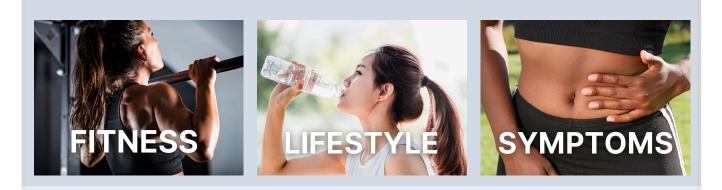
## YOUR GLP-1 JOURNEY GENERAL TIPS

TIPS FROM OUR NUTRITIONIST



Juliana Shalek,MS RD CDN



Incorporate daily walking and regular physical activity into your routine

Strength train to build and maintain muscle mass, increase bone density, and improve overall flexibility Avoid eating at least 2 hours before sleep

Aim for a minimum of 8 cups of water per day

Avoid sugary drinks

Limit alcohol

Nausea Eat / drink slowly Take Nauzene (an OTC medication)

**Diarrhea** Avoid high fiber foods Remain hydrated

## Constipation

Increase fiber intake Try VitaMedica SurgiLax or an OTC stool softener

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