



**Euphoria**  
HEALTH AND WELLNESS



# YOUR NEW LIFE

Thank you for joining Euphoria Health and Wellness Weightloss program.  
Here you will find information about your journey.



**Euphoria**  
HEALTH AND WELLNESS

# Requirements



**1**  
LABS WITHIN THE PAST,  
30DAYS: CBC, A1C, TSH, MEDICAL HX

IF LABS ARE NEED PLEASE CALL US

**2**

## Virtual Consultation

\$50.00 (unrefundable, remaining fee due when program starts)



**3**  
Medical clearance: Start program through self injections or coinmerge visit

 [www.euphoriahealthandwellness.com](http://www.euphoriahealthandwellness.com) 

**404 882 6861**

# WHAT IS SEMAGLUTIDE?



**Semaglutide** is a medication that belongs to a class of drugs known as glucagon-like peptide- 1 receptor agonists, or GLP-1 RAs. It was originally used to treat Type 2 diabetes, but has been found effective for weight loss.

## Blood Sugar Regulation



GLP-1 acts on the GLP-1 receptor, which is present in various tissues like the pancreas, liver, and brain. When GLP-1 binds to its receptor, it leads to an increase of insulin secretion, inhibits glucagon release, and reduces glucose production by the liver. This results in a lower blood sugar.

## Appetite Regulation



By mimicking GLP-1, semaglutide also slows down the rate at which the stomach empties its contents, leading to a feeling of fullness and reduced appetite. This can help with weight management by reducing food intake.

## HEALTH BENEFITS

- ✓ Blood Sugar Control
- ✓ Weight Loss
- ✓ Reduced Insulin Resistance

## Contact Us

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# Semaglutide:

## a breakthrough in Weight Loss



### HOW DOES IT WORK?

Semaglutide is a glucagon-like peptide-1 receptor agonist (GLP-1RA). It targets an area in the brain called GLP-1 receptors that help regulate your appetite and how much you eat. When used in conjunction with diet and exercise, it can lead to significant weight loss and a reduced risk of cancer, diabetes, and heart disease in people who are obese or overweight.

### The Mechanism of Action of Semaglutide:

#### Regulates Appetite

Targets areas of the brain that help regulate your appetite and how much you eat. It reduces food intake by lowering your appetite.

#### Slows Down Digestion

Slows digestion down in the stomach, leading to a feeling of fullness, which helps reduce body fat

#### Increases Insulin Production

GLP-1 prompts the body to produce more insulin, which reduces blood sugar (glucose).



# EXPLORING SEMAGLUTIDE: Is it Right for You?

Who are the best candidates for Semaglutide treatment?



## IDEAL CANDIDATES FOR TREATMENT

- ✓ **Age:** Semaglutide is approved for adults.
- ✓ **Body Mass Index (BMI):** BMI should be 30 or higher. However, adults with a BMI of 27 or greater and have at least one weight-related comorbid condition are also good candidates for treatment.
- ✓ **Weight-Related Comorbid Conditions:** Individuals with weight-related medical conditions like high blood pressure, type 2 diabetes, or lipid disorders are also eligible for treatment with Semaglutide.

## WHO DOES NOT QUALIFY?

✗ Semaglutide treatment should **not** be used for individuals with the following medical conditions:

- Type 1 Diabetes
- Personal or Family History of medullary thyroid carcinoma, or Multiple Endocrine Neoplasia syndrome type 2
- Severe gastrointestinal disorders i.e. gastroparesis
- History of pancreatitis
- Pregnancy
- Known diagnosis of Proliferative Diabetic Retinopathy (PDR), severe Non-Proliferative Diabetic Retinopathy (NPDR), Macular Edema (ME) or Diabetic Macular Edema (DME), unless risk/benefit discussions and have been discussed with your provider.



\*\*\*Please note that the decision to start Semaglutide treatment should be made by a health care professional based on the individual's medical history and current health status.

# SEMAGLUTIDE SIDE EFFECTS-

## what they are, and how to handle them

While Semaglutide can be effective for weight loss, it's not a miracle drug and may have side effects and should be used under the supervision of a health care provider.

### Nausea and Vomiting

Nausea is the most common side effect of Semaglutide. Here are some tips:

- **Eat Slower:** Eating too fast can make nausea worse.
- **Consume Smaller Meals:** Large meals can cause your stomach to stretch, which can worsen nausea.
- **Stay Upright After Eating:** Laying down after eating can slow digestion and increase feelings of nausea
- **Avoid High Fat Meals:** High-fat foods take longer to digest, which can lead to symptoms like bloating and indigestion.



### Diarrhea

If you experience diarrhea while taking Semaglutide, consider the following:

- **Stay Hydrated:** Diarrhea can lead to dehydration. Make sure to drink plenty of fluids.
- **Eat Foods High in Pectin:** Foods like bananas, rice, applesauce, and toast can help solidify stools.

### Constipation

If you experience constipation while taking Semaglutide, these tips may help:

- **Increase Fiber Intake:** Foods high in fiber, like fruits, vegetables, and whole grains, can help stimulate bowel movements.
- **Stay Hydrated:** Drinking plenty of water can help soften stools and make them easier to pass.



### Fatigue

If you're feeling tired or weak during exercise, consider these tips:

- **Have a Snack Before Exercise:** Eating a small snack before any intense exercise lasting longer than 30 minutes can help maintain your energy level.
- **Stay Hydrated:** Dehydration can lead to fatigue. Make sure to drink plenty of fluids before, during, and after exercise.



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CALL TO BOOK 404-882-6861

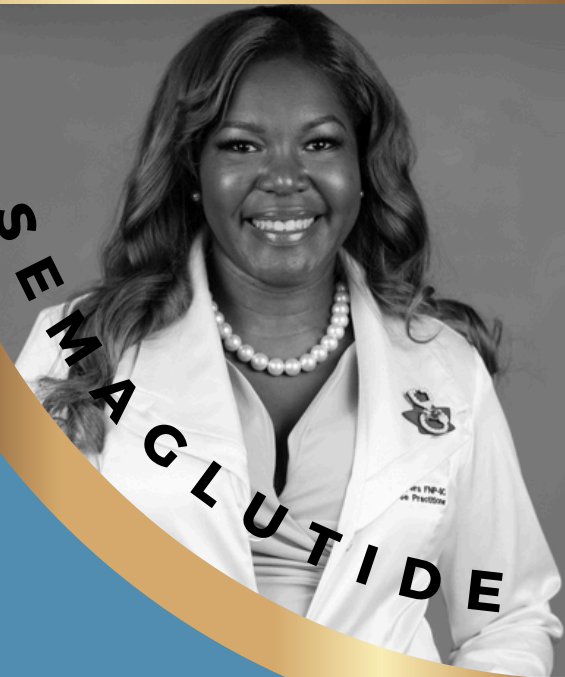


**Euphoria**  
HEALTH AND WELLNESS

**\$250**

**LIMITED**

SEMAGLUTIDE



SEMAGLUTIDE INJECTIONS

# SEMAGLUTIDE

## FOR *weight loss*



**Weight Loss Solution**



**Proven Safety and Tolerance**



**Personalized Health Plans**

### **What we Offer ?**

Discover a personalized approach to weight loss at Euphoria Health and Wellness. Our concierge expert team combines Semaglutide, a revolutionary diabetes medication with proven weight loss benefits, with tailored plans for efficient, once-weekly progress. Elevate your well-being, simplify your routine, and achieve lasting results with our dedicated support!

Euphoria Health & Wellness

**BOOK TODAY!**





Jerrica Conyers, MSN,  
APRN, FNP-BC

Board Certified Family Nurse  
Practitioner

- 10yrs Neonatal ICU
- 5yrs Psychiatric
- 4 yrs Family Medicine
- 3 yrs Urgent Care

## About Me

Founder of Euphoria Health and Wellness, a virtual/concierge practice providing holistic and western care to families during the postpartum period and minor family urgent care through Telehealth.

- 15 years of experience in Psychiatric, Neurology, Neonatal Intensive Care, Medical-Surgical, Long Term Acute Care and Rehabilitation, and Urgent Care.
- 2016 40 under 40 Bethune Cookman University
- Alpha Kappa Alpha Sorority Active Member
- Genesight preferred Provider
- Postpartum Support International Providers

## Services

- Postpartum Home Visits
- Newborn Home Visits
- Birth Coaching
- Childbirth Education & Postpartum Education
- Mental Health Evaluation & Treatment
- Weight lost Program
- Minor Urgent Care Visits



Newborn Healthcare



Maternal Healthcare

"Where postpartum is our pleasure"  
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