



Your GLP-1 Weight Loss Guide

Your journey to a healthier, more confident you starts here.

What is a GLP-1 Agonist?

GLP-1 (glucagon-like peptide-1) is a natural hormone released after eating that helps regulate blood sugar, appetite, and digestion. GLP-1/GIP medications, such as semaglutide and tirzepatide, mimic this hormone to lower blood sugar in people with type 2 diabetes, slow digestion, and suppress appetite to support weight loss.

What is Semaglutide?

A GLP-1 receptor agonist that helps regulate blood sugar and appetite.

- Increases insulin release after meals to support healthy blood sugar levels
- Lowers glucagon, helping prevent blood sugar spikes.
- Slows digestion, keeping you full longer.
- Reduces appetite and cravings, supporting healthy eating habits

What is Tirzepatide?

A medication that supports weight loss and blood sugar control by mimicking the natural hormones GLP-1 and GIP to reduce appetite, improve blood sugar regulation, slow digestion, and promote safe, gradual weight loss when combined with diet and exercise.

Dosing Schedules

Depending on the health professional and patient history, GLP-1/GIP medications are typically administered once weekly and begin at a low starting dose.

This gradual approach allows your body time to adjust and helps minimize side effects. Over the course of several weeks to months, the dose may be slowly increased based on your response, tolerance, and weight-loss goals.

What are the GLP-1/GIP benefits?

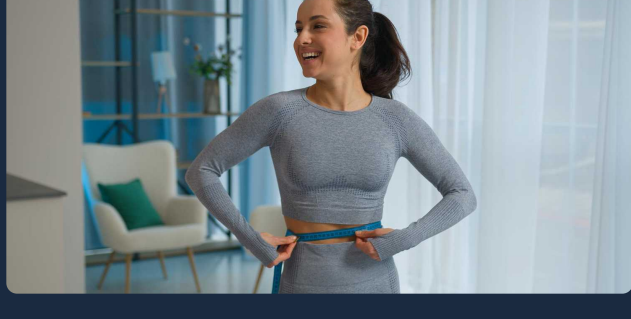
- Reduce appetite
- Supports sustainable weight
- Improves blood sugar control
- Supports metabolic health
- Reduce your risk cardiovascular disease

GLP-1/GIP Common Side effects

- ✓ Constipation
- ✓ Stomach Discomfort
- ✓ Nausea
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Headaches
- ✓ Lack of Energy
- ✓ Decreased Appetite

Reducing & Managing Side Effects

- For nausea (with or without vomiting) and stomach discomfort → Prevent by eating enough food and staying hydrated. Eat smaller meals, avoid high-fat foods, and remain upright after eating. Aim for adequate protein intake. Mild nausea may improve with ginger chews; moderate to severe nausea may be treated with prescribed anti-nausea medication (e.g., Zofran)
- Constipation → Prevent with daily fiber supplement (ex: Metamucil & Benefiber) and adequate water intake
- "Calm" or "Smooth Move" for immediate assistance in bowel movement
- Severe constipation → try an over-the-counter stool softener followed by a mild laxative (ex: Miralax, Dulcolax)
- Diarrhea: Incorporate electrolytes, water, and low-fiber foods to solidify stool. Avoid alcohol & caffeine
- Lack of energy → ensure adequate food and fluid intake, as energy is due to calorie deficiency. Taking a daily supplement (ex: B-Complex, B-12, Vitamin C, & Zinc)



High-Protein Foods:

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|  Chicken Breast |  Turkey |  Lean Beef |
|  Fish (Salmon, Tuna, etc.) |  Shrimp |  Eggs & Egg Whites |
|  Greek Yogurt |  Cottage Cheese |  Milk |
|  Quinoa |  Lentils |  Tofu |
|  Edamame | | |

High-Fiber Foods:


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|  Avocado |  Pears |  Chia Seeds |
|  Raspberries - Blackberries- Strawberries |  Almonds |  Spinach |
|  Artichoke |  Broccoli |  Oats |
|  Beans (Black, kidney, pinto) |  Carrots | |

Contact us if you have any questions or concerns

If you experience severe side effects or an allergic reaction, please call emergency services, 911.

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