**Semaglutide Weekly Reminders**

The Semaglutide Diet Program requires some restrictions each week while on the program. We are sending out this weekly reminder so that you have all our recommendations for success in one place.

**Hydration:** It is very important to hydrate while on this diet program. The best rule of thumb is to drink half of your body weight in ounces each day.

*Ex. 160 pounds = approximately 80 ounces of water a day.*

**We recommend:** *(All available on Amazon or local grocery)*

* LiquidIV Hydration Multiplier
* Primal Hydration
* Crystal Light (powder or liquid) or generic brand
* Mio Water Enhancers (powder or liquid) or generic brand

**\*\***We offer IV nutrition therapy at the spa. Takes 30-60 minutes and runs $149-$199 based on IV type. If you feel you can’t consume enough fluid on your own, then adding IV therapy can help keep you healthy.

**Quick & Easy Snacks:** Semaglutide is a very strong appetite suppressant, but eating is essential for success in this program. If you are struggling with what to consume that is quick, easy, and healthy here are some of our recommendations. Most are available at any local grocery store or Amazon.

* Low-fat string cheese
* Almonds / Cashews / Pistachios
* Yogurt (low-fat and sugar-free preferred)
* Just crack an egg
* Magic Spoon Cereal (non-fat or low-fat milk)
* Premier Protein drinks
* Quest / Pure Protein / Atkins Cookies, chips, crackers, crisps, bars, or puffs.

**Battle with fatigue?** The Semaglutide medication can cause fatigue the first couple weeks but generally resolves on its own. We recommend adding a booster shot to your program to help with energy levels and boost the metabolism.

* Vitamin B Mega Shot (B1, B3, B5, B6, and B12)
* Fat Burner Shot (Methionine, Inositol, Choline, Carnitine, Thiamine, and Dexpanthenol)

**Battle with Nausea?** Nausea happens in 1 in 5 patients on Semaglutide. Most of the time it is self-induced by not eating enough, eating too much, or eating the wrong food (greasy, oily, processed, fried, high fat, or sugar).

* You need a minimum of 1000-1800 calories a day based on your weight. Anyone eating less than 1000 calories will struggle to lose weight and will have nausea.
* Intermittent fasting is **NOT** approved for the Semaglutide diet.

*Nausea Relief:*

* Try Eating or sipping on water
* TummyPops or TummyDrops
* Nauzene or NauseaCalm
* Ginger Ale or 7up
* Saltines or similar cracker

**Battle with Constipation?** We supply you with medication to combat getting backed up on the program. This medication needs to be taken every night before bed to work correctly.

* Increase water intake.
* Increase fiber.
* Add Prunes / Prune Juice each day.
* Apple Juice
* Psyllium Husk
* Milk of Magnesia
* Smooth move tea
* Laxative or enema as a last resort.

Any symptom you are feeling that is not listed above should be reported to office staff on your next visit for evaluation.

Semaglutide is a titrating medication so if you are coming to the end of your package please consider if you are continuing or going to maintenance or ending the program altogether. We will need to know this to titrate your medication if required.

We have an Amazon Shopping List available at <https://www.amazon.com/shop/eyecandymedspa> for all of our recommended products.