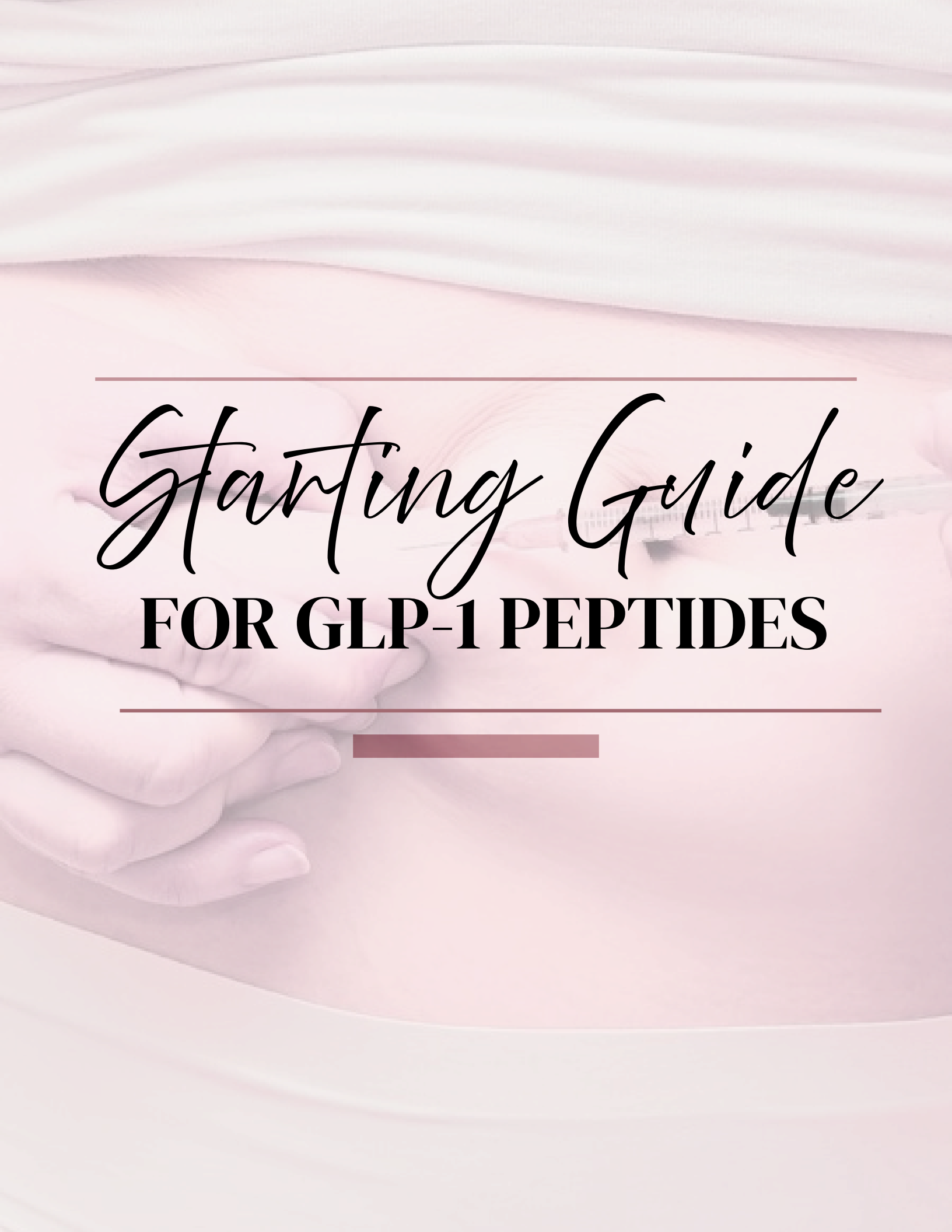


Starting Guide
FOR GLP-1 PEPTIDES

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Welcome to the Start of Your GLP-1 Experience!

Hello! I'm so excited you started your microdosing journey with GLP-1 Peptides! I started taking Tirzepatide (GLP/GIP) at the start of January because I got certified on peptides and learned the huge potential on helping my health and inflammation. My family has a long history of diabetes, high blood pressure, fatty liver, cholesterol issues, etc. I wanted to make sure I'm positioning myself to age gracefully and be ahead of the game. The price to get sick is way more than paying for my health & wellness now. I'm been very happy with my results. I have less brain fog, less food noise, less inflammation, have lost weight and body fat, and feel amazing! I'm so excited for you!

We are going to take it slow and steady so your body adjusts beautifully.

And remember - I'm here for you every step. Don't hesitate to reach out if you have any questions.

So let's get into it!

Karie



**Disclaimer - This guide is for informational purposes only and reflects my personal experience. It is NOT medical advice. Always consult your doctor before starting any peptides, microdosing, or supplements. I'm not a licensed medical professional and am not responsible for individual outcomes.

GETTING STARTED WITH TIRZEPATIDE

STEP 1

Your RX probably says take 50 units. And you can start with that. Some women like start with just 10 units for their first injection - even if the vial says 50. Up to you. However, less is more when you're learning how your body responds. You can always add more later. The goal is steady weight loss that protects muscle.

STEP 2

The goal is to find your personal sweet spot. It's that place where food noise starts to quiet, inflammation begins to ease, and you feel like your body is finally on your side. If you're not noticing those shifts yet, it's okay to slowly increase your dose by 5 units weekly or biweekly until your body starts showing signs of progress. This could look like better energy, improved digestion, less bloating, or fat loss.

STEP 3

A twice-a-week dosing schedule, like Monday and Thursday, helps keep things steady and balanced for many women. But once a week can work just as well if you are feeling not hungry and seeing scale move. It is easier for schedules too. Consistency is what matters most.

STEP 4

The time of day you take your dose isn't a big deal, but your body will respond best when you're hydrated and have some food in your system. This helps with absorption and reduces any side effects you might have.



STEP 5

Electrolytes make a huge difference. A good combo of magnesium, sodium, and potassium can help prevent fatigue, headaches, and other common symptoms. We'll share our favorite blends if you need a starting point.

STEP 6

Even if the cravings go quiet, your body still needs fuel—especially protein. Don't skip meals just because the food noise is low. Your body needs calories to burn fat, build lean muscle, and stay strong.

STEP 7

Track more than just your weight. Take morning progress pics, jot down your measurements, and keep one "truth pair" of pants that shows you how your body's changing. The scale is just one piece of the story.



GETTING STARTED WITH SEMAGLUTIDE

STEP 1

Most women in our community start with just 5 units for their first injection - even though the vial says more. Less is more when you're learning how your body responds. You can always add more later, but you can't take it back.

STEP 2

The goal is to find your personal sweet spot. It's that place where food noise starts to quiet, inflammation begins to ease, and you feel like your body is finally on your side. If you're not noticing those shifts yet, it's okay to slowly increase your dose by 5 units weekly or biweekly until your body starts showing signs of progress. This could look like better energy, improved digestion, less bloating, or fat loss.

STEP 3

A twice-a-week dosing schedule, like Monday and Thursday, helps keep things steady and balanced for many women. But if once a week works better for your schedule, that's okay too. Consistency is what matters most.

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WHAT NOT TO DO WHILE USING GLP-1

EAT HIGH FAT MEALS

GLP-1s slow digestion. Eating heavy, greasy meals can cause nausea. Stick with high-protein, moderate-carb, and ~50–60g fat daily

FASTING TOO AGGRESSIVELY

Skipping meals can lead to under-fueling. Eat intentionally, even if cravings are low.

LOW WATER INTAKE

These peptides can cause constipation if dehydrated. Drink 75–100 oz water and take electrolytes.

SKIPPING MOVEMENT

You don't need intense workouts, but walking and strength training support metabolism and results.

OBSESSING OVER THE SCALE

Progress is more than a number. Use pictures, your energy levels, how you feel and how your clothes fit.

DOSING TOO FAST

Increasing your dose too quickly = nausea and burnout. Go slow with 5-unit increases weekly or biweekly.



TIPS TO MAIXIMIZE YOUR RESULTS

1 Keep Things Moving (Yes, We're Talking Poop)

GLP-1 slows digestion—great for cravings, not so great for your bowels.

What helps:
– Take **400–600 mg of Magnesium Glycinate or Chelate** daily
– Add **1 capsule CAPE ALOE** for extra support at be
– Aim for **25–30g fiber** per day (chia seeds, berries, veggies)
– **Drink at least *80* oz of water daily**

– I love ALOE pills and have a brand I use from Fullscript. It ships directly to you! I have my GLP support products linked. You can purchase which ones you may need by clicking the FULLSCRIPT bar below #4.

2 Energy + Cortisol Support

If you're dragging or feeling wired but tired, it's your blood sugar and cortisol talking.

Try this:
– Eat **30–40g protein before 10am** (this can be from a protein shake)
- see my FULLSCRIPT link below

– Think about adding **NAD**+ 1–2x per week to support energy, mental clarity, and metabolism (available in your Ellie patient account)
-Look also at adding MOTS-C to your peptide routine for mitochondria health & energy. It's also an "Exercise Mimetic" peptide. (See Ellie patient account for more info)

3 How to Kick Nausea to the Curb

Nausea usually means your protein or calorie intake is too low—or your fat/sugar intake is too high.

Here's what to do:
– Eat **3–4 meals with 30–40g protein**
– Add a **protein smoothie** if your appetite is low (my daily go-to!)
– Take **digestive enzymes** before heavier meals
– Add **methylated B-12 supplements** to support energy + reduce nausea
– Avoid greasy, sugary, or fried foods (GLP-1 makes your body not love those)

Again I offer all of the above shipped directly to you from my professional account that are all clean brands. See Link below.

4 Hydration is Your Hormone Hack

GLP-1 can suppress your thirst signals—so we're not waiting on our bodies to remind us.

Stay hydrated with:
– **80–100 oz of water** per day
– A **daily electrolyte blend** (skip the sugary ones. See Fullscript link below for one and an Amino Acid brink to protect muscle mass)
– **Celtic sea salt** + **lemon water in the morning** to rehydrate and reset digestion is good too.

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5 Smart Nutrition for Midlife Metabolism

This is NOT a diet. This is fuel for your future.

– Anchor every meal with **30–40g of protein** (can use *protein shakes* to increace protein if harder to eat. Also high quality protein bars like **IQ bar** & **TRU bar**s are great to have onhand and for snacks. So are **CHOMP** bars**.**
– Add **complex carbs** like sweet potatoes, berries, or oats (especially around workouts)
– Eat **healthy fats**—your hormones need them (avocados/nuts/olives)
– Eat within 90 minutes of waking
– Don't skip meals—especially on GLP-1

Pro tip: Stop chasing the smallest body. Start feeding the strongest version of you.

6 Lifestyle Habits That Lock In Results

Peptides are a powerful tool—but your lifestyle is what locks it in.

Strength training:
– Lift weights 3x/week (midlife muscle is your secret weapon)
– Walk daily (7–8k steps)
– Move after meals—helps with digestion + blood sugar

Sleep:
– 7–8 hours nightly
– No screens before bed
– Magnesium at night = better sleep + better poops

Mindset:
– Journal your wins + symptoms
– Ditch the all-or-nothing thinking
– Celebrate non-scale victories (looser jeans, clearer skin, better moods)

COMMON ASKED QUESTIONS

1. WHAT IF I DON'T FEEL ANYTHING AFTER MY FIRST FEW DOSES?

That's totally normal. Some women need time to find their sweet spot. It may take increasing your dose slowly or stacking with the right nutrition, movement, and hydration habits. Progress isn't always instant.

2. SHOULD I FEEL NAUSEOUS OR TIRED?

Mild nausea is common at first or if the dose goes up too quickly. Fatigue can happen too—usually from not eating enough or dehydration. Electrolytes, protein, and slowing down your dose increase usually help.

3. HOW DO I KNOW WHEN I'VE HIT MY "SWEET SPOT"?

When the food noise quiets, your cravings feel manageable, inflammation eases, digestion improves, or your clothes start fitting differently—those are signs your dose is working.

4. CAN I DRINK ALCOHOL WHILE USING A GLP-1?

It's best to limit or avoid it, especially early on. GLP-1s slow digestion, and alcohol on top of that can make you feel worse, spike blood sugar, and interfere with results.

5. WHY AM I CONSTIPATED?

Slowed digestion is common with GLP-1s. To help relieve it, combine magnesium glycinate with either magnesium citrate or magnesium oxide, increase your fiber intake (chia, ground flax, greens), drink more water, and move your body daily. Walking works wonders.

COMMONLY ASKED QUESTIONS

6. IS IT NORMAL TO LOSE WEIGHT FAST IN THE BEGINNING?

Some women drop water weight or inflammation early, but fat loss takes time. The goal is sustainable, long-term results. Rapid loss can signal under-eating, so be mindful of fueling your body.

7. DO I NEED TO BE TRACKING MACROS?

You don't have to, but tracking helps you stay on point - especially with protein. We recommend aiming for at least 100g of protein per day to support muscle and metabolism. (1 gram per body weight is ideal!)

8. WHAT SHOULD I DO IF I ACCIDENTALLY MISS A DOSE?

If it's within 24 hours, you can take it. If it's been longer, just wait and take your next scheduled dose. Don't double up.

9. CAN I TRAVEL WITH MY PEPTIDE(S)?

Yes. Keep it in a cooler with an ice pack or use a travel-friendly insulated bag. Most peptides can be out of refrigeration for short windows but check with your telehealth provider.

10. HOW LONG DO I NEED TO KEEP USING THIS?

That depends on your goals. Many women stay on for several months to support fat loss and insulin resistance. Once goals are met, you can taper off or transition with guidance from your provider.

COMMONLY ASKED QUESTIONS

11. WHAT HAPPENS IF I STOP USING IT?

You won't 'gain it all back' if you've built strong habits. That's why we focus on strength training, protein-forward meals, and lifestyle, not just the peptide.

12. WILL IT MESS UP MY HORMONES?

GLP-1s can support hormone balance by improving insulin sensitivity, lowering inflammation, and reducing visceral fat. But it's not a hormone, it's a peptide that mimics a natural hormone.

13. CAN I USE THIS WITH HORMONE THERAPY?

Absolutely. In fact, combining GLP-1 with hormone replacement, peptides like BPC-157, and strength training creates a powerful synergy for midlife women.

14. WHAT IF MY APPETITE IS COMPLETELY GONE?

That's actually a sign your dose might be too high. The goal is not to eliminate hunger completely, it's to quiet the food noise while still having healthy hunger cues. Try lowering your dose or splitting it into two smaller doses during the week to find your balance.

15. CAN I WORK OUT WHILE TAKING PEPTIDES?

Yes! And you should. Strength training is especially important. GLP-1s help with fat loss, but you help with muscle preservation.

Taking GLP-1 peptides is a powerful tool to support fat loss, blood sugar balance, and overall metabolic health, but remember, it works best when paired with healthy habits like high-protein meals, regular movement (walking + lifting!), hydration, quality sleep, and stress management. Consistency is key!

This is what's working for women across my community. You're not doing this alone! I've got your back every step of the way.

If you have ANY questions along the way, whether it's about dosing, side effects, or simply staying motivated, don't hesitate to reach out. I'm here to help you feel confident and supported on your journey.

CONTACT ME:

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📧 Email: wellness-1st@hotmail.com
📸 Instagram: Karielynn20

LET'S DO THIS TOGETHER - YOU'VE GOT THIS!

**Disclaimer - This guide is for informational purposes only and reflects my personal experience. It is NOT medical advice. Always consult your doctor before starting any peptides, microdosing, or supplements. I'm not a licensed medical professional and am not responsible for individual outcomes.