



## ETERNAL BEAUTY LIFESTYLE

### *Weight loss and Aesthetic care*

## **Tirzepatide General Information and Frequently Asked Questions**

### **What is Tirzepatide?**

Tirzepatide is a dual GIP and GLP-1 receptor agonist designed to improve blood sugar control and aid in weight loss. Also administered weekly, it targets multiple pathways to enhance insulin sensitivity and reduce appetite. It is FDA approved weight loss medication.

Tirzepatide is a medication used to help control blood sugar levels in patients with Type 2 Diabetes. However, multiple studies indicate that this medication can help people without diabetes lose weight and sustain long-term results.

GLP-1 (glucagon-like peptide 1) weight loss treatments are named after the hormone receptor they stimulate. When injected or taken orally, GLP-1s increase insulin production and reduce your feeling of hunger. Thus, helping you to lose weight.

### **Is Tirzepatide for weight loss right for you?**

Tirzepatide is intended to treat adults 18 and older with BMI 27 and greater. Before initiating therapy let's discuss your weight loss goals and medical history to determine if Tirzepatide is right for you.

### **Contraindications**

- Under the age of 18
- Pregnant, trying to become pregnant, or breastfeeding
- Personal or family history of medullary thyroid carcinoma (Thyroid Cancer)
- Personal or family history of Multiple Endocrine Neoplasia, type2 (MEN2)
- Diabetic retinopathy (diabetic eye disease)
- Diabetic and currently on diabetic medications to lower your blood sugar without speaking to your prescribing provider

- If taking insulin you must speak to your prescribing provider to adjust doses to avoid hypoglycemia
- History of Pancreatitis (persistent abdominal pain sometimes radiating to the back)
- You are allergic to Tirzepatide or any other GLP-1 agonist

#### **Lab work Required:**

- CBC, CMP, TSH, HgA1C
- Previous lab work can be within 90 days

Program duration 16 - 20 weeks for meaningful results. Tirzepatide administration starts at low dose and slowly increases based on your results and tolerance. Please read the document in full. You will find dosing and prices at the end.

#### **How does Tirzepatide work?**

Tirzepatide helps patients eat less and feel fuller when they do eat by targeting an area in the brain (called GLP-1 receptors) that regulate your appetite. You'll feel fuller quicker, and it lasts longer, allowing you to forget about cravings and get on with your life!

The Tirzepatide Weight Loss program is designed to be undertaken from the comfort of your own home and administered weekly as subcutaneous (under the skin) self-injections. Just inject once a week and watch your weight drop. To see meaningful results it requires minimum of 3 months commitment.

While the foundation for sustained weight loss is in lifestyle habits, weight loss medications act as another tool in the box to promote changes that can be maintained once achieved.

Tirzepatide injection is also used to help lose weight and keep the weight off in patients with obesity caused by certain conditions.

There are no special diets, but how you eat will impact how you feel.

#### **Oral Birth Control and Tirzepatide**

Tirzepatide may reduce the effectiveness of oral hormonal contraceptives due to delayed gastric emptying potentially leading to reduced absorption of the hormones. The manufacturers of tirzepatide recommend using non-oral contraceptive methods or adding a barrier method (like condoms) for 4 weeks after starting the medication and for 4 weeks after each dose increase. Studies have shown that tirzepatide can decrease the overall effectiveness of oral contraceptives, potentially leading to a reduced effectiveness in preventing pregnancy.

## **Food List**

Here's a categorized list of 100 foods that are beneficial to include in your diet when using GLP-1 hormone therapy. These foods are categorized based on their macronutrient content: lean protein sources, complex carbohydrates, and healthy fats.

### **Lean Protein Sources:**

While taking Tirzepatide I recommend a diet high in lean protein sources, such as:

1. Chicken breast
2. Turkey breast
3. Lean cuts of beef (e.g., sirloin, tenderloin)
4. Lean ground turkey
5. Lean ground chicken
6. Fish (salmon, trout, tuna, cod)
7. Shrimp
8. Tofu
9. Tempeh
10. Cottage cheese (low-fat)
11. Greek yogurt (unsweetened)
12. Eggs (preferably egg whites)
13. Egg substitutes (low-fat)

### **Complex Carbohydrates:**

It's important to avoid refined sugars and carbohydrates while taking Tirzepatide. I recommend small portions of complex carbohydrates instead, such as:

14. Quinoa

15. Brown rice
16. Whole wheat pasta
17. Barley
18. Buckwheat
19. Farro
20. Oats (steel-cut or rolled)
21. Sweet potatoes
22. Lentils
23. Black beans
24. Chickpeas
25. Kidney beans
26. Edamame
27. Whole grain bread (preferably sprouted or whole wheat)
28. Whole grain cereals (low sugar)
29. Bulgar wheat
30. Millet

### **Healthy Fats:**

It's also important to avoid saturated fats, like the fat found in animals. Instead, while on Tirzepatide I recommend a diet with a balanced portion of healthy fats found in plant-based foods, such as:

31. Avocado
32. Olive oil
33. Coconut oil
34. Nuts (almonds, walnuts, cashews)

35. Seeds (chia seeds, flaxseeds, pumpkin seeds)
36. Nut butters (almond butter, peanut butter)
37. Fatty fish (salmon, mackerel, sardines)
38. Flaxseed oil
39. Hemp seeds
40. Olives
41. Dark chocolate (70% cocoa or higher)
42. Chia seeds
43. Sunflower seeds
44. Sesame seeds
45. Almond milk (unsweetened)

**Vegetables:**

As with any diet, and especially while on Tirzepatide, I recommend a diet with a generous portion of vegetables, such as:

46. Spinach
47. Kale
48. Broccoli
49. Brussels sprouts
50. Cauliflower
51. Bell peppers
52. Carrots
53. Zucchini
54. Cucumber
55. Tomatoes

- 56. Asparagus
- 57. Green beans
- 58. Eggplant
- 59. Celery
- 60. Mushrooms

**Fruits:**

While on Tirzepatide, I recommend a diet with a small portion of fruits to limit the amount of sugar you are intaking. Stick to nutrient dense fruits that are low glycemic, such as:

- 61. Berries (strawberries, blueberries, raspberries)
- 62. Apples
- 63. Oranges
- 64. Grapefruit
- 65. Bananas
- 66. Pineapple
- 67. Mango
- 68. Papaya
- 69. Kiwi
- 70. Pears
- 71. Cherries
- 72. Watermelon
- 73. Peaches
- 74. Plums
- 75. Grapes

## **Dairy and Alternatives:**

I recommend a diet that is low in dairy while on Tirzepatide. If you are going to consume dairy, make sure it is free from added sugars and low in saturated fat.

- 76. Low-fat milk (cow's milk or plant-based)
- 77. Unsweetened yogurt (Greek yogurt, coconut yogurt)
- 78. Cheese (low-fat options like feta or cottage cheese)
- 79. Kefir
- 80. Soy milk (unsweetened)

## **Beverages:**

I recommend drinking plenty of hydrating fluids while on Tirzepatide, such as:

- 81. Water (plain or infused with fruits/herbs)
- 82. Herbal teas (unsweetened)
- 83. Green tea (unsweetened)
- 84. Coffee (black or with minimal added sugar)

## **Miscellaneous:**

Other ideas to ensure you don't get bored while eating a diet for Tirzepatide is to include a variety of new things, such as:

- 85. Seaweed (nori, kelp)
- 86. Tofu noodles
- 87. Spices and herbs (turmeric, ginger, cinnamon, basil, cilantro)
- 88. Vinegars (balsamic vinegar, apple cider vinegar)
- 89. Coconut water (unsweetened)
- 90. Nutritional yeast

91. Fermented foods (kimchi, sauerkraut)
92. Hummus (made with olive oil)
93. Salsa (fresh or low sodium)
94. Low-sodium broth (vegetable or chicken)
95. Pickles (low sodium)

### **Snacks:**

While Tirzepatide should decrease your appetite and limit cravings for snacks, it's possible to get a case of the munchies. When you do, reach for these healthy snacks:

96. Air-popped popcorn (lightly salted)
97. Rice cakes (whole grain)
98. Vegetable sticks (carrots, cucumbers) with hummus
99. Trail mix (nuts and dried fruits, no added sugar)
100. Greek yogurt with berries

Including a variety of these foods in your diet ensures you receive essential nutrients while supporting your health goals with GLP-1 hormone therapies.

### **Common Side Effects**

While Tirzepatide is effective in promoting weight loss, it may cause certain side effects, including:

- **Gastrointestinal Issues:** Nausea, vomiting, diarrhea, or constipation may occur initially but often improve over time.
- **Hypoglycemia (low blood sugar).** Tirzepatide enhances insulin secretion, monitor blood sugar levels closely.
- **Injection Site Reactions:** Mild pain, redness, or swelling at the injection site



- **Potential for Pancreatitis:** Not common with Tirzepatide. Seek medical attention if persistent abdominal pain occurs.

## Tips to Manage Side Effects

1. **Follow Dosage Instructions:** Adhere strictly to the prescribed dosage and administration schedule provided. The gradual titration to a lower dose is designed specifically to prevent adverse effects.
2. **Gradual Introduction:** Start with a lower dose if possible to minimize gastrointestinal discomfort and gradually increase as tolerated. Again, follow the recommended dosing provided.
3. **Hydration and Diet:** Stay well-hydrated! DRINK THE WATER! Minimum of 64 oz of water a day is recommended. This can include: unsweetened tea, sparkling water, flavored water, Powerade or Gatorade Zero. Maintain a balanced diet rich in fiber to help alleviate gastrointestinal symptoms. I also recommend eating small meals high in protein and fat, and low in carbs and sugar, all day to keep something in your stomach and prevent nausea. In case of constipation or irregular bowel movements (such as skipping days) please take **Miralax** once or twice a day to promote stool softening (it works by drawing water back into your colon to keep the content soft so when it's time to pass it doesn't hurt; this is why water intake is so so important). If that doesn't take care of the problem please add **Senna** once a day. You can find senna over the counter in different forms. My favorite is the **Ex-Lax chocolate**. It comes in 2 different sizes 24 or 48 little squares. The recommended dose is one tiny little square in the evening so you can allow the medicine to work overnight and usually the bowel movement occurs the next day. Another supplement that can promote daily BM and is so good for you is **magnesium**. There are different supplements out there. My favorite one is **Calm**. It comes in powder or chewable gummies. I like the taste of the gummies better but it's up to you. I take 2-3 of those at night before bed. They help me sleep better and keep me regular.
4. **Monitor Blood Sugar:** If on Tirzepatide, monitor blood glucose levels regularly, especially during the initial phase of treatment. If you are having some **headaches** in the beginning it's very common. You may be eating too low calorie diet. make sure you are having 3 meals a day with lots of lean protein in it and low carbohydrates. Sometimes eating carbohydrates may make you feel **nauseous**. To treat the headaches please take Tylenol 650 every 6 hours as needed. If nausea occurs, which can be common in the beginning, please make

sure you are eating and drinking enough and if that doesn't resolve the problem please don't hesitate to text me your pharmacy's phone number and I will call in some Zophran (Ondansetron) for you.

5. **Manage Injection Site Reactions:** Apply a cold compress to reduce discomfort and rotate injection sites to minimize irritation.
6. **Consult Your Healthcare Provider:** Report any persistent or concerning side effects promptly to your healthcare provider for appropriate management.

### **Supplements recommended while on Tirzepatide**

- Magnesium - promotes muscle health and GI tract regularity
- Calcium - important for muscle function but also prevents bone loss while you are on tirzepatide, avoiding osteopenia and osteoporosis
- Fiber supplements - helps GI regularity and improves satiety
- B12 - improves energy levels, important for nerve health
- Omega 3 fatty acids for overall heart health
- Vitamin C and Biotin to help with hair health

### **Benefits Outweigh Risks**

Despite potential side effects, the benefits of Tirzepatide in achieving significant weight loss and improving metabolic health are substantial. This medication is supported by clinical evidence and can lead to long-term health improvements when managed effectively.

Navigating potential side effects of medical weight loss programs with Tirzepatide requires proactive management and communication with your healthcare provider. Please do not hesitate to call or text.

NOTE: Nothing on this document is intended to be prescriptive or medical advice. Talk to your doctor before starting a new diet and exercise plan. The information presented is about our medically supervised weight management program.

## Prices:

Last but not least we strive to provide you with the best products and most affordable prices. We do not accept medical Insurance. Our prices are based on dose used per month; it includes 4 shots self administered once a week, 7 days apart. Starting at only \$200 a month:

|                   |       |
|-------------------|-------|
| 1.25 mg (4 shots) | \$100 |
| 2.5 mg (4 shots)  | \$200 |
| 4 mg (4 shots)    | \$250 |
| 5 mg (4 shots)    | \$300 |
| 6 mg (4 shots)    | \$350 |
| 7 mg (4 shots)    | \$400 |
| 8 mg (4 shots)    | \$450 |
| 9 mg (4 shots)    | \$500 |

OR Get a vial of 60 mg for \$750

Add some energy to your weight loss plan with B12 shots only \$5 per shot administered once a week. Or add fat burning Lipo+ shots for only \$10 per shot, recommended dose is once a week.

Please be mindful that weight loss takes time and patience. The goal is to loose 0.5 - 1 lbs a week. In order to achieve meaningful weight loss and to keep the weight off you must participate in the program for at lease 3-4 months. If you only participate for a month or two you are not giving your body the opportunity to reset to its new normal so it's like the any weight that you've lost you may gain it right back. We are striving to give you the best outcomes possible and guide you through your journey.

We PREFER cash; we accept Zelle, Venmo; 3.0% transaction fee will be applied to CC transactions.