Some fruits and veggies have a higher glycemic index than others. Therefore, this can lead to spikes in blood sugar. High-glycemic fruits such as pineapple, mango, bananas, and watermelon should be avoided if possible. High-glycemic veggies like starchy potatoes and sweet corn should also be reduced if not completely avoided, when taking Semaglutide. Limiting your intake of these foods and going for low-glycemic fruits and veggies reduces your chances of uncomfortable, painful gastrointestinal symptoms.

SUGARY FOODS - If you're taking Semaglutide, being mindful of your sugar intake is a good idea. You should limit sugary foods like candy, soda, and baked goods from your diet. These types of sweets can cause your blood sugar to spike, which makes losing weight even harder. Sugar can also be very addictive and lead to overeating. Therefore, consuming sugary sweets can also get in the way of achieving a leaner figure.

HIGHLY PROCESSED FOODS - Highly processed foods like white bread, pasta, and processed cereals are packed with unhealthy saturated fats, blood-sugar-spiking refined sugar, and excess amounts of salt. As a result, these types of food are high in calories, highly inflammatory, and should be avoided. They lack nutrients and have a high glycemic index. This means that your body quickly converts them into glucose. As a result, your blood sugar levels rapidly spike. Consuming a diet high in salt can also raise your blood pressure, and if you have diabetes, a diet high in saturated fat can worsen symptoms.

FRIED FOODS - Fried foods like fast food are high in calories and unhealthy fats like saturated fat and trans-fat. These types of foods are hard on your digestive system as they are tough to digest. French fries, fried chicken, and battered burgers contribute to inflammation. These foods can also cause indigestion, bloating, gas, and stomach cramps. Aim to swap fried food for grilled or fresh alternatives to cut down on excess calories, fats, and sodium.

SODA AND CARBONATED DRINKS - It is also a good idea to avoid drinking soda and carbonated beverages when taking Semaglutide. Like sugary sweets, sodas are high in sugar and calories and will spike your blood sugar levels. Soda lacks nutritional value and can contribute to weight gain. Additionally, carbonated drinks like soda, seltzer water and beer contain carbon dioxide. This may exacerbate some of the side effects of Semaglutide, including bloating or indigestion.

ALCOHOL AND CAFFEINE - It is important to limit your alcohol and caffeine intake while taking Semaglutide. Alcohol can contribute to weight gain because it is full of excess, empty calories. Drinking alcohol can also lead to dehydration and disrupt sleep, making losing weight more challenging. Additionally, drinking alcohol while taking Semaglutide may increase your risk of experiencing nausea and vomiting and can lower your blood sugar levels. Therefore, it is wise to limit alcohol and caffeine consumption to get the most out of Semaglutide.

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5 Best Supplements To Take With GLP-1 Medications

What Nutritional Supplements Do You Need if You're Taking a GLP-1?

Adding the right supplements to your routine can support your health while taking GLP-1 medications. Here are some supplements to consider:

Protein

Rapid weight loss can lead to muscle loss, so it's crucial to include protein supplements to preserve lean muscle mass. High-quality protein powders can help support muscle health during the weight loss process.

Multivitamins

A good multivitamin ensures you get all the essential vitamins and minerals, even if your overall food intake is lower. Supplements can help fill nutritional gaps and support overall health.

Probiotics

Probiotics can improve gut health and help modulate inflammation, complementing the metabolic effects of GLP-1 agonists. Including a high-quality probiotic supplement in your routine can support digestive health and enhance the benefits of your GLP-1 medication.

Magnesium

Magnesium is important for glycemic control and reducing the risk of complications associated with diabetes and GLP-1 therapy. Supplementing with magnesium can help support blood sugar management and overall metabolic health. A comprehensive magnesium supplement is designed to enhance absorption and effectiveness.

Fiber

Dietary fiber is essential for regulating blood sugar levels and promoting gastrointestinal health. Fiber supplements can help synergize with the effects of GLP-1 agonists, supporting better metabolic outcomes.

How Do These Supplements Interact with GLP-1 Medications in the Body?

When combined with GLP-1 medications, certain supplements can enhance their effectiveness and support overall health. For example:

- Protein supplements help preserve muscle mass during weight loss, which is essential when GLP-1 medications reduce appetite and food intake. This can prevent muscle wasting and support a healthier body composition.
- Multivitamins ensure you get essential nutrients that might be lacking due to reduced food intake. This helps maintain overall health and supports the metabolic functions that GLP-1 medications enhance.
- Probiotics improve gut health and can help manage some gastrointestinal side effects associated with GLP-1 medications.
- Magnesium supplements aid in glycemic control, complementing the blood sugar-lowering effects of GLP-1 medications.
- Fiber supplements support digestive health and help regulate blood sugar levels, working synergistically with GLP-1 agonists to improve metabolic outcomes.