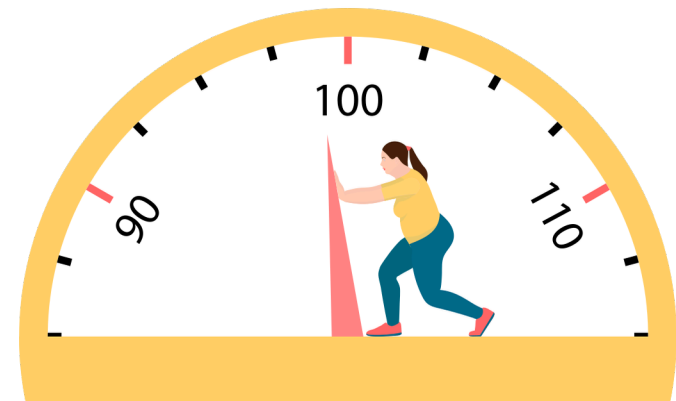
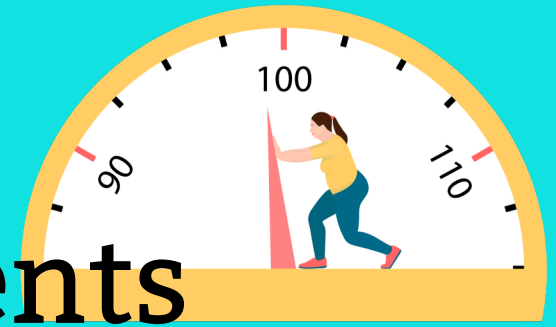


GLP-1
WEIGHT LOSS
SUCCESS
PREVENTION
&
TREATMENT



GLP-1 SIDE EFFECTS

Prevention and Treatments



A guide to feeling your best while on your GLP-1 weight loss journey. While not everyone has had or will have these side effects, when you know how to prevent and treat them it takes some fear out of what might be **the best weight loss decision of your life!** GLP-1s are going to quite the “food talk” in your head and help you to redefine your relationship with food. Some side effects are caused by changing the foods that you eat and some are treated by changing the foods that you eat.

Side Effect

Why it happens

How to manage or prevent it

Hair Loss

- Rapid weight loss and caloric deficit can shift energy away from non-essential functions like hair growth. Hair follicles enter a resting phase (telogen) which can cause shedding.
- Protein deficiency reduces keratin production.
- Iron and zinc deficiency lead to brittle hair.
- Low levels of B vitamins and Biotin can slow hair regrowth.

- Increase fiber intake (chia seeds and veggies) and hydration (100 oz / day)
- Add magnesium citrate before bed
- Use a probiotic to support gut health
- Use a PRE-Biotic before each meal to help your GI track with digestion
- Prioritize sleep and manage stress
- Add Biotin, collagen, zinc and B12

Constipation

- GLP-1 medications help you feel full longer. This is done by slowing down gastric emptying.
- Reduced appetite leads to lower food consumption and in turn less fiber and water.
- Electrolyte imbalances can lead to sluggish bowels.

- Increase fiber gradually - chia seeds, flax seeds, beets and leafy greens help.
- Hydrate more - aim for 80 - 100 oz of water per day.
- Electrolytes matter - add to your daily water, put salt in your water or add magnesium citrate at night.
- Stay active and add probiotics.



Side Effect

Why it happens

How to manage or prevent it

Nausea

- GLP-1s signal less hunger to the brain which can stimulate a feeling of nausea to discourage eating.
- Increased sensitivity to foods such as greasy or processed foods can overwhelm the stomach.
- Delayed gastric emptying makes you feel full longer but it can also cause discomfort if the food sits too long.

- Eat small, protein rich meals
- Avoid greasy or ultra processed foods or foods cooked in seed oils.
- Avoid sugary foods and foods high in ultra processed or fake sugars.
- Ginger tea and peppermint tea calm nausea by taking pressure off your lower esophageal sphincter.

Muscle Loss/ Lose Skin

- Caloric deficit caused by reduced food intake may cause the body burns muscle and fat.
- Lower appetite results in less protein intake and muscles rely on protein intake.
- Less strength training because you feel tired due to less food intake.

- Eat 80 - 100 grams of protein per day.
- Strength train 3 - 4 x/ week.
- Add collagen to your diet to improve skin elasticity. Collagen also comes in a cream which may help very specific areas.
- Add creatine supplements to help muscle retention.

Feeling Exhausted

- Lower caloric and nutrient intake due to reduced appetite and under eating.
- Electrolyte imbalances and dehydration can exacerbate feelings of fatigue.
- Slower food absorption leads to lower blood sugar.
- Cutting organic carbs too much, such as those from fruits in veggies,

- Eat nutrient dense means including fatty meats, eggs, avocados and nuts.
- Increase dietary sodium with high quality sea salts and quality electrolytes.
- Eat quality carbs like berries, sweet potatoes and quinoa to maintain energy.
- Increase your daily physical activity.



Side Effect

Why it happens

How to manage or prevent it

Diarrhea

- GLP-1s affect gut motility and for some people this leads to faster transit of digestion. Fatty, greasy and processed foods are often triggers of diarrhea.

- Avoid high fat, processed or sugary foods which can irritate digestion.
- Electrolytes are key to rebalancing sodium and potassium.
- Use Immodium as needed and directed
- Pro-biotics and digestive enzymes can help regulate gut bacteria and ease digestion.

Burping & Excess Gas

- Food takes longer to move through your body which can lead to fermentation by gut bacteria causing excess gas.
- Some people become sensitive to high-fiber foods or sugar alcohols found in artificial sweeteners.
- Fatty foods may slow digestion even more making gas build up even worse.

- Add digestive enzymes to your diet, like lipase (for fats) and protease (for proteins).
- Get increased exercise which will mechanically cause your GI track to move more easily.
- Avoid carbonated drinks.
- Chew food slowly and completely.

Feeling Bloating

- Food sits in the stomach longer leading to gas buildup and fermentation.
- Some people become more sensitive to certain fiber-rich or artificial sweetener-laden foods.
- Gut bacteria changes and can lead to more gas production.

- Avoid carbonated drinks and artificial sweeteners - they increase gas and bloating.
- Eat smaller meals - larger meals sit "heavy" when gastric emptying is slowed.
- Digestive enzymes - pre-biotics - can help break down fiber rich foods.
- Peppermint tea and ginger reduce bloat.



Side Effect

Why it happens

How to manage or prevent it

Sunburn Feeling on Skin

- GLP-1s can affect nerve signaling and blood sugar regulation which may trigger a temporary nerve irritation or hypersensitivity.
- Called a “paresthesia” (tingling, burning or prickling sensation), and will resolve on its own.
- Causes a histamine reaction.
- Reduced blood flow circulation due to widening of blood vessels that feels like flushing.

- Increase your daily intake of magnesium, potassium and B12 which support nerve function.
- Try an antihistamine and avoid histamine rich foods like cheeses, wine and fermented foods.
- Try a cool compress for specific areas.
- Wear loose, breathable clothing.

Headaches

- Headaches on GLP-1s can be caused by dehydration, low blood sugar, or electrolyte imbalances.
- Since you eat less on GLP-1s, many users unintentionally also drink less water.

- Stay hydrated - drink plenty of electrolyte infused water.
- Limit caffeine & alcohol which can dehydrate you and cause headaches.
- Eat high protein meals which will help avoid blood sugar dips that trigger hydration.

Preventing side effects is always better than managing them after they occur, especially for those using GLP-1 medications. When side effects do set in they can make it difficult to stay consistent with treatment and reach weight goals. However, most of these issues can be avoided by following simple, proactive strategies. Slowly increasing dosage as prescribed and prioritizing gut health can also make a significant difference in how well the body tolerates GLP-1s. Instead of waiting until symptoms interfere with daily life, those on GLP-1s should follow side effect prevention guidelines from the start. This insures a smoother, more comfortable experience. A little prevention goes a long way to helping you reach your weight loss goals.

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