Ready to Lose that Stubborn Weight?

We start with a consultation that goes over current lifestyle, medical history, what diets or exercise regimens that have worked in the past or that you are doing currently. The patient will have the “New Patient Paperwork” to fill-out before the appointment.

**On average my clients are losing 5-6% percent of body weight in the first 4-6 weeks.**

We will review nutritional and exercise regimen suggestions based on the client’s lifestyle.

Will discuss current medications the patient is taking and how the weight-loss injections will be incorporated into your life. The following medications (GLP-1 Agonists) may be included in your plan:

* + **Semaglutide (Ozempic)**
  + **Tirzepatide (Mounjaro)**

**\*Common side effects?**

Nausea, vomiting, diarrhea, and constipation.

**\*Most severe effects of the drug?**

Pancreatitis, thyroid cancer, kidneys stop working (renal failure).

**\*Can I stop any time I want?**

Yes, however, you may gain weight back.

**\*Will I need a maintenance dose?**

Yes. The client may require a tapering dose or the same dose every other week.

**\*Will the injection alone make me lose weight?**

Yes. The injection will assist with decreased appetite and getting cravings under control.  However, incorporating a clean healthy diet daily along with exercise will speed up the weight loss process.

\*Four injections is a months’ worth; you will inject one shot per week. The client will inject their own shots after the Nurse Practitioner has educated the client on administration and safety.

**\*NO REFUNDS WILL BE ISSUED\***

We do not accept any insurance.

