



New You Medical Semaglutide Weight Loss Protocols

1. Consider the Lipotropic Bioboost as an Adjunct to Any Semaglutide Treatment Plan.

Our Lipotropic BioBoost is designed to effectively address various concerns such as preventing recurring yo-yo effects, combating slowed metabolism, preserving muscle mass, and boosting energy levels. It also improves cognitive function, energy levels, and supports numerous metabolic processes. However, it can cause side effects like headaches, diarrhea, nervousness, and insomnia, which are due to the metabolic boosting properties of the medication. They usually subside within a few weeks. If the side effects persist, reducing the dose or frequency of the medicine may help alleviate them.

2. Once you receive the package, make sure to store Semaglutide in the fridge. As for Bioboost, you can keep it at room temperature, or if it's hot, you may choose to store it in the fridge.

- Your initial Semaglutide dose is 10 syringe units once a week, and we will gradually increase it over time through a process called titration.
- For Bioboost injections, the recommended dose is 100 syringe units twice a week. I suggest setting specific days for these injections, such as Tuesdays and Fridays or Mondays and Thursdays, to help you remember and stick to your schedule.

Self-Injection Instructions

Video link: <https://www.youtube.com/watch?v=8LI2-aRgQVc>

This method can be used both for Semaglutide and Bioboost injections.

3. Do Not Force Yourself to Eat When You Start Losing Your Appetite.

After taking Semaglutide, you may experience a decreased appetite for an extended period. It's important to listen to your body during this time and avoid forcing yourself to eat for a couple of days. Your body needs time to adjust to the new metabolic, cognitive, and gastric conditions. In the meantime, make sure to stay hydrated by drinking plenty of water. After two to three days, you can slowly introduce a diet that's high in protein, fiber, and antioxidants.

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4. **Make Sure You only Eat 80% of Your Usual Portion.**

To avoid experiencing nausea, bloating, and abdominal discomfort, it's important to consume only 80% of your usual portion while taking Semaglutide. This medication reduces your gastric emptying, meaning that eating your usual amount could lead to these unpleasant side effects. Fortunately, Semaglutide also helps to decrease your appetite and keep you feeling fuller for longer, so you may find it easier than expected to stick to the 80% rule.

Remember Semaglutide doesn't directly eliminate fat or reduce your weight and size, but it does help by suppressing your appetite, making you feel fuller for longer periods with less food, and assisting your body in using up the sugar in your blood. With this support, you will have greater control over your diet and ability to exercise. Essentially, Semaglutide provides you with the time and energy necessary to transition to a more favorable lifestyle.

5. **To Prevent Regaining the Weight / Maintain a Healthy Weight**

1. Increase your activity levels and move more! Take the stairs, park your car far away, and try to avoid sitting down on the couch for extended periods. With the help of Semaglutide and Bioboost shots, getting active can be much easier than you think. But remember, it's not just the medicine that will help you lose weight - you still have to put in the hard work. So, let's get moving and make the most of these powerful tools!
2. Incorporate weight training into your routine to build muscle. Did you know that muscle burns fat even while you sleep? With Semaglutide and Bioboost shot, it's easier than ever to start building that muscle. Remember, the more muscle you have, the easier it is to lose weight and keep it off!
3. To assist you on your weight loss journey, it is important to include healthy foods in your diet that encourage weight loss. Although Semaglutide can aid in reducing your appetite, the ultimate responsibility lies with you to make the right choices for your overall health and well-being.
 - Omega-3 rich fish (salmon and sardine)
 - Lean fish with healthy fat (Cod + olive oil)
 - Chicken breast + olive oil/avocado
 - Lean ground beef / turkey meat
 - Low fat plain Greek yogurt + berries + zero calorie sweetener + nuts
 - Omelet with 4 egg whites + 2 egg yolks + avocado



Have at least one salad a day with vinaigrette dressing.

Incorporate healthy fats such as avocado, nuts, seeds, and olive oil

1-2 portions of fruits low in sugar such as berries, grapefruit, and apples

Have 1-2 portions of protein power and collagen (20-40g of protein)

6. Consider adding a multivitamin and mineral supplement to support your overall health. For female hormone balance, you may want to consider taking a supplement regimen that includes:

1. Vitamin B complex, which is important for many metabolic processes and can help boost energy, protect the nervous system, and improve the immune system.
2. Magnesium glycinate, which can help relax muscles, calm the nervous system, improve sleep quality, and aid in digestion, reducing anxiety and nervousness.
3. Vitamin D, which can boost the immune system, regulate inflammation, maintain bone strength, and fight depression.
4. Zinc, which can boost the immune system, protect the skin, aid in protein synthesis, and act as an antioxidant.
5. Biotin, which can strengthen hair, nails, and skin, and aid in carbohydrate and fat metabolism.
6. Turmeric with black pepper, which is a strong antioxidant and anti-inflammatory agent. You can introduce this spice to your cooking or take it as a supplement.
7. Ashwagandha, which is a well-known adaptogen and anti-stress supplement. It can help fight anxiety, improve energy, and has strong anti-inflammatory properties. It can also improve sleep quality, boost memory, and induce muscle relaxation.

7. Consider practice 16h intermittent fasting and reduce carbohydrate intake.

Simply skip breakfast and wait until lunch at 12 pm if you had dinner at 8 pm the night before. Feeling a little hungry during the fast window is normal, and Semaglutide can help make it easier. Intermittent fasting helps your body use fat for energy and create ketones, which supports weight loss and mental clarity. Additionally, it triggers autophagy, which helps eliminate weak cells, cancerous cells, and pathogens in your body, reducing inflammation, enhancing your immune function, gut health, and mental clarity. During your eating window, have a salad with lean protein and healthy fats to break your fast. Try to drink a lot of water – remember cold is negative calorie intake – it takes your body heat which means getting rid of calories from your body. If you have 32oz big water bottle, try to drink 2-3 of them a day. Consider adding green tea for anti-oxidant addition. If it is too hard to drink that much water, try sugarless water flavoring drops.

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Sites that can be used are:

Backs of the upper arms

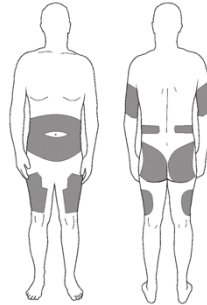
Abdomen

Front and side area of thighs or upper legs

Back above waist

Buttocks

*Usually, abdomen is the easiest and safest site.



Keep your medicine and new or used syringes or needles, away from children and pets.

How to take care of sharps

<https://www.columbus.gov/publichealth/programs/Alcohol-and-Drug-Abuse/Safe-Needle-Disposal/>

- You can buy a needle disposal container at the drug store or online. You also can use an empty heavy plastic bleach or detergent bottle with a cap or lid.
- Place needles in a sharp container or hard plastic bottle with screw top.
 - Seal the cap tightly **using duct tape**. **Label** the bottle "Danger. Needles Inside."
 - Place the bottle in a tied trash bag and put it in a trash can.