

How to get the best results with *Semaglutide*

We have seen some fantastic results from patients on our weight loss program. And we're excited to help as many people as possible to achieve a healthier weight as the first step to optimal health and wellness. We also know you may have a lot of questions about this program, including what to do to get the best possible results.

So, we've compiled these eight tips to help you maximize your results when using Semaglutide for weight loss.

1. Eat Smaller Portions More Often

Semaglutide will make you feel full on far less food, so plan to eat small meals throughout the day. If you eat too much in one sitting, you can end up with nausea, heartburn, or other unpleasant GI issues. And always keep some over-the-counter medicines at hand in case you need them.

2. Concentrate on Eating More Slowly

Did you know it takes your brain 15 minutes or more to register that you've eaten? That's why it's so important to take your time, even with Semaglutide. Concentrate on slowing down and taking a moment between each bite.

3. Avoid Foods That May Cause Side Effects

While no food is off-limits when taking Semaglutide, certain foods can also cause side effects. These include fatty foods, processed foods, and foods with added sugar. These can be the toughest for your body to digest – and the most likely to cause nausea while taking Semaglutide .

4. Drink a LOT of Water

You know the importance of drinking enough water – it's vital for all your bodily processes. But it becomes even more important with Semaglutide, as staying hydrated can stave off nausea that some people experience on this medication. Try to get in a minimum of 80 ounces of water a day.



5. Keep Alcohol to a Minimum — or Not at All

Alcohol can irritate your stomach while you're taking Semaglutide. It can also influence your blood sugar levels — which may drop too low when alcohol combines with Semaglutide. Also, when you drink alcohol while taking Semaglutide, you risk developing pancreatitis (although this is rare).

6. Aim to Lose One to Two Pounds MAX Each Week

This program isn't a quick-fix diet — it provides healthy weight loss at a rate of one to two pounds per week. If you lose over three pounds per week (considered rapid weight loss), you may be at risk for developing gallstones. We recommend eating 1200-1500 calories a day. To start, you may want to track your calories on an app to ensure you're eating enough.

7. Move as Much as You Can

Regular exercise is vital for good health, with or without Semaglutide. But getting in more movement while on this medication can help you achieve better results — and keep those results after you've lost the weight. The best way to get more movement in is to start walking more. You can even use a step counter on your phone or watch to keep track of how you're doing.

8. Rotate Where You Inject Each Week

You can inject Semaglutide in three different locations on your body: your thighs, abdomen, and upper arm. These areas ensure you inject the medicine under the skin but far from a vein. It's important to rotate where you inject each week so you give your skin a chance to heal.

