Better Beauty & Wellness, LLC

GLP-1 CARE PACKET

WHAT ARE GLP-1S?

GLP-1 is a hormone produced in the small intestine that stimulates insulin secretion and inhibits glucagon secretion, thereby lowering blood sugar. Semaglutide and Tirzepatide are glucagon-like peptide (GLP-1) analogs approved as treatment methods for improving glycemic control and have shown great promise for patients with difficulty losing weight.

- Studies have demonstrated that Semaglutide reduces appetite, improves control of eating, reduces food cravings, and improves glycemic control.
- Tirzepatide is *also* a glucose-dependent insulinotropic polypeptide (GIP). The GIP hormone can trigger insulin creation and sensations of fullness.

DO NOT TAKE THIS MEDICATION IF:

- You have a personal or family history of medullary thyroid carcinoma (Thyroid Cancer) or multiple Endocrine Neoplasia syndrome type 2.
- You are pregnant or plan to become pregnant while taking this medicine.
- You are diabetic and/or taking any medications related to lowering your blood sugar levels without speaking with your endocrinologist.
- You have a history of Pancreatitis.
- You are allergic to BPC-157, Semaglutide, or any other GLP-1 agonist
- If you have other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems.

SIDE EFFECTS & CONTRADICTIONS:

The most common side effects are nausea, vomiting, diarrhea, stomach pain, and constipation. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions.
Semaglutide and Tirzepatide are NOT insulin and should not be used if you have Type I Diabetes or if you develop diabetic ketoacidosis.

COMMON SIDE EFFECTS & THEIR REMEDIES:

HEARTBURN:

- Avoid eating 2-3 hours before bedtime
- Eat smaller meals
- Tums (over-the-counter)
- Zantac (over-the-counter)
- Pepcid (over-the-counter)

GAS:

- Gas-X (over-the-counter)
- Pepto Bismol (over-the-counter)
- Consider a daily probiotic supplement (available in the clinic)

NAUSEA:

- Ginger candy (over-the-counter)
- Eat smaller meals
- Notify clinic for Zofran prescription

CONSTIPATION:

- Hydration! (aim for half of your body weight in ounces of water)
- Magnesium oxide 1,000mg- 2,000mg daily (over-the-counter)
- Colace 100mg-200mg daily (over-the-counter)
- Miralax 2-6 capfuls of powder (over-the-counter)
- If laxatives are needed, please notify the clinic
- Consider a daily probiotic supplement (available in the clinic)

DIET, EXERCISE, AND SUPPLEMENTS

IT IS HIGHLY RECOMMENDED TO:

- Eat a fibrous diet. Focus on fruits and vegetables that are high in fiber.
- Eat small high-protein meals as digestion is slowed down while on this medication.
- Avoid foods high in fat as they take longer to digest (moderate nut, avocado, etc. consumption is okay).
- Limit alcohol intake as this medication can lower blood pressure.
- Drink at least half of your body weight, in ounces, of water a day to avoid constipation.
- Consider a daily probiotic (for regularity) and a multivitamin (filling in nutritional gaps).
- Strength train for muscle and bone preservation (see page 5).

SLOGANS AND TRICKS:

- **Produce & Protein** at *every* meal and snack
- Eat things that **Grow & Grow Up**
  - (fruit, vegetables, eggs, chicken, turkey, fish, etc.)
- Drink 8 oz of **water upon waking** (yes, before coffee)

SUPPLEMENT RECOMMENDATIONS:

- Multivitamin (available in office)
- Vitamin D (available in office as a supplement or injection)
- Probiotic (available in office)
- Protein Powder

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written in collaboration with Steady State Wellness

PROTEIN SNACK IDEAS

RAPID WEIGHT LOSS FROM GLP-1S AND A REDUCED APPETITE CAN RESULT IN MUSCLE LOSS, BONE DENSITY LOSS, AND LOWER RESTING METABOLIC RATE. WITH THIS KNOWLEDGE, IT IS INCREDIBLY IMPORTANT TO INCREASE PROTEIN INTAKE AND STRENGTH TRAINING TO MAINTAIN MUSCLE & BONE.

- half cup cottage cheese (add fruit if desired)
- Roll Ups: 3 slices low sodium turkey, 1 slice low-fat cheese, & spinach/lettuce
- 1 baby bell cheese & 1 serving of nuts
- 1 oz low-sodium turkey jerky with sliced apples
- 1 serving Greek yogurt, without fruit at the bottom (add your own)
- 2 hard-boiled eggs & ¼ avocado
- 2 TBPS hummus (or black bean hummus) & 1 cup veggies
- 1 100-calorie pack of edamame
- 1 lite string cheese & a handful of grapes
- 1 can tuna fish with 1 TBSP mayo or mustard
- 1 tuna packet with sliced cucumber
- half cup of chicken salad with 1 TBSP mayo or a quarter of an avocado
- 1-2 hard-boiled egg salad with 1 TBSP may or a quarter of an avocado
- quarter cup low-sodium black beans, 1 TBSP salsa & sprinkle of cheese
- quarter cup roasted chickpeas
- 1 cup low-sodium turkey or chicken chili with beans and veggies
- 2 guacamole deviled eggs (without the yolk)
- 2-3 lentil and turkey meatballs
- 1 cup lentil and veggie soup
- 1 protein shake
- 1 protein bar
- dinner leftovers

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Fit for Five

Complete 3 sets of 10 reps for each exercise.

DAY 1: LOWER BODY

Sumo Squats | Reverse Lunges | Curtsy Lunges | Step-Ups | Glute Bridges

DAY 2: CHEST & TRICEPS

Chest Flies | Chest Press | Triceps Dips | Overhead Triceps Extensions | Skull Crushers

DAY 3: CORE

Superhumans | Russian Twists | Penguins | Alternating Toe Taps | Sit-Ups

DAY 4: LEGS & SHOULDERS

Squat Press | Lunges with Lateral Raises | Calf Raise to Shrug | Shoulder Press | Bulgarian Split Squat

DAY 5: BACK & BICEPS

Bicep Curls | Hammer Curls | Reverse Curls | Bent-Over Rows | Back Flies

provided by Steady State Wellness

TIRZEPATIDE WITH B12 FROM SOUTH LAKE PHARMACY

ADMINISTRATION (TO BE DONE ONCE, WEEKLY):

1. Pop cap off vial (rubber stopper stays in).
2. Wipe the rubber stopper with alcohol pads.
3. Take the caps off the front and back of the syringe.
4. Stick the needle straight into the center of the rubber stopper and turn everything upside down.
5. Once upside down, pull back on the plunger (the liquid will be pink).
    - The first dose will be 25 units.
6. Clean any fat on the belly with an alcohol pad.
7. Stick the needle straight in like a dart. Push in fluid.
8. You can throw used needles in a soda bottle or laundry detergent container, and throw them in the trash.
9. Keep the vial refrigerated before and after use.
10. Discard vials 28 days after puncture or by BUD (Beyond-Use Date).

DOSING:

This is a once-weekly injection. For the first 4 weeks do 25 units (this is 2.5mg but don't worry too much about milliliter or milligrams).

After 4 weeks you can titrate up by 10 units if you are feeling good

- (no nausea, heartburn, gas, constipation).

You can keep titrating up until you feel like you are losing weight, your cravings are controlled, and portions are good.

The maximum dose is 150 units, but most people do not get that high.

Keep a diary of how many units you do each week. That way you will know when to reorder.