

WHAT CAN YOU EXPECT USING THESE MEDICATIONS?!

Months 1, 2 and 3:

These are the exciting months! This is when you will usually see some fast results from the medication. Now keep in mind, everyone is different. Some may lose 5 pounds per month; some may lose 20 pounds per month. Also keep in mind, it can take up to 2 months for the medication to full absorb into our body. Have patience!

Months 4, 5, and 6:

These months can be interesting, because your body can start fighting against the meds and you may start to feel the hunger come back. It is like a tug of war that tis taking place between your brain and the medication. it is important to not give in and be mindful of what you are eating. The medication can work great, but you will still be required to have some self-control. Just because you are feeling more hunger urggers, does not mean the medication is not working. The mind is very strong and your body has been accustomed to living and eating a certain way for years. Now it is being forced to change some of those bad habits you might have had. Stay focused and remember, this medication is more of a long-term process and not a quick fix! You can and will still get great results, but just realize you might slow down on the pounds coming off the scale and may start seeing more inches coming off around our body and waist instead! Stay on track!

After 6 months:

These are the 'cruise-control' months. By now, your body should be familiar with the medication and how it reacts to it. You should have a pretty good idea of what you can eat and what you should not be eating. Your stomach should be shrinking down as well. If you are still needing to lose more weight, then you can continue the medication at higher doses. If you have reached your goal weight, we recommend switching to maintenance doses (see separate sheet). Do not stop the meds cold turkey!

Long-Term

GLP-1 Medications were approved for weight loss by the FDA in April 2021. They were utilized prior to that (2012) for weight loss as well. Studies thus far have shown these medications can be safe to take long-term if needed and if your doctor approves!

******* ULTIMATE CONTOUR BODY SCULPTING *******

All active weight loss patients can sculpt for \$100 Per Session!

The machine disrupts fat cell's membranes causing it to rupture. IT DESTROYS THE FAT CELL PERMANENTLY and absorbs it into the lymph system, excreting it from the body. Our patients lose **1 to 3 inches on average per session! Tighten, Tone, Detox! Immediate results same day!**

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