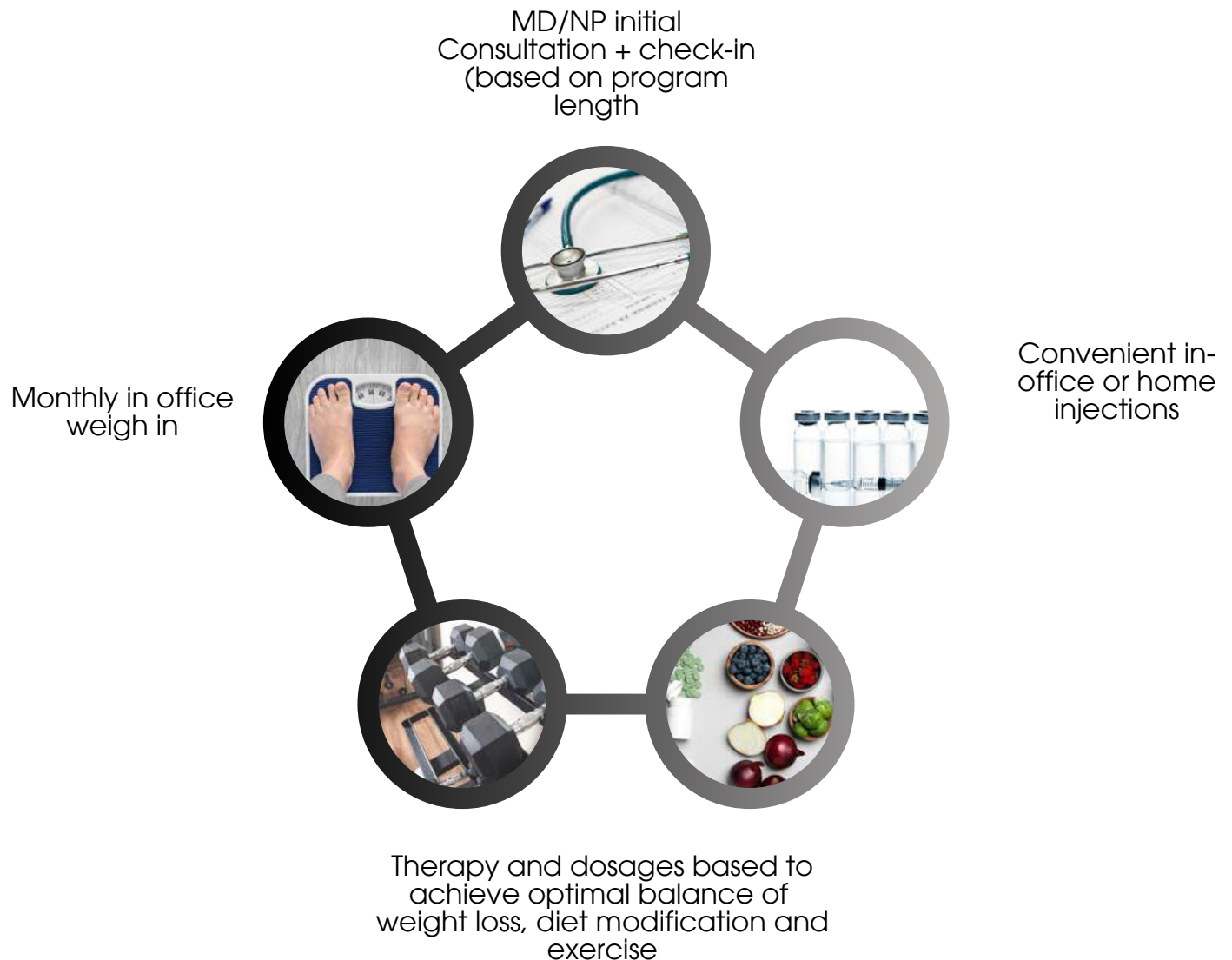


HOW DOES IT WORK?



HOW TO PREPARE

DO THIS

- ✓ WEEK BEFORE THE TREATMENT, DRINK PLENTY OF WATER
- ✓ EAT HIGH FIBER VEGETABLES AND FRUIT
- ✓ STAY CALM AND RELAXED DURING THE TREATMENT

AVOID THIS

- ✗ DON'T DRINK ALCOHOL
- ✗ STAY AWAY FROM SUGARY DRINKS
- ✗ TRY TO LIMIT FATTY FOODS



WHAT IS TIRZEPATIDE?

MECHANISM OF ACTION

Tirzepatide, the generic form of Mounjaro and Zepbound, is a dual GLP (Glucagon Like Peptide 1) and GIP (Gastric Inhibitory Polypeptide). This means it mimics the action of both these hormones in the body to:

- Promote feeling of satiety
- Reduce hunger and as a result decrease food consumption
- Improve insulin sensitivity, which allows the body to use most of the glucose consumed for energy instead of storing it as fat

Clinical trials have shown that Tirzepatide leads to loss of up to 21% of initial body weight in 72 weeks

TIRZEPATIDE

- ✓ 24% MORE weight loss achieved at comparable doses
- ✓ Study participants experienced LESS muscle mass loss (up to half the amount compared to Semaglutide)
- ✓ Has effects on 2 receptors for more efficacious appetite suppression with less side effects

SEMAGLUTIDE

- ✗ Less weight loss achieved at comparable doses
- ✗ Study participants experienced as high as 40% muscle mass loss
- ✗ Has effect on 1 receptor for appetite suppression and more side effects

Q&A ABOUT TIRZEPATIDE

How much weight loss can be expected with Tirzepatide treatment?

✓ Clinical trials have shown that individuals using tirzepatide for weight loss can achieve significant weight reduction, with many participants experiencing a loss of 5-15% of their initial body weight

✓ Is Tirzepatide suitable for everyone seeking weight loss?

tirzepatide is generally recommended for adults with a body mass index (BMI) of 30 or more, or those with a BMI of 27 or higher who have weight-related health conditions such as diabetes or high blood pressure.

✓ How long does it take to see results with Tirzepatide?

Results may vary, but many individuals start to see weight loss within the first few weeks of starting Tirzepatide treatment, with continued progress over several months. A steady rate of losing 1-2 lbs per week is common and desired. Consistently losing more than 2 lbs per week indicates that the weight loss may be occurring from lean muscle mass instead of fat.

✓ How long is Tirzepatide treatment typically recommended for weight loss?

Treatment can range from a few months to a year or longer, depending on individual needs and goals.

✓ Should it be combined with diet and exercise?

Absolutely! Incorporating exercise and a high protein and fiber diet while being on Tirzepatide is the most effective way to achieve optimal results.

✓ Who should not be on Tirzepatide?

- Pregnant or breastfeeding women
- BMI below 27 who do not have weight-related health conditions may not be appropriate candidates for tirzepatide treatment.
- History of severe gastrointestinal disorders, pancreatitis, thyroid cancer, MEN 1 or MEN 2 and severe kidney disease

✓ Can I switch from Semaglutide to Tirzepatide?

Yes- on your initial consultation you will be switched to an equivalent dose of Tirzepatide, based on your dose and symptoms while on Semaglutide.



TIRZEPATIDE SIDE EFFECTS

AND TIPS FOR MANAGING THEM:

Nausea

Nausea is a common side effect of Tirzepatide, especially when starting treatment or increasing the dosage. To manage nausea, try taking Tirzepatide with food or splitting the dose into smaller, more frequent injections.

Vomiting

Some individuals may experience vomiting as a side effect of Tirzepatide. If vomiting occurs, stay hydrated by drinking plenty of fluids and avoid heavy or greasy foods that may exacerbate symptoms.

Diarrhea

Diarrhea can occur in some individuals taking Tirzepatide. Stay hydrated by drinking plenty of water and electrolyte-rich fluids to replace lost fluids.

Constipation

Tirzepatide may cause constipation in some cases. Incorporating fiber (vegetables, whole fruits, lentils) into your diet and drinking at least 8 glasses of water daily will help. If needed OTC constipation medications (Miralax, docusate) can be used.

Injection Site Reactions

To minimize injection site reactions, it's important to rotate injection sites and use proper injection technique. Applying a cold compress to the injection site before or after administration may also help reduce discomfort.

FREE CONSULTATION



CONTACT US

www.renewmdwellness.com

EXERCISE WITH TIRZEPATIDE

Exercise plays a crucial role in boosting your metabolism and retaining muscle mass. When you engage in regular physical activity, you burn calories and build lean muscle mass. Combining Tirzepatide with exercise helps optimize your metabolism, making it more efficient at burning fat and calories even when you're at rest.



OUR ADVICE



START SLOWLY

If you're new to exercise or have been inactive for a while, start with low-impact activities such as walking, swimming, or cycling.



MIX IT UP

Try different types of exercise, but in your second month start incorporating strength training. This will help with retaining muscle mass and keeping your metabolic rate healthy.



CHOOSE ACTIVITIES YOU ENJOY

Find physical activities that you enjoy and look forward to doing. Whether it's dancing, hiking, or playing a sport.



CONSISTENT

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease.

TIRZEPATIDE WEIGHT LOSS TIPS

- Drink plenty of water before, during, and after exercise to stay hydrated
- Combine Tirzepatide with a structured wellness program to maximize your weight loss results
- While Tirzepatide can aid in weight loss, optimal results are achieved when combined with a healthy diet and regular exercise

TIRZEPATIDE

DIETARY TIPS



WHY IT MATTERS?

A balanced diet is crucial when using tirzepatide for weight loss because it supports the medication's effectiveness, helps regulate blood sugar levels, and reduces loss of lean muscle mass.

ACTIONS YOU CAN TAKE



01

Consistent meal timing

It will be difficult for you to eat large meals:

- Eat 3-4 small meals
- Try not to eat at least 3-4 hours before bedtime



02

High lean protein

- White meat and fish
- Tofu, tempeh and seitan
- Beans and lentils
- Nuts (limit to 8-10 nuts per day)



03

High-Fiber foods

- Leafy greens, vegetables, legumes
- Low sugar fruits and NO FRUIT JUICES
- Brown rice, quinoa and wild rice



04

Limit processed foods

Minimize your intake of processed and refined foods, including sugary snacks, desserts, and beverages.



05

Hydration

- Aim to drink at least 8 glasses of 8oz water
- Make it interesting- try zero calorie flavorings, fruit or green tea or carbonated water



06

Not eat

High-glycemic fruits such as pineapple, mango, bananas, and watermelon should be avoided. High-glycemic veggies like potatoes and sweet corn should also be reduced.

A balanced diet is crucial when using Tirzepatide for weight loss because it supports the medication's effectiveness, helps regulate blood sugar levels, and promotes overall health and well-being.

HOW TO INJECT TIRZEPATIDE

The medication is administered once weekly, on the same day each week. Injections can be done at any time of the day, with or without meals. Avoid double dosing to prevent unwanted side effects. If a dose is missed, you can take the missed dose up to 2 days after you were originally supposed to take it. If more than 2 days have passed, skip the missed dose and return to your original dosing schedule.



Preparation

Gather all necessary supplies, including the Tirzepatide pre-mixed syringe and alcohol swabs



Clean

Disinfect the injection site with an alcohol swab and let it dry. Make sure to use a different injection site each week when injecting in the same body region.



Prepare

Wash your hands thoroughly with soap and water to reduce the risk of infection. Hold the syringe at a 90-degree angle to the skin.



Injection

Grasp the skin with the hand not holding the syringe to create a fat fold. Holding the syringe securely with the other hand, insert the needle under the skin. When the needle is fully inserted, slowly push down on the plunger to inject the contents of the syringe



After

Administer Tirzepatide once a week, on the same day each week. You can give an injection at any time of the day, with or without meals.