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amazing

THE GLP-1 STARTER GUIDE



Semaglutide vs tirzepatide
What the head-to-head trial found

Your first 12 weeks
Week by week, dose by dose

Eat, move, feel better
The habits that protect your muscle

Side effects, handled
What is normal and when to call

From a Flower Mound clinic trusted since 2012

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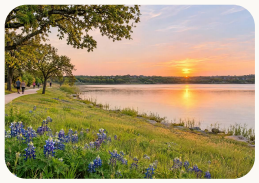

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The minimum that matters

A good start beats a fast start.

For more than a decade, people have walked into our Flower Mound clinic with the same mix of hope and doubt. They have tried the diets. They have counted the calories. And they wonder if anything will be different this time.

GLP-1 medicines have changed that conversation. They quiet the constant pull of hunger, so the healthy choices you already know about finally feel possible.

But a medicine is only part of the story. The people who do best start slowly, eat enough protein, keep moving and stay in touch with their doctor.

That is what this guide is for. Read it before your first dose, keep it handy through your first three months, and share it with anyone who is curious.

With care,
The team at Amazing Weight Loss & Wellness

2012	4.9★	$119
Serving Flower Mound since	50 Google reviews	Plans from, per month, all-in



FEATURE · THE SCIENCE

How GLP-1s work

Your gut already makes a fullness hormone. These medicines turn up the volume.

Three things happen when you start.

01 Your brain hears “full” sooner.

GLP-1 is a hormone your gut releases after you eat. The medicine copies it, so signals of fullness reach your brain sooner and last longer.

02 Food stays with you longer.

Your stomach empties more slowly, so smaller meals feel satisfying. This is also why eating too fast or too much can cause nausea.

03 Cravings get quieter.

Many people describe less “food noise”: fewer thoughts about snacks and less pull toward large portions.

> **“The medicine does not do the work for you. It makes the work feel possible.”**

Compounded semaglutide and tirzepatide are prepared by state-licensed pharmacies for individual patients. They are not FDA-approved and were not studied in the brand-medicine trials described in this guide.

Semaglutide vs tirzepatide.

14.9%

Average weight lost on brand semaglutide 2.4 mg over 68 weeks (STEP 1, 2021)

20.9%

Average weight lost on brand tirzepatide 15 mg over 72 weeks (SURMOUNT-1, 2022)

	SEMAGLUTIDE	TIRZEPATIDE
Works on	GLP-1	GLP-1 and GIP
How often	Once a week	Once a week
Starting dose	0.25 mg	2.5 mg
Top weight-loss dose	2.4 mg	15 mg
SURMOUNT-5, 72 weeks	13.7% lost	20.2% lost

Trial results are averages for FDA-approved brand medicines used with diet and activity changes. Your results may differ. SURMOUNT-5 was funded by the maker of tirzepatide.



Which one might suit you?

Semaglutide may fit if

- This is your first GLP-1
- You want the gentlest start
- Keeping cost lower matters most

From $119/mo

Tirzepatide may fit if

- You have more weight to lose
- Progress stalled on semaglutide
- You want the larger average effect seen in trials

From $139/mo

Your doctor makes the recommendation with you, based on your health history and goals. Prices include the doctor visit, medicine if prescribed, supplies and shipping.

Your first 12 weeks.

WEEK 0

Doctor visit

You share your history, goals and medicines. If treatment is safe, your prescription goes to a licensed pharmacy.

WEEKS 1 TO 4

The starter dose

Semaglutide 0.25 mg or tirzepatide 2.5 mg. This dose helps your body adjust; big changes on the scale are not the goal yet.

WEEKS 5 TO 8

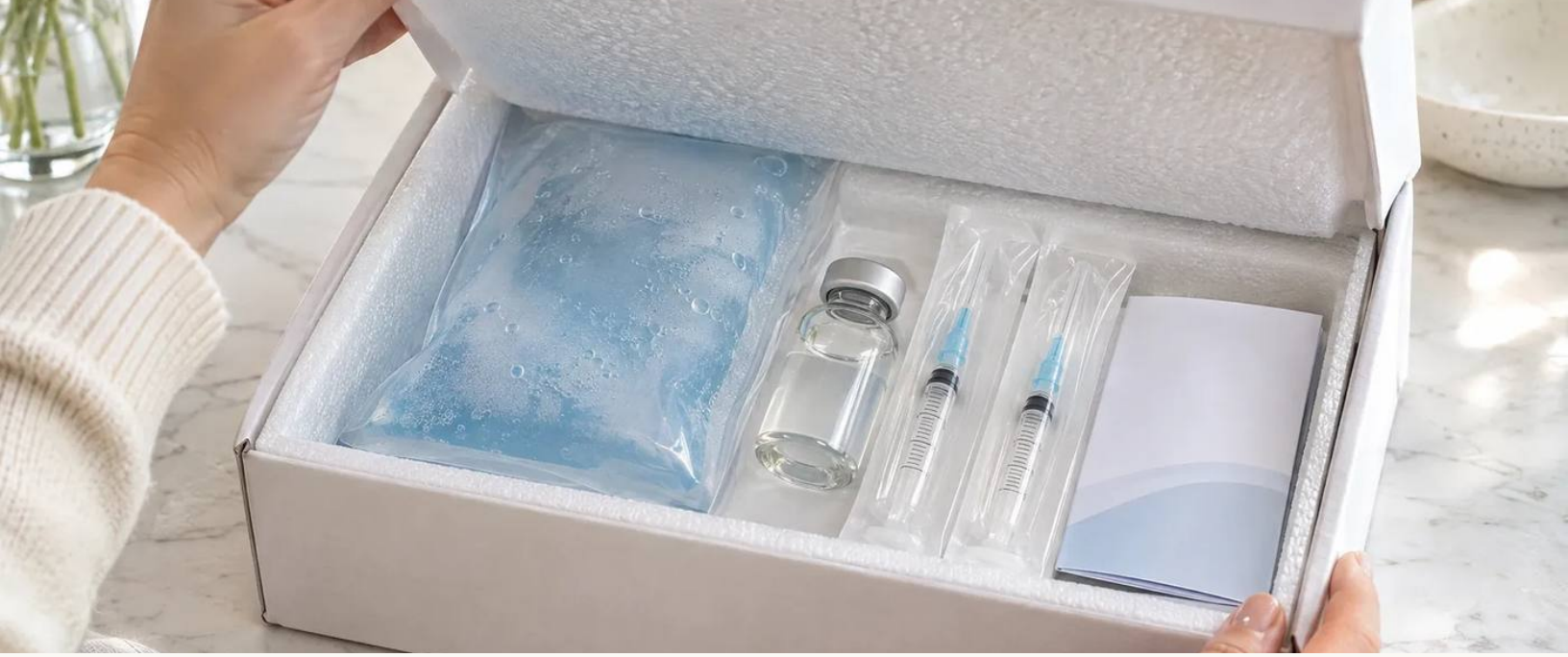
First step up

If you feel well, your doctor may raise the dose. Appetite changes usually become clearer here.

WEEKS 9 TO 12

Finding your dose

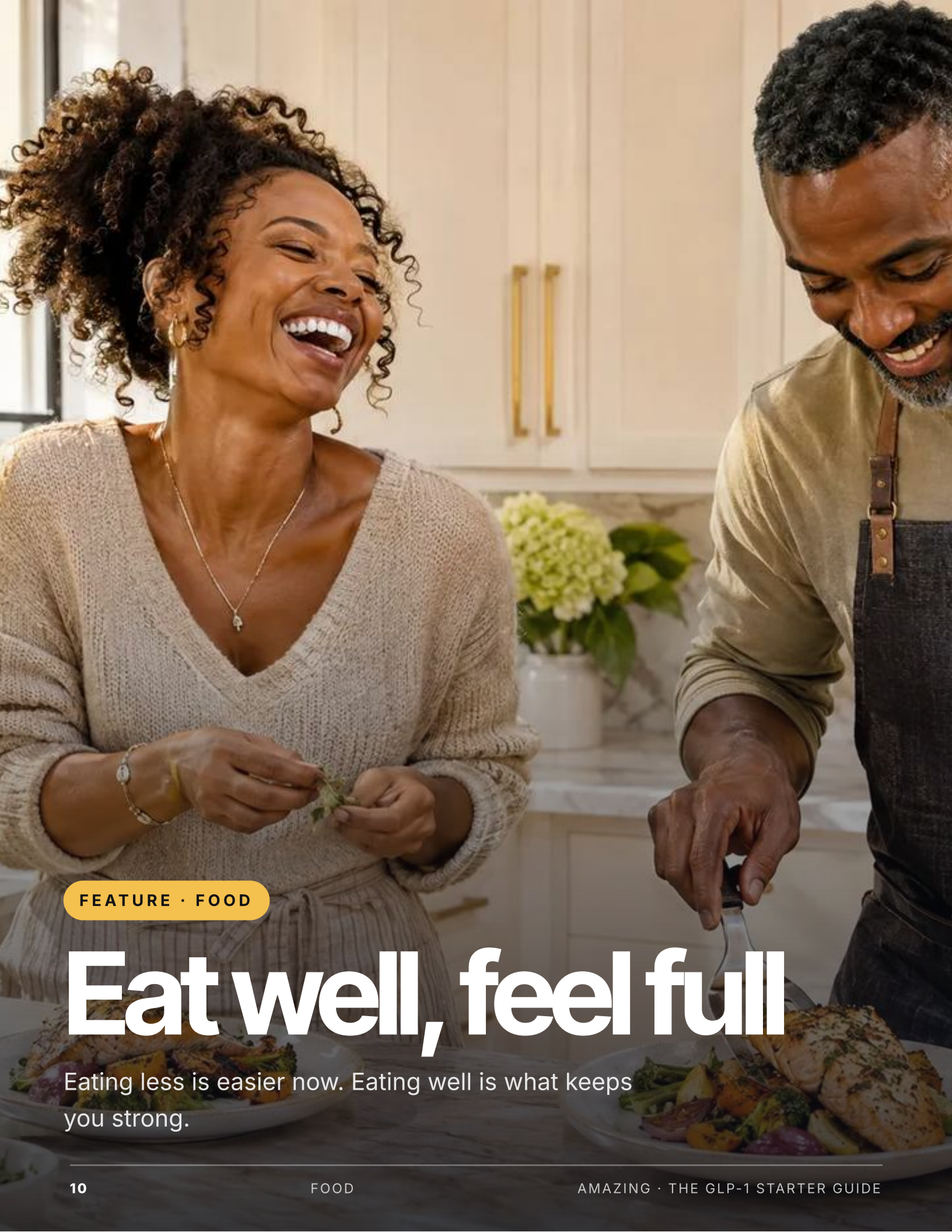
Another step up is possible, or your doctor may hold you where it is working. Check in about side effects before each change.



Injection day, made easy.

- [ ] Pick one day a week and set a phone reminder.
- [ ] Keep the vial in the fridge, never the freezer, and away from light.
- [ ] Wash your hands and wipe the vial top and your skin with an alcohol swab.
- [ ] Inject under the skin of your belly, thigh or upper arm. Rotate spots each week.
- [ ] Measure your dose exactly as your doctor and pharmacy label say. Ask if you are unsure.
- [ ] Drop used needles straight into your sharps container.

Missed a dose? Follow your pharmacy label or message your care team before taking it late.

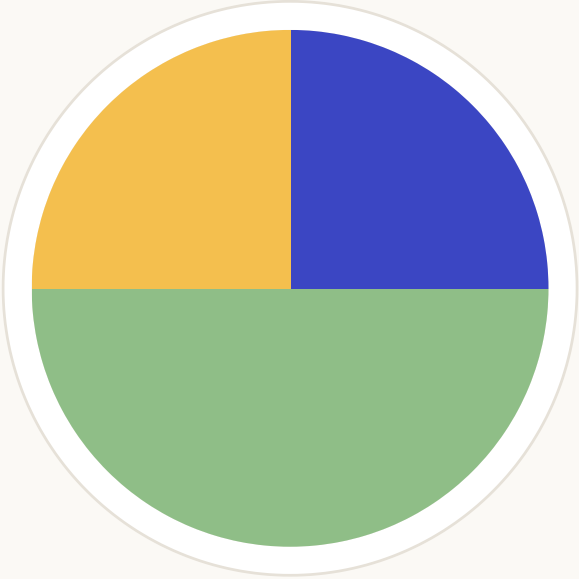


FEATURE · FOOD

Eat well, feel full

Eating less is easier now. Eating well is what keeps you strong.

Build every plate the same way.



1. **Protein first.** Eat it before the rest of the plate: eggs, Greek yogurt, fish, chicken, beans, tofu.
2. **Half the plate, plants.** Vegetables and fruit bring fiber, which also helps with constipation.
3. **Then smart carbs.** Whole grains, potatoes or beans, in a portion that fits your appetite.
4. **Sip, don't gulp.** Drink water through the day, between meals rather than with them.

Easy protein

- Greek yogurt or cottage cheese
- Eggs, chicken, fish
- Lentils, beans, tofu
- Protein shake on low-appetite days

Go easy on

- Greasy and fried food
- Very sweet drinks and desserts
- Alcohol, which can worsen nausea
- Big meals late at night

Side effects, handled.

Most side effects are mild, affect the stomach, and show up when you start or raise a dose. These simple fixes help many people.

IF YOU FEEL	TRY THIS
Nausea	Smaller meals, eat slowly, stop at the first sign of fullness, skip greasy food. Ask your doctor about anti-nausea medicine.
Constipation	More water, more fiber from vegetables and beans, a daily walk.
Diarrhea	Fluids with electrolytes, plain foods, and tell your care team if it lasts more than a couple of days.
Heartburn or burping	Smaller portions, avoid lying down for 2 to 3 hours after eating.
Tiredness	Enough protein and fluids, steady sleep. It often eases after the first weeks.



Call your doctor or get urgent care for:

- Severe stomach pain that will not go away, with or without vomiting
- Vomiting so often you cannot keep fluids down
- Pain in your upper right belly, fever or yellow skin or eyes
- A lump or swelling in your neck, trouble swallowing or a hoarse voice that lasts
- Signs of a serious allergic reaction: swelling of the face or throat, trouble breathing

In an emergency, call 911.

Questions to ask your doctor

- [ ] Which medicine and starting dose fit my health history?
- [ ] How will we decide when to raise or hold my dose?
- [ ] Do any of my current medicines need to change?
- [ ] What is our long-term plan once I reach my goal?



Move more, keep muscle.

When you eat less, your body can lose muscle along with fat. Protein and strength work help protect it.

150

Minutes of moderate activity a week, like brisk walking: about 30 minutes, 5 days a week

2+

Days a week of muscle-strengthening activity: bodyweight moves, bands or weights

Activity targets from the U.S. Physical Activity Guidelines for adults. Start where you are and build up; check with your doctor if you have heart or joint problems.

A real clinic, in your corner.

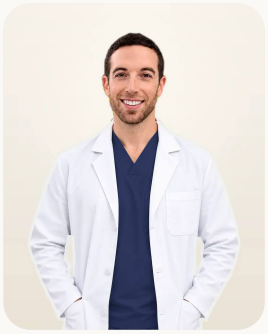
Amazing Weight Loss & Wellness has served Flower Mound, Texas since 2012. Today our licensed doctors care for patients online, with medicine delivered to your door.



Dr. Johnathan Chance Miller
General practice



Dr. Gaurav K. Patel
Board-certified family medicine



Dr. Zachary B. Kramer
Board-certified emergency medicine



Dr. David Okonkwo
Board-certified neurology



Dr. Benjamin Krasne
Board-certified anesthesiology

$119	$139	$0
Semaglutide plans from, per month	Tirzepatide plans from, per month	Extra for shipping or follow-ups

amazing

Ready when you are.

Find out in about 5 minutes whether a GLP-1 could be right for you.

See if you qualify →

VISIT
amazingweightlossandwellness.com

CALL
(945) 404-0781

EMAIL
info@amazingweightlossandwellness.com

CLINIC
3121 Cross Timbers Rd, Suite 200, Flower Mound, TX 75028

Important: compounded medicines are not FDA-approved, and the FDA does not review them for safety, effectiveness or quality. A prescription is not guaranteed; a licensed doctor decides whether treatment is right for you. Do not use GLP-1 medicines with a personal or family history of medullary thyroid cancer or MEN 2, or during pregnancy. This guide is general information, not medical advice. People shown are models. Sources: STEP 1 (NEJM 2021); SURMOUNT-1 (NEJM 2022); SURMOUNT-5 (NEJM 2025); Nutritional priorities to support GLP-1 therapy for obesity, joint advisory (2025); Physical Activity Guidelines for Americans, 2nd edition.