

OZEMPIC: Muscle Loss with Ozempic

Sweet da da da da da da da My whole computer like restarted Jesus Cream What is going on You Beautiful people li why you're so difficult It looks like the youtube side of things is not working So we might just be doing perhaps maybe I don't know Hm All right everybody So today we're gonna be talking about muscle loss with Ozempic and all the wonderful things that may or may not come up with that Um Can you guys hear me now Possibly everything in between Hm Possibly not Maybe perhaps Awesome Cool All right So um yeah we'll have to just take a swing at it because youtube is not cooperating in any kind of form or fashion and I have no idea no idea why But we were kind of more stream to the Tik Tok side of things I guess today Um and take it from there but it's been a month since we've been on here to chat It's ridiculously hot here in in Calgary Alberta right now I think we're like plus 34 or 35 degrees today It's been absolutely stupid but we're gonna give you the low down on whether we need to be worried about um muscle loss with the G LP one receptor agonists It's kind of been a hot topic for a lot of people Um usually as the case a youtuber or other influencer have an end of one or one patient or one individual that they saw muscle loss with And so we decided to sound the alarm and freak everybody out Um when we actually look at the data and such like that it's very inconclusive And what I mean by that is when it comes to the muscle loss that's gonna happen with OIC and such or the other G LP one receptor agonist Any time you embark on any kind of weight loss journey you're gonna lose weight like that's that is just the reality you're going to lose some amount of that weight is going to be muscle mass nothing you can do about it It's a real pickle if you will But it's just the reality that when you put yourself into a calorie deficit muscle is going to be lost It's part of your body's natural process Our goal obviously is to lose the least amount of muscle mass as possible because muscle is a good thing the more muscle you have up to a certain point the healthier you are the better that you'll have um in terms of mobility preventing falls and fractures later on in life all of these sorts of things plus when it comes to weight or maintaining our weight into the long term and stuff It's going to be important for helping us to um uh to maintain that weight because our muscle is our main metabolic engine if you will Um So we obviously want to do a very good job of of trying to maintain it the best that we can Now what the data actually shows in terms of muscle loss with the G LP One receptor agony is one of the main trials that

people are quoting comes from um the trial with and basically what they did is they took a small subset of people um that lost you know about on average 15% of their body weight from baseline And they did what's called a Dexa scan before and afterwards a Dexa scan is essentially kind of like a type of x-ray type imaging It's like the most gold standard bestest thing that we have in terms of determining um your body composition So how much fat muscle and that sort of thing obviously it's not perfect by any means but it it does a pretty darn good job of giving us a good estimate And what they found is in the group that lost weight on Bogo They found that um it was nearly 50 or 40% of the weight that that group lost came from muscle mass On average If you were to just go on a standard calorie diet we expect it to be 20 to 30% So definitely higher than what we would see with you saying a standard diet But with this trial what they also found is that in the placebo group so the group that didn't get will go or anything they basically were just given um essentially a sugar injection if you will And so they're pretty close to kind of just the standard population that does a usual calorie deficit diet in that group over 50% of the weight that they lost came from muscle mass which doesn't make any sense Our usual is 20 to 30% in a group that's not using any of these medications And suddenly they're losing over 50% muscle mass So there's already a pretty big red flag with that study The results don't quite make sense And I suspect that the muscle loss that we saw with logo actually was inflated and probably is a lot closer to the 2030% Now further studies and further meta analysis and stuff like that have kind of shown um some similar results in some respects in terms of maybe not 40% but pretty along the lines of that Um 30% may be a bit more in some respective cases of things And so it's something to be mindful of and that we need to be thinking about But also there's another kind of confounder there in that if you live in a larger body in general you have more muscle mass And so what we found when we look at the fat loss to muscle mass muscle loss ratio what ended up happening is that these people are actually losing weight and they're losing a proportionate amount of muscle that is appropriate And when they get to a new lower weight the amount of muscle that they have is still adequate for the size that they're at for the weight that they're currently holding at that lower level So they may have lost a greater percentage of muscle mass but overall the ratio of fat to muscle loss is still adequate And ok because now they have an appropriate amount of muscle still for their current size if you will So there's a lot of confounding factors into it Um do we need to be mindful of it I mean yeah we want to retain as much muscle as we can and if

you're living in a larger body and you already have more muscle on average and such um yeah you wanna take advantage of that and use that so that you can keep um the weight off in the long term it'll help with your metabolism later on and all that sort of thing And if you're not if you're using one of these medications or going on any kind of weight loss journey and you're not keeping your protein intake high you're not doing any resistance training then then you definitely need to get on that Um Not only are those things hugely beneficial for your general health and all that kind of stuff but they're also going to help you to preserve that lean muscle tissue whether you're on that drug or not So highly recommended that you get plenty of protein Um in general with Bogos and the other drugs the concern around the muscle loss component of things not our end all be all Um something to be mindful of again but not the end of the world And so trying to add in the resistance training high protein diet are gonna help you to preserve and maintain more muscle mass in the long term And it's things that you should be doing anyways regardless of the drug So that's kind of the dilio in terms of muscle loss with Ozempic maro sex all the other G LP one receptor agony overall Not a huge major concern by any means Um That's something we'll kind of keep watching and whatnot like that And um yeah we'll go from there So questions and such like that and some people look like they're already putting them in So let's see what we got going on Um For Grace I've lost over £100 in one year on mosaic The nausea is terrible though That is a shit ton of weight Um Yeah I mean if you have like horrible side effects and stuff like that like you really need to weigh the pros and benefits and stuff like that of some of these medications And I I generally don't recommend people you know staying on these drugs if they're getting bad side effects because that's no quality of life Like sure the number on the scale went down But who cares if you feel like crap So um yeah that's kind of something to something to certainly think about uh Whitney How do you feel about the sady surgery I need you to I'm assuming that's an acronym Um I need you to spell that one out for me Uh Alex how do I lose weight Naturally Tried Ozempic and was violently ill Um so the way to lose weight is you fundamentally need to be in a calorie deficit So the calories that you're consuming must be less than the calories that you are burning Um a really quick formula to kind of get you started off with is to take your goal body weight and times it by 12 So if for example you're £250 and you wanna weigh £200 200 times 12 gives you about 2400 calories If you eat 2400 calories consistently every single day um you'll lose weight It'll be a nice progressive and steady weight loss It won't

be drastic or anything like that but it'll likely be a lot more sustainable for you So yeah that's kind of how what needs to happen and then there's a whole pile of other factors with regards to mental health mental well-being um strategies for setting up your environment to be as successful as possible And um all the above So that is kind of the dilio there Uh Anita my cat is kind of obese Can you help with that Not even kidding I definitely do not do any kind of feline health care at all Um CK dunk is body weight only on lot lightweight sufficient or do you have to lift heavy Good question So when it comes to resistance training it could be body weight um it could be lighter weights The biggest thing um is basically you need to put the muscle under load So when you're walking and stuff like that yeah you're putting your your leg muscles under load and stuff and you can extend the length of your walks and whatnot and that will put more load on them But when it comes to your upper body um using various either bands weights body weight those sorts of things are all fantastic and great In the best case scenario you would be engaging in a process that we call progressive overload So for example if you work your way up to being able to do 10 push ups 10 push ups is you know relatively easy progressive overload then would be then trying to do 11 push ups and then 12 and then 13 So you're progressively adding more and more reps or in terms of weight you're progressively adding more weight and that's going to continually um tear and rebuild the muscle create new stimulus and ultimately allow the muscle to grow and get stronger And so um yeah that would be kind of that perspective However you do it is is really up to you It's just putting your muscle under some kind of load Andrea hey if I do intermittent fasting and do three hours of walking every day will I lose weight If you're in a calorie deficit you will if you're not you will not lose weight Um I'm always so hungry especially at night What helps with that Anything So what I generally would look at is um we really want to increase your your protein intake getting that optimized Um And in particular trying to if you have hunger at night one of the best things to work on is getting more of your calories and a large amount of protein earlier in the day So having a good breakfast and everything like that snacks lunch all that sort eating more during the day that's gonna help to curb the evening hunger And then overall um just in general hunger increasing that protein intake that's gonna help with satiety and such like that and not just like you know a little bit of an increase Um a good way to kind of figure out your protein intake would be to take your gold body weight and times it by one So if your gold body weight is 100 and £50 times that by one and you get 100 and 50 g of

protein is what you should be aiming for to eat And that will substantially reduce your overall hunger And it's very hard to get that amount of protein in but it has super super great benefits and then looking at all the other aspects of your dietary patterns and stuff So increasing your veggie uh fruit intake getting more fiber in um all of those things are ultimately going to help to manage that hunger The key though is consistency and not just doing it for a week it's you're gonna have to do it for a few weeks to really get the biological mechanisms and driver knocked down a little bit more Susanna Is there an option for people with retinopathy Um Well good question So technically people with retinopathy could still use medications like Ozempic ANZAC and and stuff like that It's because those medications don't cause the retinopathy itself What can occur is that if you have retinopathy and you go on one of these drugs and we drop your blood sugar levels too quickly that's what ultimately can worsen um the retinopathy But if you use the medication and we take it very slow we use incremental increases and that sort of thing or we even you know get your blood sugar under control with other agents and then add one of these G LP one medications on then you're not gonna get that large drop in blood sugar levels Um and ultimately leading to the retinopathy So technically still could use the G LP one medications It would just be a lot of monitoring and follow up and all that kind of stuff and finding the condition to do that would be quite challenging on the flip side of things Um there is Contrave um in the States there is the uh and the ven terraine So those are other options that could be considered Um but yeah kind of chat with your doctor and that sort of thing Oh the duodenal switch surgery Ok Um so what are my thoughts on the dental switch surgery I mean the the bariatric surgeries are very very effective um for the individuals that that get them Yeah there's complications and things that certainly can come with them and it's certainly making sure that you're educated and have a good understanding with the surgeon and all that kind of stuff But yeah they they definitely are another tool in our toolbox to help individuals that are struggling with their weight Um there's a lot of kind of in terms of the run up and on the other side of things and that definitely can make it more challenging and such like that So it's it's a lot of work kind of before and afterwards and stuff but definitely can be effective like anything else though Um there's always a chance of kind of weight regain and that's kind of where it comes into It's a tool to help you manage kind of um creating the lifestyle habits and patterns that ultimately work for you and help you to be successful into the long term of things So Monique um I have nausea with

Ozempic too but I eat way less and my blood sugar is under control now Um small price to pay for weight loss I say I I mean yes and no like again great that the number on the scale has gone down But if you feel like a bag of shit every day right I mean I I wouldn't want to be nauseous every day So really kind of thinking about what is the underlying aspect and really when we're using these medications it's not just weight loss we're striving for health and such like that And so if it's it's ok like it's manageable Cool fantastic But if it's to the point where it's disrupting your day and your quality of life then that's not health anymore right That's just ok Cool Like your weight's down blood sugars are down so we may live longer But is it gonna be quality years or is it just gonna be quantity years So all things kind of to keep in mind and uh to be thinking about and even kind of restructuring what your idea and perspective of success is into the long run of things If it's just to see the number on the scale go down Well that success metric is eventually gonna blow up on you because you don't have any control on it right And so really kind of understanding why what the bigger picture of it all is and what it is that you actually want for your life and stuff too So always being mindful of those things Cereal Has anyone had the opposite effects with Ozempic I'm hungry every hour So it's a good indication that you need to eat more food If your body is hungry you need to eat your body OIC doesn't increase your hunger in any kind of form or fashion it decreases your appetite and that sort of thing if it's not working or feels like it's not working or it's not suppressing your appetite Well it's because you're not taking care of your body and nourishing it with the proper nutrients and you can pump in as much of this drug as you want But eventually biology is going to take over if you're not properly feeding it and it's gonna get you to eat So yeah Lindy 60 Fast for 14 hours Gym bike and eat balanced Never over two K calories gaining weight HVP So um you're not in a calorie deficit There's somewhere in there where you're either not tracking closely enough you're getting an extra calories or something like that But if you're gaining weight um you're eating over the amount of calories that what you're burning and stuff like that Um that's just the the law of physics I see it every single day and often when we dig into it and stuff like that Yeah there is some kind of gap or what have you or there's even the aspect of what you're defining as um success or whether you're just weighing in once a week and you know you see the number go up and then you say screw it and then you come off of it and you start the whole cycle again It's a matter of also being consistent with it and knowing that it could be one week could be two weeks it could be three or four weeks before you

see any dip but your weight during that period of time is going to go up and down The key is to be consistent with it and not just five days a week seven days a week around the and the results will come Um But if you're gaining weight your calories in are greater than your calories um out So I need a sheet Look at all the great suggestions Cilium fiber fantastic for fiber intake I use Metamucil daily It's awesome Uh Awesome Yeah Cut up carrots add some veggies Those are awesome Uh What is the cause of not losing weight while in a calorie deficit you're not in a calorie deficit That's just the reality of it It's something I tell people every day that they don't want to hear but that is exactly what is happening If you're not in a calorie deficit you're not gonna lose weight So it's looking at where the gaps are what your consistency is What are the areas um and your expectations around the number on the scale Are you weighing every day Are you taking other measurements All these things kind of need to be taken into account And if it's just kind of like you go for a week don't see a drop and you say screw it well Yeah you didn't do it for long enough You need to consistently keep going week after week Uh Tamara I've lost so much hair Um Biggest thing with the hair loss and stuff like that is it's a condition called to fill him I can't remember Basically it's like a stress response So what can sometimes happen when you go on these medications is that when your calories drop or you start losing weight very rapidly basically the body can go into a bit of a stress response and say well we need to divert resources from fast growing hair or fast growing cells like your hair and whatnot like that And so potentially can lead to hair loss Also if you're not providing your body with enough protein and enough nourishment to keep the proverbial lights on Yeah your body is going to rob energy from things like your hair and various other places and stuff like that Um In order to keep those lights on and keep you going and moving in the in the direction of being alive and stuff like that So definitely increasing your protein intake and making sure you're eating adequate amount of calories Um hugely important Uh Beck I have Hashimotos and I'm hypothyroid What's the best way to initiate weight loss So if you have Hashimotos and hypothyroid um first thing you need to do is making sure that you get your thyroid corrected hormonally Those things are all good to go and set like that Um So using the various you know Synthroid or other um hormonal therapies in order to correct your thyroid disorder and such and then basically going into a calorie deficit um and consistently doing it So that's pretty straightforward That's all there is to it Um Yeah Uh Tamara can you repeat the math equation for how much protein So the math equation

for protein intake is to figure out what your goal body weight is in pounds So if you're £250 and your goal is to get to £200 take your goal body weight and times it by one in pounds that'll give you 200 g of protein Or if your goal body weights 100 and £50 they'll give you 100 and 50 g of protein and so on and so forth in terms of your calorie intake um to put yourself into a calorie deficit Really easy equation is taking your goal body weight again in pounds and times it by 12 And that can give you your um calorie amount that again if you follow it consistently um it'll help you to read a calorie deficit and lose weight in a much more sustainable way So Melissa I've been on sex send for the past two years but in the last six months I've gained back 15 Should I go off and back on Um no So I never recommend people coming off because the medications not hasn't stopped working or anything like that Um it's a matter of we need to look at the lifestyle component of things and seeing how much protein you're eating Um fiber intake Are you eating consistently over the course of the day And are you um eating like enough calories so that you're not getting rebound binges and that sort of thing Um and so yeah so give you guys a bit of a perspective because the question kind of come up a couple of times here the way you can kind of think about it is well first we'll kind of do the biology of what's going on in terms of managing our weight and our appetite So when we look at weight management a really simplified way to kind of think about it is what's happening in the brain And so I like to break the brain into two parts We have what's called the primal lizard brain And then we have the modern brain Now your primal lizard brain its sole function is to keep you alive All right But it has a couple of problems The first one is is that over the course of your life it has learned the most effective and rewarding way in order to solve the various problems that it encounters in your day to day And it happens to be very presently focused So to give you an example it detects that you're cold it's gonna send a signal that says go put on a jacket or turn up the thermostat Well it knows that turning up the thermostats a lot more efficient a lot more rewarding So it's always going to want you to do that further You might think Well what about my gas bill At the end of the month Your primal brain doesn't care about the gas bill at the end of the month It's caring about the next five minutes and keeping you alive And so turning up the thermostat is gonna give it the most efficient and best way to do that same thing with food when it detects that your body is hungry the primal lizard brain is gonna send a signal to go eat Now it would be great If our brain just said hey go and eat apples all day long and you know manage your weight But your brain has learned that apples are great

and can be nourishing But so can apple pie and apple pie is a lot more delicious and amazing at the same time So it's always gonna wanna go for that apple pie Now obviously we're not all running around um just eating apple pie all day and cranking our furnaces and stuff like that And that's because we have the modern brain the modern brain is able to keep the primal brain at bay The problem with the modern brain is that it tends to be very lazy and it gets very tired very quickly So what I mean by being lazy is that if you haven't set up your environment to be as easy as possible like if things are too hard or you know things aren't going your way that day or whatever your modern brain is going to say screw it I give up I'm gonna defer to the primal brain and the primal brain is gonna get you to engage in a behavior that you likely don't want So for example um say you um say you're you're trying to go to the gym or something like that and you know you're like I'm gonna go to the gym and work out and stuff but I'm gonna come home from work or I'm gonna you know leave work I'm gonna go home first get my gym bag and then go back to the gym Well that's a lot of extra steps a lot of extra work And once you get home after a long day at work kind of the last thing you wanna do is go back out Whereas if you set yourself up to make things easier where you go work and then to the gym much more likely that you're actually gonna go to the gym and work out and engage in that behavior that is ultimately more challenging and maybe a behavior that you don't necessarily want to do So that setting yourself up for success and taking that load off the modern brain to more likely engage in the behavior that you want Now what I mean by you retired is that a lot of people do really great during the day you know 9 to 5 no problem They can go on a diet they're great for lunch But as the afternoon goes on they start to get hungry they're starting to get tired they're ready to go home You know the things start kind of coming up and suddenly they're home or you know they messed up dinner and didn't get something out suddenly gets a lot easier to like uh you know what let's just order skip or what have you And basically you're gonna engage in getting the apple pie over the apple because you're tired your modern brain is checked out and no longer is kind of helping to run the show and block that primal brain The four things that we look at in terms of managing the primal brain Because one of our primary goals is we want to decrease the signal that that primal brain has or decrease the power that it has And so the way that we do that is we keep the primal brain as happy as possible So the four things that we look at is number one protein protein protein protein more protein you can get the better The

second thing is eating consistently through the day So that might be three meals a day that might be three meals and two snacks whatever whatever consistency is for you But eating more consistently over the day And the reason for that is because your body can store sugar it can store fat but it can't store protein And so it needs pulses of protein going into the system every single day The third thing that needs to happen is you need to eat enough Now what I mean by that is that your basal metabolic rate or the amount of energy your body requires to keep the proverbial lights on So it allow your heart beating lungs working digestion and all that kind of jazz For all those things to happen your body needs a certain amount of energy going into the system If you're not reaching that BMR level in terms of calorie intake you're basically sending a signal to the primal brain that we're dying Like we we are you know pull out all the stops get food into this person immediately and that's gonna drive appetite cravings and all that good stuff Way way up And again you're gonna go for that apple pie over that apple The final thing we need to look at is fiber So fiber is gonna come from fruits veggies All those beautiful things They're all good and healthy and stuff like that Obviously not only that they help and they increase the volume in our stomach which sends signals to the primal brain that hey we have nutrients we're full all that But it also provides our micronutrients because you see when it comes to that primal brain if it detects that you're deficient in one some kind of salt or whatever like that So say you're deficient in sodium or salt it doesn't go oh go have a pinch of table salt and everything's good to go It's gonna just send a signal go eat and it's gonna keep sending that signal until that problem is fixed So if we eat plenty of fruits and veggies that helps to beef up our micronutrients which ultimately is going to allow us to um manage the the prime brain and decrease that signal Ok Now when it comes to the medications and how all of them work basically what the medications are doing is they're trying to decrease or lower the signal from the primal brain You can kind of think of the primal brain signal and getting you to have the apple pie over the apple as kind of like a wave right And what the medications do is they put up a wall So the wave kind of crashes against it and can't get through can't overrun your modern brain Can't get you to go and have the apple pie However if you don't take care of those four things that we talked about you don't properly get enough protein don't eat consistently et cetera et cetera Well what's gonna happen is that primal brain signal and wave is gonna get bigger and bigger and bigger and bigger until finally it's gonna reach a point where no matter how much of this drug you're

trying to build up or how big of a wall you've got going on it's gonna crash over and it's gonna get what it wants And biology always wins So that is why it's so important to take care of those underlying aspects of things And that is what I mean by the medication is not working the wall is still there But if you're not taking care of that primal brain and properly nourishing your body no amount of medication is gonna fix that problem You gotta eat you gotta get that protein you gotta to do those things to help your um keep your primal brain at bay and keep that biology back down And that's why a lot of people when they come off these drugs cravings go way out of out of hand because all of a sudden wave is there ready to crash over wall goes away and then it's just all hell breaks loose So that's the short and long of it I guess you could say Um Monica can you tell me about Metamucil Yeah Metamucil is Cilium husk Um there's a variety of different flavors I personally like the sugar sugar free orange one Generally you can get it at Costco in bulk Um I think it's the bee's knees You need to like have a teaspoon of it mix it with some water and then chuck it back If you don't it starts to actually like thicken up but it's very great for digestion and making sure you're getting enough fiber keeps the bowels moving and the pipes clean and stuff Um also can help to fill you up and provide Satiety and all that beautiful stuff And um yeah it's in general Pretty sweet Uh CK dunk type two diabetes and very overweight OIC dose 1.5 installed at £50 lost Should I increase the dose I mean maybe as as we kind of already talked about I always recommend optimizing all those other aspects of things first and once those are optimized Um and then you're making sure that you're in a calorie deficit If you need further appetite reduction it certainly can help Uh Betty it took my took two years for my brain to catch up with my gastric bypass and now I'm starting to lose again Awesome Amber on sex Send Can I do my 0.6 injections twice daily to escape the tummy upset instead of once daily Um I mean technically you can I'm not really sure if it will correct or help with the the tummy issues or not You could certainly try it Um let me know if it works potentially but always of course double check with your your doctor pharmacist that it's ok in your given situation But kinetically wise you're probably still gonna get the same amount of drug maybe less peaks maybe But yeah um certainly can Something to look at two and a can you lose two months uh can you lose too much One month started £460 uh then to 430 gym 4 to 5 days a week and better diet So losing too much I mean it's it's all kind of perspective and kind of what your given situation and stuff like that is So it's not so much that you can like lose too much the more weight that you have the quicker you're

ultimately gonna lose weight Um but if you're properly nourishing your body and providing it the nutrients and stuff that it needs Um and you know you're you're being active and doing all those wonderful things and such like that then yeah you're you're essentially winning in a lot of respects of things right So nothing wrong with with that aspect and component of things Um but losing too much even with regards to losing quickly there isn't much data to say that if you lose really quickly you gain the weight back more quickly or anything like that either it's just gonna be is it sustainable for you I think that's the biggest the biggest number one aspect Uh dawn I'm on Contrave and I'm dieting and in a calorie deficit and losing weight can I stop Contrave Um unless you've like completely overhauled your lifestyle and have some really good patterns behaviors and habits and stuff like that in place Like 95% of people unfortunately can't stop these medications They need to continue on with them for life um to help them in supporting them to manage their weight Um Amy Alri does Ozempic dose always just work for a single week or can it go longer So when you do a single dose of zic it's gonna stay in your system for 4 to 5 to 6 weeks roughly So it won't be at the same concentration because the half life of the drug is one week So say if you do a 1 mg dose today one week from today half of that dose will be gone So it'll be only 0.5 mg remaining and then the next week it'll be down to 0.25 and so on and so forth Generally when it comes to the kinetics of the body and clearing a drug with half life and stuff it's 4 to 5 half lifes before Um the drug is completely cleared and and gone and stuff like that Um you're on the 2 mg missed my dose day but I still feel it like Whoa Um Yeah so generally I mean you have kind of a five day window So if you miss a dose and your usual dosing day you have that five day window where you can retake that dose or top it up and and not have any issues or concerns in general beyond five days you gotta decrease it down to your previous dosing time So 1.5 that sort of thing and then titrate your way back up once you're all good to go So um yeah that's kind of some of the respect there Butters Yes exactly Melissa very helpful Um Awesome glad you guys liked it And I clearly need to make a better video around this because it seems to really have connected Um Butters Can you recommend a good multivitamin Um I'm not a big fan of multivitamins to be honest Um It depends on your goals and stuff like that It depends you know what your overall dietary patterns are like if you can get most of it through your veggies and stuff and whatnot Fantastic Awesome If you're looking for more just to beef it up like you don't like veggies or whatever Um I mean you're you're not Costco general multivitamin is

perfectly fine pretty much any of the generic ones Um are gonna be good to go if you really wanted to get like more in depth and really just overpay and kind of throw money out the window You could look at a company it's called Thorn Pharmaceuticals or Thorn thorns thorns something like tho or T hr one if you type into like Amazon it comes up But their big claim to fame is that they make a whole bunch of multivitamins and stuff and they like guarantee the purity of every tablet and yada yada yada Um So if you're really die hard and wanting that they would be a company that I would potentially look at But overall in terms of the um just general multivitamins try to get it from your diet or look at specific nutrients Like like I take things like magnesium zinc um glucosamine Omega oil Omega three s There's something else that I take in there calcium and vitamin D I can take all those main ones Um Most of them are kind of helping with muscle building and stuff like that and my working out and training and also protecting my joints a little bit Um versus taking like a multivitamin I just eat a lot of veggies and stuff and so far so good Um IC U nurse Nicky why does my heart rate go up and can't breathe when I inject my will go Only for a few minutes It's a good question Um I don't exactly have an answer for you other than you're possibly getting some kind of sympathomimetic response in terms of just how your body is responding to an injection or um you know it's kind of a very very low key trauma if you will to the body So it could be kind of triggering that type of response where your body is like oh my God you know all hands on deck or whatever like that if it's not leading to anything afterwards um it shouldn't be an issue if you're not getting like any swelling around your mouth um lips closing off airway or anything like that then that it's ok Um Yeah I I don't have a good answer for you Um Lasandra does that he nausea with moo gets better Um Generally for most people most of the side effects that occur at the start whenever you're on one of these medications they tend to be transient in nature and so they do get better they do ultimately help to um uh to mitigate and manage things So they your body just gets used to it over time In theory be first person some people don't abby Um would it be best to add a probiotic to regimen of meds when on Ozempic and having BM irregularities I mean it's not it wouldn't be wrong to add it Would it be beneficial Maybe maybe not if it's the drug that's driving it and causing the issues and stuff like that I would probably be looking at water intake fiber intake all of those sorts of things Um especially if it's like on the constipation side of things even if it's on the diarrhea side of things um more fiber and um you know managing your water intake can certainly help all of that probiotics unless you have

like I BS or kind of like a disruption with your gut bacteria and stuff like that Say you've taken antibiotics or whatever there isn't a heck of a lot of evidence to show that they're gonna help in that regard of things So it's not my first go to unless there's some kind of history that would say otherwise So um Alison I've lost £65 so far on A I still have £10 to get to gold but I'm at a standstill I think the biggest thing that you need to ask yourself at this point is are the £10 worth it right Because you're gonna have to change your diets your patterns and everything like that even further You're gonna have to put yourself into a more significant calorie deficit maybe increase your activity level All those sorts of things And in order for you to do those things are they going to be sustainable into the future If they're not then that £10 might not be worth it If they are cool What about you Those are the changes you gotta make you gotta put yourself in a calorie deficit to lose that further weight But if you're not gonna be able to sustain those changes long term what's gonna happen is you're gonna lose the £10 and then you're just gonna gain it back because it wasn't sustainable So is that £10 actually worth it Does it matter You know a lot of questions to kind of ask there Um CK dunk I really want to move from Ozempic to Moro but still not in Canada Any idea when I actually just had a chat today with some of the uh makers of Mount Um I might be doing a whole bunch of work with them just fy I but um they have kind of earmarked it for fall of 2023 whether that means September or whether that means November I have no idea But yeah they're working on it They're kind of planning for it They're gonna start gearing up I think the um marketing of it pretty quick here And so yeah I think in the fall the latest 2024 but we'll see Damn you said my name right Good job And thanks for answering my questions Awesome That is that is a first for me in most cases but my pleasure Um my dose actually feels the strongest the day I'm supposed to take another one It is odd Interesting Um hm Very very very interesting Um yeah I don't have a good reason to why That's the case Hey Dan I called and left a message Do you have bariatric vitamins Um oh you missed me in the pharmacy Um as of right now No I'm working on them It's on my to do list but right now I do not have them in stock I've been ridiculously overwhelmed with brand new consoles Um so it's a working process Um yeah give me a call because I feel like I got that message but it's somewhere in my piles of things to do and stuff like that and we can see where you're at and such like that Uh CK dunk I had a surgery They made me stop Ozempic for a week 1.5 mg dose Should I go back to that dose So unless you're within the five day window of when you stopped it you should

go back down to your um to a lower dose If you're outside of that five day window enough of the drug would have metabolized at that point that you're gonna start at a lower dose If you go back to the original dose you're probably gonna have a a gnarly time Um Yeah so I would definitely chat with your care team and stuff like that but um definitely want to start at a lower dose if you're outside in five days Becca can I safely use Ozempic if I have heart failure Um Yeah there's really no um well there is no contra indications in terms of heart failure or anything like that Um Yeah I work with a lot of people that are on OIC and have heart failure so no worries no concerns there Um Yeah yeah not a concern Uh Butters do side effects from full dose of Condra subside eventually Wooziness Yucky feeling in the head Yes it's kind of transient similar to Ozempic It depends how long you've been on it and stuff like that I would say if you've been at full dose So the two tablets in the morning and two tablets at night if you've been on that dose for you know I'd say a month or so and things are still not subsiding or getting any better then yeah it might not be the medication for you and the side effects might not go away or it might be a matter of we need to lose a lower dose of it or something like that Lasandra Thank you My pleasure Abby Thank you for answering my questions My pleasure guys That's why we why we do the lives once a month right now for the summer and then we'll ramp it up to once a week again come September October or something like that Lisa I'm on day two of sex Not feeling anything Is that all right Yes Um some people don't feel anything until they get up to the 3 mg dose You just started the drug at the dose you're currently at it hasn't even peaked in your system yet So um yeah the patients let it build up and uh go from there Uh don it's the out of pocket cost that's make me want to stop Contrave If I have if I have changed habits and continue with the deficit will not taking it make me gain it back Um if you change your habits and stuff like that Well ok so the people that are the most successful in terms of coming off of these medications and maintaining their weight long term there are some basic things um that they do So if you're here for the chat on the you know the primal brain modern brain aspect they do all the primal brain stuff really really well So they get the protein they eat consistently through the day They eat you know a good amount of calories when they've reached kind of their goal wage or whatever like that They have worked to increase their calorie intake back up to what their maintenance should be So they're not technically in a deficit and they eat plenty of fruits and veggies other things that people do is they eat breakfast they generally exercise an hour each day Um they do

all the stuff to help the modern brain which is like stress management getting plenty of sleep um hacking your environment So that habits are easy to engage in and stuff like that And then they have a a much better relationship with the scale in general And so what I mean by that is that instead of this idea that you know your goal weight is say again 100 and £50 they don't have this idea that every single day they wake up they have to be 100 and £50 they have a weight range because they understand their weight's gonna fluctuate on a day to day week to week month to month season to season basis And so most often I recommend a plus or minus £10 weight range and that gives you kind of the ability to be like oh yeah you know what Christmas probably gonna gain some weight literally everybody across the globe gained some weight over Christmas because we all eat more food But once you get back for the New Year or whatever like that you might be up £10 But you know exactly what was able to help you to maintain you know your £150 So you just get back on track and just keep on going You understand that you have a weight range and that weight's gonna versus what most people do They come back from Christmas and they're like oh my God I'm not 100 and £50 now Fuck it screw it or whatever kind of thing their whole world falls apart So it's kind of having that better understanding and that better relationship and knowing that yeah your weight's gonna fluctuate and that's ok You know the skills and things to manage your weight So having that better relationship in that respect and not having all of your self worth tied up into the scale And when that number reads something that you don't like you know it doesn't ruin your day So that's kind of some of the things that that definitely need to happen um in order for you to maintain the weight and to keep weight off long term and stuff Uh CK Don Exciting Thank you My pleasure Um Melissa what is the recommended daily water intake I'm 47 and peri menopause also Um generally you can't go wrong with the eight cups a day It's pretty standard pretty easy Um you know if you're active like right now here in Calgary it's plus 30 ridiculous degrees or something like that So you know I usually on average drink anywhere from 3 to 4.5 liters probably today I'll put back like six liters So depends on what you're doing and what you got going on how active you are and stuff like that But eight cups of water or the eight liters of water or not eight liters two liters of water a day is um kind of the the bare minimums to kind of start with uh which track care would get on the train They'll cover bariatric surgery but not anything for weight loss That's interesting Um jewels Can I be prescribed Ozempic for weight loss due to shortages of UGO uh Canada

on sex but it's not working Um yeah I mean Ozempic can technically be used for weight loss here in Canada in particular We don't have a shortage with Ozempic or anything so we technically could use it for weight management and such like that Um more or less what it's gonna come down to is whether your insurance company will provide coverage for it If you don't have diabetes they will not cover Ozempic in general Some insurance companies they don't require a specialized authorization They just cover the drug right out the gate If that happens to be your situation you're good to go then you could definitely get it and get it covered If it requires special authorization you're gonna have to be on diet or have diabetes Have tried a couple of other agents and um yeah go from there Um Adrian why does Ozempic make me sick So Ozempic the way that it works is a couple of different ways Part of the G I side effects that it causes is because it's slowing down how quickly food goes from your stomach to your small intestine So if things aren't moving through as quickly well things are gonna kind of wanna be making their way back up your esophagus So that can lead to things like nausea heartburn and that sort if it's slowing down your G I tract as well that can lead to constipation Poops kind of just sitting there for longer more of the water around it gets sucked up Things aren't moving quite as well And so that definitely can cause some of the G I issues there Also we think is there there's some kind of mechanism maybe within the brain that has a downstream effect that can cause and lead to nausea as well We don't exactly know all the ins and the outs But um yeah that's kind of the the gist of it Nicky I've taken OIC for two months and haven't lost a pound yet You are not in a calorie deficit So again these medications they're tools in the tool box Um you still got to put yourself in a calorie deficit and that is gonna require generally in most cases some level of tracking Yes it's gonna help to reduce your hunger and stuff like that But if you're just eating exactly the same and not making any lifestyle changes and taking this drug and just expecting things to happen it's not not the way that the world works Right Um you need to track You need to see if you're truly in a calorie deficit or not And um yeah if you're in a calorie deficit and you're gonna lose weight Amanda my insurance won't cover Ozempic anymore I fell off the wagon when I tore my MC L 1.5 months ago Uh that really sucks Um yeah I mean the best thing to do is just kind of you know what habits you were doing and stuff like that and engaging in So just kind of re engaging them and um doing your best to implement it Keep it simple make small little tweaks and changes at a time build on things that you're already doing So if you're

already getting breakfast in for example add some more protein to it if you're already getting a good lunch or whatever add a snack in different things like that Um Emily Sue Wigo makes me hate all food I used to love I only want fruit and bland foods Why OIC decreases your want and drive for food Um So basically it's going to help you to choose the apple over the apple pie more consistently Um And so yeah it's going to affect the reward center of your brain and make those foods less appealing That's how it ultimately helps in managing weight and stuff like that Uh CK dunk if I'm on 2 mg of OIC and switch to mo mo what dose would I be started At good question Um It's gonna really vary person to person how much side effects you had I honestly would probably start you off at like 5 mg of and then work the dose up from there The reason being is just because mao is considerably more potent you might find yeah it is um causes you know more side effects at a lower dose and stuff So it's better to start low than transition right over to the high dose and you have a butt load of side effects and be in a world of hurt for a while So um letters you're so helpful Thank you My pleasure Amanda does Alberta health cover the balloon Would you recommend that procedure as far as I know Alberta Health doesn't cover that balloon and um no I wouldn't recommend that procedure Um Yeah most people it's not effective long term for them The Kim it's hard to hear you Um I would recommend cranking that volume up there on your phone jewels Great Thank you for the info My pleasure Power Girl Uh Hi Doctor Dan I've been on contract since Friday See you Friday Sweet Looking forward to it Um Can Ozempic be prescribed by pharmacists or do you have to go to a doctor Depends where you're at So um here in Alberta um I currently have possibly for sure The first pharmacist run obesity clinic here in Calgary Possibly Well I'm pretty sure the first pharmacist run obesity clinic in Alberta and possibly even in Canada and the Globe potentially Um And so I prescribe ZIC I prescribe sex and I prescribe contra I do all of the above all day long and that's what I did today was See patients all day And um yeah so it all depends Alberta pharmacists can prescribe but um everywhere else it's probably gonna have to be by a doctor Kay Hey Dan Long time since I've seen you on live what's going on Cathy We are currently doing yeah once a month because it is summer and all that wonderful stuff But September will be more consistent in doing doing weekly lives again Uh Christy it helps so much with cravings and food noise Yeah that's a big one A lot of people kind of tell me about how yeah it just calms everything down and just let you it takes care of that primal brain aspect of it and um yeah it allows you to just kind of think a

little bit more clearly and stuff Uh Rebecca it's almost impossible to find a doctor in Alberta right now Yeah it definitely is Um that's been one of my biggest problems is I have so many patients that don't have a family doctor and aren't being properly managed and yes I'm managing their obesity but then also managing a butt load of other things while helping them to try and find a doctor Um Rebecca is not available in Alberta So it's not available here in Alberta quite yet Fall 2023 maybe as late as 2024 Stay tuned Dan sorry Last question Once ideal weight weight is achieved how do you go from a deficit to maintenance So good question Um Once you've reached your weight basically what you wanna do is you look at ok say you're eating 1500 calories a day as an example and you actually go weight and stuff like that to go up to your maintenance level The next week you go up to 1600 calories do that every single day The next week you go up to 1718 119 100 so on do it on a week by week basis and basically get your calories up to whatever your predicted maintenance level of calories is So um yeah so that's kind of what it would be by figuring out your total daily total daily energy expenditure There's tons of calculators online You can also check on my website Healthy Vault dot co Um I have a calculator on there that you can punch in your info on and stuff like that and it'll tell you how much you need for maintenance and stuff But basically you just slowly increase your calories Of course there's going to be an increase on the scale but it's not going to be fat increase unless you go very rapidly or fall off the wagon and stuff it will be um well water poop more food in the system So those kinds of things won't actually be fat gain or anything like that Uh uh CK Dunk Makes sense Thank you Amanda Is it possible to have a video appointment with you It's hard to get any help from my family doctor Um Yeah yeah if you're in Alberta I am taking and seeing clients I think I'm booking into July the end of July right now But yeah if you give us a call um at the pharmacy 4039936673786678 Wow I'm blanking on that right now Um Apoca Pharmacy um links are in my bio and stuff like that if you're in Alberta Yeah for sure Give us a call and um we'll get you booked in and stuff like that and uh I do video appointments and stuff and and help people out So yeah if you're in Alberta uh West Van or still craving sugar on 0.5 Ozempic um increase your um your protein intake and stuff like that Optimize your diet Um Rebecca what is the wait time for your clinic So right now it's I'm booking into July I right now end of July Um Yeah it's been it's been wild but yeah that's kind of the the general times and stuff like that at present Uh CK dunk We need you in Ontario Um for sure I mean if only we could uh I could

do what I could do out in Ontario unfortunately Um yeah Ontario doesn't allow me to do what I do here Fortunately for Alberta I have a very advanced scope of practice and I'm able to um do the kind of cool things that I'm doing here with the obesity clinic and stuff like that So and Amanda I'm in Drayton Valley I'm four hour fourish hours away from you So getting there is difficult Thank you so much No problem Amanda Rebecca Is there any lab work required to start Ozempic Yes I usually order a a slew of of blood work and stuff like that after an initial appointment with a patient Um basically just to update everything and to check and organ function and various things like that kind of see what we're dealing with or if I have any other suspicions or concerns or whatever Um And then yeah we get a baseline and then we decide if therapy is right or whatever and then I see about getting um uh coverage and stuff like that and what's possible and then we get the ball rolling Sorry another question How much how much is Ozempic if you're paying out of pocket Um if you're paying out of pocket for Ozempic it's I think it's 2 30 to 2 50 a month at a 1 mg dose So if you were to go to 2 mg plus you're looking at probably like \$500 a month kind of thing So 1 mg Yeah two for 2 30 to 2 50 somewhere in there And Romana Yes So not only do I provide pharmacist services here in Alberta but I also do coaching worldwide So it's a focus on the lifestyle aspect of things Um Not necessarily I can't prescribe or anything like that if you're outside of Alberta But um yeah you can certainly see people anywhere in the world Uh Lindsay 2 50 a month It's the same across all milligrams Do you increase Ozempic after 1 mg Um So you can increase it Ozempic can go to a dose of 2 mg once per week It is approved for diabetes management at 2 mg and semi is the molecule in OIC and it's um it's also found in Mogo and Mo can go to a dose of 2.4 mg once per week Banjo If a patient is already on can you help with coaching Absolutely I definitely can Um Tamara Ozempic is cheaper at Costco second most affordable is Walmart in Ontario Yeah you got her um Lindsay it goes to two Yes it does Oh um user 394 But you advised me on managing with my team here in Ontario in Arino Yes that is true Very very true So helping on all the various fronts and everything like that Uh Lindsay only weight came back on when I quit pretty common Uh yes Costco I think Ontario is more than here in Alberta Yeah it really varies I've been seeing different prices and stuff and it depends on what the wholesaler is getting it for and different things like that So prices can sometimes adjust and change a little bit And um yeah uh a friend told my sister she's paying paying \$800 a month and I don't believe that Yeah even at the high end of Ozempic you

wouldn't necessarily that would be like a three month supply maybe Uh
What are your thoughts on buring for weight loss Um Burberry is not useful
for weight loss at all Um Blood sugar management Yeah it's kind of variable
in some respects but overall um not that effective um at all or anything like
that So in terms of weight management and such So so yeah Um but
anyways guys my brain is like starting to check out on me Um So I'm going
to leave it at that for tonight Um As always it is a pleasure and stuff like that
We'll be back next month um for another live So the beginning of July July
Yes because it's June Yeah I'm I'm cooked All right Um Yeah I will have this
recorded and uploaded onto the youtube so you can check out the links in my
bio if you want to see the full video and stuff but I hope everybody has a
wonderful evening and uh wear that sunscreen talk to you guys later