

Medical Weight Loss Injections

The Skinny on GLP-1/BPC157

WHAT IS GLP-1/BPC157 AND HOW DOES IT WORK?

GLP-1/BPC157 is the newest FDA approved treatment for weight loss. It is a prescription injection medication that's been proven to help overweight adults lose weight and keep it off. By mimicking glucagon-like peptide-1 (GLP-1) in the body, it can increase insulin secretion and slow down gastric emptying – or how fast your stomach empties food. You feel fuller longer, which helps you eat less and lose weight in the process! GLP-1/BPC157 is a powerful appetite suppressant.

- Delays stomach emptying, leading to feeling fuller longer
- Slows intestinal motility
- Lowers blood sugars, in part by reducing the production of sugar in the liver
- Stimulates insulin secretion by the pancreas

BENEFITS OF GLP-1/BPC157

- Non-habit forming
- Well tolerated
- Not a stimulant
- Suppresses appetite
- Keeps you full longer
- Lose your cravings
- Can help to reduce high blood pressure
- Can help to reduce inflammation
- Can help to reduce heart disease
- Helps to fight Type-2 Diabetes
- Controls blood sugar levels

GLP-1/BPC157 injections *do not* help increase energy or boost metabolism. We recommend pairing it with a Vitamin B-12 injection. This will also help with any nausea that could be felt while taking GLP-1/BPC157 injections.

POSSIBLE SIDE EFFECTS

Our qualified medical provider Dr. Robert Zieber will go over possible side effects with you in your consultation but possible side effects might include:

- Diarrhea
- Nausea
- Vomiting
- Constipation
- Abdominal pain
- Headache
- Fatigue
- Dizziness
- Gastroenteritis

- You are most likely to experience side effects with higher doses of GLP-1/BPC157.
- For most side effects subside over time typically within 4 to 6 weeks as your body gets used to the medication.
- Nausea tends to be more common when taking higher doses.
- Eating smaller meals, avoiding high fat foods, and remaining up right after eating helps manage potential nausea and vomiting.
- Fatigue is common as you eat less. Fatigue should subside as your body adjusts to changes in your diet.

WHAT TO EXPECT

- Visit our office for a consultation to determine if you are a candidate.
- If you are a candidate, you will be weighted and receive your first injection. GLP-1/BPC157 is injected under the skin in the stomach area and is administered once a week. The dose of medication must be gradually increased over the course of 16 to 20 weeks to avoid any side effects.
- We will provide you a food guide to speed up the rate at which you lose weight. We have other injectable nutrients here at De Luz that you might want to incorporate to boost your results as well.
- You will come for injections once a week, preferably the same day every week, any time of the day, with or without food.

Contraindications:

- Pregnancy, Breastfeeding

Warnings and Precautions:

Clients with these conditions should consult with their Primary Care Physician before starting any new medications and discontinue use if conditions worsen.

- Personal or family history of certain types of thyroid cancer - specifically thyroid C-cell tumors such as medullary thyroid carcinoma (MTC)
- Patients with multiple endocrine neoplasia syndrome type 2 (MEN 2)
- History of angioedema
- Type 1 Diabetes
- Hypoglycemia (Low blood sugar)
- Pancreatitis
- Gallbladder disease
- Diabetic retinopathy
- Renal failure, renal impairment
- Acute kidney Injury
- Depression, Schizophrenia, suicidal ideation
- Geriatric (over the age of 65 especially at risk for hypoglycemic episodes)

CAN I USE GLP-1/BPC157 AS A SHORT TERM WEIGHT LOSS FIX?

Though GLP-1/BPC157 is not recommended to be a short-term fix, weekly injections can be available to people who may only need to lose around 10 pounds as long as they are a good candidate.

HOW MUCH WEIGHT CAN I LOSE WITH GLP-1/BPC157 INJECTIONS?

You can lose 1-2 pounds per week! (dosing here?) Patients average 3-5 pounds per month when taken alone, however if you incorporate a healthier lifestyle and diet you may lose more.