

Semaglutide & Tirzepatide



Regulating Appetite and Blood Sugar: Curb hunger and enhance feelings of fullness, making it easier to stick to a healthy diet and lifestyle.



Improved fat oxidation & insulin sensitivity (glucose absorption by muscle)



Decreased muscle atrophy agents that break-down muscle with age and weight loss alone (very important to maintain muscle tissue for overall health and longevity)

Harnessing the power of Weight Loss GLP-1 Agonist Injections: How do these injections work?

GLP-1 agonists like semaglutide & tirzepatide are neurocognitive peptides first studied to improve cognitive function and it was noticed that significant weight loss was a side effect! These peptides mimic your body's natural signaling agents GLP-1 (which is produced naturally in the stomach), allowing your body to be more efficient at shedding weight.

Investing in Your Well-Being: Cost and Monitoring

These peptides must be utilized in combination with dietary changes (adequate protein) and an exercise program tailored to your abilities to ensure you do not lose precious muscle tissue and keep the weight off long-term. For this reason, we will work closely with you to monitor your progress to give you the best chance for maintaining long-term healthy weight loss.

Here's what you can expect:

- Most people require 6-12 months to achieve the weight loss they desire, aiming for 1-3 pounds per week. We recommend a minimum 6-month commitment, cost of \$250/month for semaglutide, with an additional \$100 discount if paid up front for 6 months. This price for semaglutide will not increase as your dosing requirement increases, while tirzepatide pricing varies with dosing and ranges from \$350-425/month. When starting with a GLP-1 for the first time, semaglutide is well tolerated and more cost effective.
- Structured Progress: Monitored 1-3 pounds per week weight loss ensures steady progress. This will help your body adjust to your new weight set point and prevent loss of excessive lean body tissue.

Long-Term Benefits: Regular check-ins ensure sustainable weight loss and lasting relief from obesity-triggered pain. Accountability with diet and lifestyle activity changes are important to ensure that you are losing fat while maintaining precious muscle tissue. Too rapid a weight loss will hurt metabolism in the long run. Medication helps your body lose fat **NOW** while adequate protein from diet and exercise will maintain muscle while you lose weight to **KEEP IT OFF**

Diet and Lifestyle Change is Important!!!

While these medications are effective at decreasing cravings/appetite and improve how your body utilizes food, it is VITAL to start making small changes consciously in your daily life to build habits that will maintain your weight loss and preserve precious muscle (which greatly affects overall metabolism and health).

Each point is vital to your long-term success.

1. Ensure you consume adequate protein (can't emphasize this enough).
2. Increase your vegetable intake to ensure adequate vitamins/minerals (consider a multivitamin).
3. Minimize processed, sugary foods.
4. Resistance train 2-3 times per week to your ability.