



CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE,
CLASSIC CARE

Karen's Corner

A CFP HEALTH & WEIGHT MANAGEMENT JOURNEY



FIELD NOTE #1

BUILDING YOUR FOUNDATION

We're so glad you're here!

This is the first step in your journey toward better health.
Each month, I'll share insights, encouragement, and practical
tips to help you feel your best.
You're not doing this alone—I'm right here with you! ♥



UNDERSTANDING YOUR MEDICATION

GLP-1 medications work by mimicking a hormone your body naturally produces to help regulate hunger, fullness, blood sugar, and digestion.

Many patients notice that they feel satisfied with smaller portions and spend less time thinking about food. Some people call this "food noise." For many patients, one of the biggest benefits of treatment is that the constant thoughts about food become quieter, making it easier to build healthier habits.



WHY WE CHOSE THIS APPROACH

At Carter Family Practice, we believe healthcare should be personalized, accessible, and as affordable as possible. That's why we use a formulation specifically prepared for our patients by experienced, licensed compounding pharmacies.

This allows us to:

- ✓ Improve affordability
- ✓ Individualize treatment when appropriate
- ✓ Maintain access during medication shortages
- ✓ Include supportive ingredients that complement your overall health journey



SUPPORTING INGREDIENTS

L-CARNITINE

L-Carnitine helps transport fatty acids into your cells, where they can be used for energy.

It may help support:

- Healthy energy production
- Fat metabolism
- Muscle preservation during weight management



NIACINAMIDE (VITAMIN B3)

Niacinamide is a form of vitamin B3 that supports normal cellular function.

It may help support:

- Cellular energy production
- Healthy skin
- Nervous system function
- Overall nutritional wellness

Unlike niacin, niacinamide does not cause flushing.



WHAT ABOUT SIDE EFFECTS?

Many patients experience mild or no side effects. If side effects occur, they are usually temporary and most noticeable after starting treatment or increasing a dose.

The most common experiences include:

- Mild nausea
- Constipation
- Mild heartburn or burping
- Feeling full sooner than expected

Most symptoms improve with time, hydration, adequate protein intake, and eating smaller meals.

Karen's Corner

You never have to "push through" symptoms alone.

If you have concerns or symptoms that aren't improving, please reach out. We can often make simple adjustments that help you feel much more comfortable while continuing your journey.



THE CFP PROMISE

You are never just another number here.
We'll celebrate your successes, help you work through challenges, and adjust your plan as your needs change.
Because lasting health isn't built through perfection—it's built through *partnership*.



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FIELD NOTE 1 CONT.



BUILDING YOUR FOUNDATION



THIS MONTH'S FOCUS

1 Nourish your Body

Aim for approximately 1–1.5 grams of protein per kilogram of body weight per day. Even if you aren't hungry your body needs nutrition.

2 Stay Hydrated

Aim for at least half your body weight in ounces of water per day. Keep a water bottle nearby and sip throughout the day instead of trying to catch up.

3 Simply Move More

This month isn't about exercise plans or gym memberships. Take a walk, park further away, play with your kids, walk the dog, stretch while watching TV. Every bit of movement counts.



QUESTIONS FOR KAREN

Write down anything you're wondering, anything that's challenging, or anything you want to talk about at your next visit.



A MOMENT TO REFLECT

This month I noticed:

- ☐ I have more energy
- ☐ I am thinking about food less often
- ☐ I am drinking more water
- ☐ I am moving more
- ☐ I feel more hopeful
- ☐ Other: _____

Something I am proud of this month:



KAREN'S CHALLENGE

Pick *ONE* area to focus on this month:

- ☐ Drinking more water
- ☐ Eating more protein
- ☐ Moving more each day
- ☐ Eating more slowly
- ☐ Other: _____



*Small choices.
Big changes.*



CONTACT KAREN

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THE CFP PROMISE

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♥️ PROGRESS, NOT PERFECTION.