

YOUR GUIDE TO GLP-1 MEDICATIONS

GLP-1 receptor agonists are a powerful tool for metabolic health and weight management. Here's what you need to know about your compounded GLP-1 medication.



What Is a GLP-1 Medication?

GLP-1 is a natural hormone your gut releases after eating — it signals fullness, slows gastric emptying, and regulates blood sugar. GLP-1 receptor agonists mimic this hormone in a sustained, therapeutic way.

- Reduces appetite and 'food noise' — the constant mental preoccupation with eating
- Slows gastric emptying — you feel full longer
- Improves insulin sensitivity and blood sugar regulation
- Supports meaningful, sustained weight loss when paired with the right lifestyle habits

How It's Given

- Weekly subcutaneous (SubQ) injection — belly fat, love handles, or outer thigh
- Some patients report reduced nausea when injecting into the back of the arm (tricep area) — worth trying if nausea is a persistent issue for you
- 30-31g insulin syringe, 50un or 100un based on your dose
- See the SubQ Injection Technique section for step-by-step instructions
- **Timing tip:** If weekend eating is your biggest challenge, consider dosing on Thursday or Friday so GLP-1 is at peak effect over the weekend.

The Three Non-Negotiables

GLP-1 works best — and safely — when paired with these three habits:

- **PROTEIN:** Aim for 0.7-1g per pound of bodyweight daily. GLP-1 suppresses your overall appetite, so you have to be intentional about protein. Without it, you lose muscle, not just fat.
- **WATER:** Dehydration significantly worsens nausea and constipation on GLP-1. Aim for 64-80 oz of water daily. Add electrolytes as needed.
- **RESISTANCE EXERCISE:** Ensures the caloric deficit comes from fat — not muscle. 3-4 sessions per week. This is what makes results last.

Common Side Effects

- **Nausea:** Most common early on. Smaller meals, hydration, avoiding greasy foods. Improves within 2-4 weeks for most patients.
- **Constipation:** Increase water and fiber. Movement helps. Contact us if severe.
- **Fatigue:** Usually early and temporary. Prioritize sleep and protein.
- **Hair shedding (TE):** Common with rapid weight loss — see the Telogen Effluvium page.

Dose Titration

- We start low and increase gradually — this minimizes side effects
- Do not adjust your dose without consulting T-Time first



GLP-1 changes your hormonal relationship with hunger. Protein, water, and exercise are what make the results stick.

