

The New Craze: MORE THAN JUST MEDICAL WEIGHT LOSS

THE SEMAGLUTIDE CRAZE

(Wegovy, Saxenda, Zepbound, Ozempic, Monjouro) has taken the world by storm but make sure you're being managed correctly. Don't go to someone simply because they have a medical license and can write you a prescription ... there are important concepts that need to be managed appropriately so you get the results you are looking for and to ensure you are getting the long-term benefits from the medication. Let's start by looking at what semaglutide is, how it works, and some of its benefits:

LKNEXPERT



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WHAT IS IT?

Semaglutide is a once weekly FDA-approved weight loss injection to help you feel full longer, reduce appetite, lower blood sugar levels, and regulate insulin response. In randomized controlled studies, 85 percent of adults lost a significant amount of weight and over half of them maintained their weight loss after three years.

WHAT ARE OTHER BENEFITS?

In addition to weight loss, semaglutide also improved cardiovascular risk factors including greater reductions in waist circumference, BMI, systolic and diastolic blood pressures, fasting plasma glucose, C-reactive protein, and fasting lipid levels—as well as physical functioning scores and quality of life.

IS THERE ANYTHING THAT HELPS SEMAGLUTIDE WORK MORE EFFECTIVELY?

Yes! Something called MIC injections which consist of a formula of lipotropics, compounds that help break down fat. The primary compounds in the formula (methionine, inositol, and choline) work to metabolize fat cells and assist in the elimination of stored fat deposits in the liver and body. Methionine is an essential amino acid; inositol is involved in proper cell formation; and choline is a water-soluble nutrient that supports proper liver function. Together they may encourage fat reduction.

METHIONINE:

Supports the digestive system by helping to remove heavy metals within the body while breaking down fat deposits thus preventing the possible build-up of fat in arteries.

Methionine can also be converted to cytosine, the precursor of glutathione, which is essential in detoxification of the liver.

INOSITOL:

Supports the transfer of nutrients at the cellular level and helps maintain proper electrical energy across the cell membrane. In addition, inositol converts fats into other useful forms of energy and assists in establishing healthy cell membranes thus facilitating nerve impulses.

CHOLINE:

Assists in controlling cholesterol levels in the blood and in controlling weight gain by maintaining healthy cell membranes. Choline has been linked to and directly associated with the maintenance of the nervous system, assisting memory, and is critical for normal cell membrane structure and function. Choline is the precursor of betaine which helps in liver function and in the formation of the neurotransmitter acetylcholine. ¹⁰