

CONFIDENT & CLEAR: HOW TO BEGIN AND SUCCEED WITH GLP 1 MEDICATIONS



Juli Smolen IHP

Microdosing GLP-1 is helping women 40+ manage cravings, shrink stubborn belly fat, and feel amazing again. All your questions answered in the free and super informative guide!



Your GLP-1 Made Simple

A Clear, Supportive Guide to Starting and Thriving with GLP-1 Medications

Welcome to GLP-1 101 A simple, supportive guide to help you understand and succeed with GLP-1 medications.

You've tried it all — diets, workouts, willpower. And still, the weight won't budge.

Here's the truth:

- ⊗ It's not that you're lazy.
- ⊗ It's not that you're broken.
- ⊗ It's that your biology has been working against you — and your willpower has been trying to fight an uphill battle.

When many of us started GLP-1 medications, we felt overwhelmed.

Even those of us in health and wellness had questions, doubts... and yes, even shame about needing medical support for weight loss.

Sound familiar?

Here's what we wish someone had said back then:

- ⊗ Getting help is not a weakness.
- ⊗ Your body isn't broken.
- ⊗ You haven't failed.
- ⊗ You just need the right tools — tools that work with your body, not against it.



That's what this guide is all about. To help you:

- ⊗ Cut through the confusion
- ⊗ Start your journey with confidence
- ⊗ Feel supported every step of the way

Whether you're just exploring your options or already getting started, this is your go-to resource.

Let's dive in — and take this next step together.



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SECTION 01: What Is a GLP-1?

Let's Start With the Science (Made Simple)

GLP-1 might sound complicated, but here's the easy version:

Your Body = One Big Text Messaging System

A **GLP-1** is a **peptide** — a tiny chain of amino acids that acts like a **text message** your body sends to help things run smoothly.

Peptides tell different parts of your body what to do.

GLP-1 peptides send messages that help regulate:

- ⊗ Your **appetite**
- ⊗ Your **digestion**
- ⊗ Your **blood sugar**

That's why GLP-1 medications can be such a game-changer for weight loss and metabolic health.

GLP-1 Medications: The Smart Weight Loss Texts

When you take a GLP-1 medication, it sends **3 powerful messages** to your body:

Text #1: To Your

Brain

“Hey, you're full—stop eating!”

→ Helps reduce hunger and cravings.

Text #2: To Your

Stomach

“Slow down—keep food in here longer!”

→ You stay full longer, which helps prevent overeating.

Text #3: To Your Pancreas

“Balance that blood sugar!”

→ Supports healthy insulin response and keeps energy stable.

So What Does This Do For You?

GLP-1s help you:

- ⊗ Eat less without feeling deprived
- ⊗ Stay fuller longer
- ⊗ Keep blood sugar steady
- ⊗ Reduce cravings
- ⊗ Begin to rewire your body and brain around food

It's not just about weight loss — it's about shifting the **whole conversation** inside your body so it finally starts working **with** you, not against you.

What Does This Mean for YOU?

It means your body isn't broken — it's just been missing the right support.

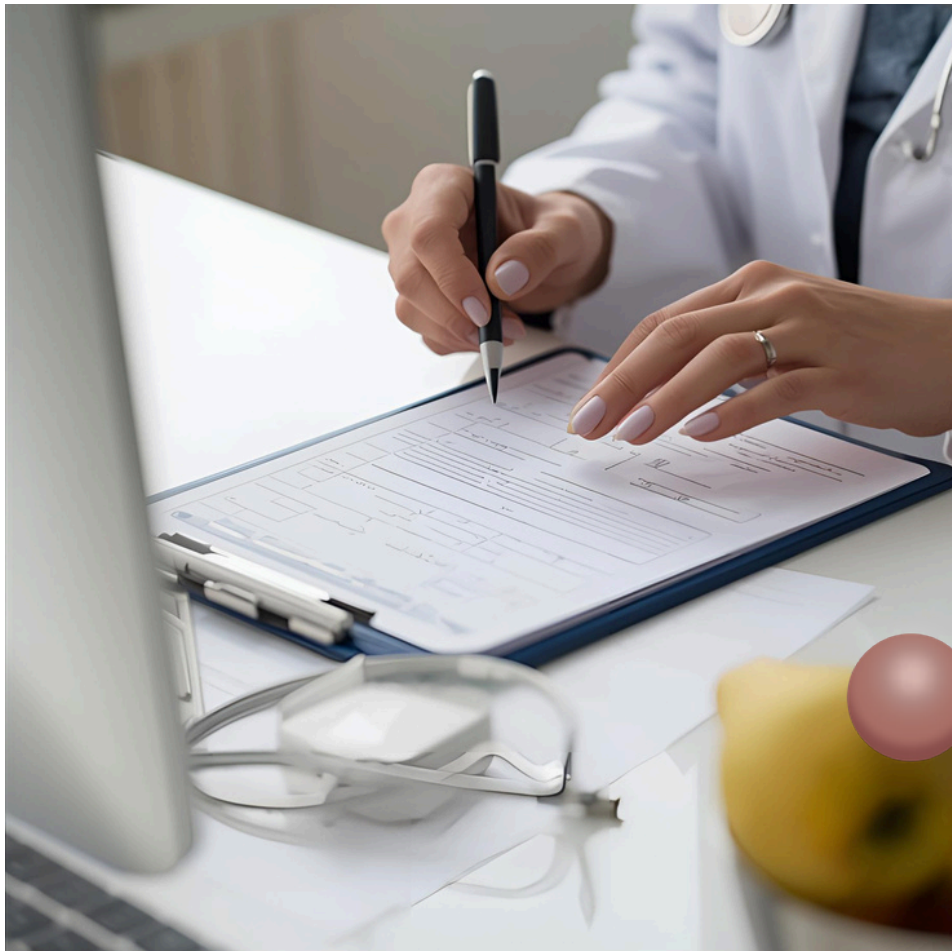
GLP-1 medications don't rely on willpower. They work **with** your biology to help you feel full, reduce cravings, and regulate blood sugar so your body can finally release weight in a sustainable way.

In clinical studies, people using GLP-1 medications lost an average of **15–20% of their bodyweight** over time, and many report improved energy, focus, and confidence along the way.

This is more than weight loss.

It's a metabolic **reset**.

And this guide will show you how to make the most of it.





SECTION 02: Is GLP-1 Right for Me?

Who Benefits & What Path Fits Best

If you've ever said...

- ⊗ "I've struggled with my weight my whole life."
- ⊗ "No matter what I do, my body won't respond."
- ⊗ "I eat healthy and move my body, but nothing changes."
- ⊗ "My cravings feel out of control."
- ⊗ "I'm exhausted from constantly starting over."

You're not alone — and it's not your fault.

It might be time to consider a **root-cause solution** that works *with* your biology, not against it.

Who Can Benefit from GLP-1 Therapy?

Women with insulin resistance, PCOS, or hormone-related weight gain
Those in perimenopause or menopause navigating metabolic changes
People doing “all the right things” but still feeling stuck
Anyone experiencing energy dips, blood sugar crashes, or chronic inflammation
Those tired of yo-yo dieting and looking for a sustainable, science-backed plan

GLP-1 medications like **semaglutide** or **tirzepatide** help regulate:

- ⊗ Appetite
- ⊗ Blood sugar
- ⊗ Insulin sensitivity

They help take your biology off the **rollercoaster** so your body can reset, rebalance, and respond.

Two Powerful Paths: Which One Fits You?

1. The Weight Loss Path

For those with 20+ pounds to lose or clear signs of metabolic dysfunction.

What to Expect:

- ⊗ Strong appetite regulation
- ⊗ Blood sugar stabilization
- ⊗ Significant fat loss (especially around the midsection)
- ⊗ Improved energy and lower inflammation

This path often involves a **gradual dose increase**, medical guidance, and lifestyle shifts to support long-term change.

Think of this as a metabolic reboot.

2. The Microdosing & Longevity Path

For those closer to goal weight or focused on long-term wellness and prevention.

What to Expect:

- ⊗ Gentle metabolic support (without strong appetite suppression)
- ⊗ Maintenance of fat loss, especially visceral fat
- ⊗ Cardiovascular, brain, and gut health benefits
- ⊗ A subtle, sustainable approach to aging well

This path uses **very low doses** (typically 0.1–0.25 mg/week) to support the body without side effects — great for ongoing support or those looking for a low-intervention option.

Think of this as a metabolic tune-up.

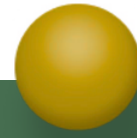
The graphic is a comparison chart between two medications. On the left, under a light orange background, is 'GLP-1 SEMAGLUTIDE' with a vial of 'GLP-1+B12'. On the right, under a light teal background, is 'GLP-1/GIP TIRZEPATIDE' with a vial of 'GLP-1/GIP+B12'. A central circle contains the word 'VS'. Below each medication are its classification, average weight loss percentage, and cost/side effect profile. At the bottom, a box labeled 'BOTH' lists shared benefits for both.

GLP-1 (SEMAGLUTIDE)	GLP-1/GIP (TIRZEPATIDE)
GLP-1 Receptor Agonist	Dual GIP + GLP-1 Receptor Agonist
15% Average Weight Loss	20%–25% Average Weight Loss
More Cost Effective	Less Side effects

BOTH

- Reduce inflammation
- Can Improve A1C
- Help regulate energy balance
- Decrease food noise and cravings
- Reduce appetite
- Slow gastric emptying (fuller longer)
- Support weight loss
- Lower blood sugar levels
- Improve insulin sensitivity

This Is a Tool — Not a Crutch



GLP-1s are powerful, but they're not the whole picture.

Lasting success comes from pairing this medication with:

- ⊗ Consistent, sustainable habits
- ⊗ Nervous system regulation (stress management matters!)
- ⊗ Nourishing food and protein-rich meals
- ⊗ Mindset, belief work, and lifestyle upgrades

You don't have to do it perfectly. You just have to do it differently — and this guide is here to help you every step of the way.

BONUS: Choose your path:

Which GLP-1 Path Is Right for You?

Start Here

Do you have 20+ lbs to lose or signs of insulin resistance (like fatigue, belly fat, or cravings)?

- YES** → Go to **WeightLoss Path**
- NO** → Continue below

Are you close to your goal weight but want to maintain results, prevent regain, or support long-term health?

- YES** → Go to **Microdosing & Longevity Path**
- NO** → Continue below

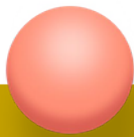
Are you navigating perimenopause, menopause, or hormone-related weight shifts?

- YES** → You may benefit from **either path** depending on your symptoms and goals.
→ Talk with your provider about starting dose and timeline.

Are you more focused on performance, inflammation, energy, or aging well — rather than the scale?

- YES** → Go to **Microdosing & Longevity Path**

Quick Summary:



YOUR GOAL	BEST FIT
Lose 20+ lbs	Weight Loss Path
Maintain results & prevent regain	Microdosing Path
Support hormones & metabolism in midlife	Either Path
Focus on energy, healthspan, and longevity (with less than 20lbs to lose)	Microdosing Path

Common Fears & Misconceptions

Let's Get Real for a Minute

We see you. The late-night Googling, the TikTok rabbit holes, the quiet hope that maybe—*maybe*—this will finally work.

Let's walk through the most common fears and myths, and clear the air with facts, not fear.

“What if it doesn't work for me?”

Totally valid question. But here's what the data says:

Clinical studies show **GLP-1 medications lead to 15–20% total body weight loss on average.**

They're among the most effective tools we've seen for long-term weight and metabolic support.

Here's the difference between those who succeed and those who struggle:

Success usually comes when people:

- ⊗ Pair the medication with sustainable habits
- ⊗ Follow a realistic nutrition plan
- ⊗ Take a long-term approach
- ⊗ Get support and avoid rushing the process

Struggle often happens when people:

- ⊗ Try to DIY it without guidance
- ⊗ Increase doses too fast
- ⊗ Rely on random internet advice
- ⊗ Hope for a quick fix without lifestyle changes

This is a tool — but it works best when you *partner with it*.

“Isn't this just the easy way out?”

Let's reframe that.

Would you tell someone using insulin for diabetes they were taking the easy way out?

Or judge someone for using thyroid medication or antidepressants?

Of course not.

GLP-1s are **clinically backed, medically supervised treatments** for real metabolic challenges — like insulin resistance, hormone shifts, and inflammation.

This isn't cheating.

It's smart.

And it's time we stop shaming people for choosing tools that actually support their biology.



“What about the side effects?”

We hear this often — and it's smart to ask. The good news? Most side effects are **mild and manageable** when approached correctly.

Most common side effects include:

- ⊗ Nausea
- ⊗ Fatigue
- ⊗ Constipation
- ⊗ Reflux

Most side effects are caused by:

- ⊗ Starting at too high of a dose
- ⊗ Increasing too quickly
- ⊗ Skipping meals or not hitting protein goals
- ⊗ Dehydration

What helps:

- ⊗ Starting low and going slow
- ⊗ Strategic nutrition (hello, protein + fiber!)
- ⊗ Staying hydrated and nourished
- ⊗ Having a provider guide your dosage and timing

At **EllieMD**, our licensed providers walk you through every step so you're not guessing or suffering unnecessarily. You'll also find nutrition tips inside this guide to support your journey.

“Can I Actually Afford This?”

Let's be real: Some of those retail prices floating around online are shocking.

But here's the truth at **EllieMD**:

Compounded GLP-1 Medications

Safe, effective alternatives to brand-name options — for a fraction of the cost.

All-Inclusive FREE Membership

- ⊗ Licensed provider consults
- ⊗ Prescription and refill management
- ⊗ Ongoing support, education & check-ins
- ⊗ FREE support and coaching community
- ⊗ No surprise fees/multiple payment options

Access Without Overwhelm

No long waitlists. No confusing pharmacy phone calls. Just expert care and medication shipped directly to you.

You shouldn't have to choose between your health and your wallet. With EllieMD, we make personalized, science-backed care affordable and accessible.

Myths & Untruths to You Should Let Go

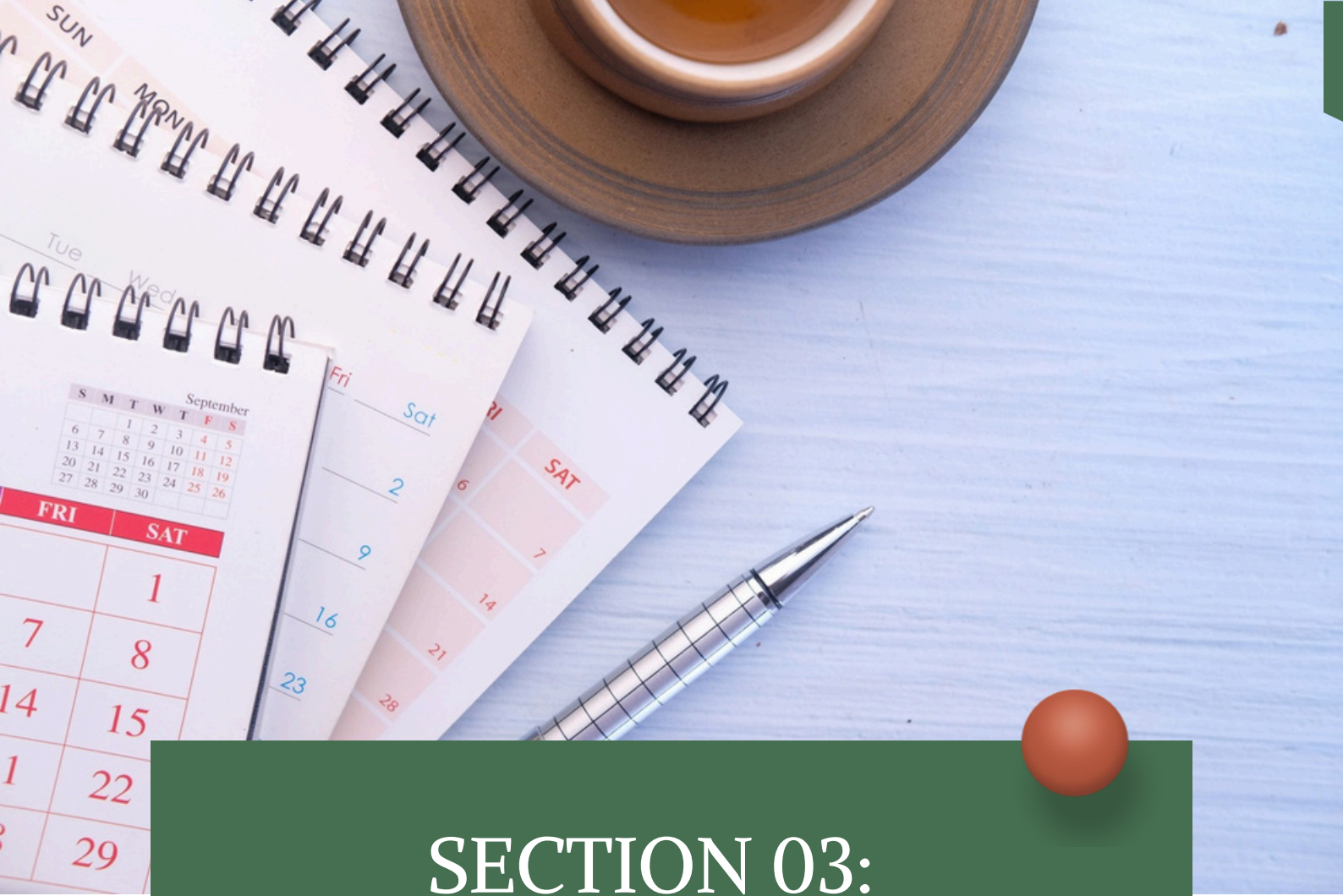
Myth: “I just need more willpower.”

You've tried. You've worked hard. And still — it hasn't stuck.

That's not because you're weak. It's because your **biology** has been working against you.

GLP-1s help reset your body's “weight thermostat,” reduce insulin resistance, and make it **easier** for your efforts to work.

This isn't about willpower. It's about working smarter — and finally using a tool that helps your body function the way it was designed to.



SECTION 03: How to Get Started

From First Steps to First Dose

You don't have to figure this out alone.

We've simplified the process so you can feel confident, supported, and clear — from your very first click to your very first dose.

This is **personalized care**, not a one-size-fits-all plan.

You'll be working with a **licensed provider** through **EllieMD**, a NABP-accredited telemedicine network. All prescriptions are filled by trusted **503A compounding pharmacies** — meaning your formula is tailored to your goals, biology, and your state's regulations.

Your Ongoing Support Includes:

- ⊗ Monthly Longevity Zoom Circle
- ⊗ Private Facebook Community Access
- ⊗ Personalized Monthly Check-ins
- ⊗ Weekly Thursday Night Educational Series
- ⊗ 14 Days of Daily Support (Text + Email) when you start

This is not just a medication — it's a full support system.

Step-by-Step: How to Place Your Order

1. Get your brand partner's link

2. Choose Your Path:

- ⊗ **Want to lose 20+ lbs?**
→ Select **Weight Loss Path**
- ⊗ **Looking for maintenance or wellness?**
→ Select **Microdosing Path**



3. Pick Your Formula:

Most people begin with one of these two:

- ⊗ **GLP-1 + GIP + B12 (Tirzepatide Blend)**
→ Great for appetite, insulin support & inflammation
- ⊗ **GLP-1 + B12 (Semaglutide Blend)**
→ Gentle start focused on fat loss & steady energy

GLP-1 SEMAGLUTIDE	VS	GLP-1/GIP TIRZEPATIDE
		
GLP-1 Receptor Agonist		Dual GIP + GLP-1 Receptor Agonist
15% Average Weight Loss		20%-25% Average Weight Loss
More Cost Effective		Less Side effects
BOTH		
<ul style="list-style-type: none">• Reduce inflammation• Can Improve A1C• Help regulate energy balance• Decrease food noise and cravings		<ul style="list-style-type: none">• Reduce appetite• Slow gastric emptying (fuller longer)• Support weight loss• Lower blood sugar levels• Improve insulin sensitivity

4. Fill Out the Medical Questionnaire

→ Takes about 5 minutes. One form per product.

5. Your Info Is Reviewed by a Licensed Provider

→ You'll be approved or contacted for follow-up if needed.



6. Your Prescription Is Shipped Directly to Your Door

→ Fast, secure delivery — no pharmacy runs or guesswork.

7. You'll Be Automatically Enrolled in the 14-Day Onboarding Series

→ Includes:

- ⊗ Daily text/email tips
- ⊗ Best practices for success
- ⊗ Nutrition and habit support
- ⊗ Encouraging check-ins





You're Not Just Placing an Order – You're Starting a Protocol

This journey is about more than just weight loss.

It's about:

- ⊗ Balancing your blood sugar
- ⊗ Reducing inflammation
- ⊗ Supporting your nervous system
- ⊗ Building real, lasting change

And you'll have expert guidance with you every step of the way.

Top Tips for Your First 30 Days

Hydrate First Thing

GLP-1 slows digestion, which can lead to dehydration.
Start your day with water or electrolytes **before** coffee or your dose.

Prioritize Protein

Less hunger ≠ less need for nutrients.
Aim for **30g of protein per meal** to protect muscle and fuel your metabolism.

Quick Tips:

- ⊗ Add protein powder to smoothies, yogurt, or oatmeal
- ⊗ Keep protein-forward snacks on hand
- ⊗ Rotate plant-based and animal-based options

Smaller, Balanced Portions

Your fullness signals will shift. Eat slower and listen to your body. Avoid foods that are tough on digestion (greasy, sugary, or ultra-processed).

Think: high-quality, high-nutrient, easy-to-digest.

Move Daily (Even a Little)

Movement supports blood sugar, digestion, and your mood. Try walking after meals, light strength training, or stretching — **consistency over intensity.**

Mindset Matters Most

Fat loss isn't always instant.
Healing isn't always linear.
You're not failing if progress looks different than you expected.

Stay connected:

- ⊗ Join our weekly Zoom sessions “The Power of Peptides”
- ⊗ Check into the private Facebook group
- ⊗ Reach out to your medical provider via your patient portal

This isn't just about weight — it's about building a foundation for health, energy, and longevity.



You're Ready to Begin

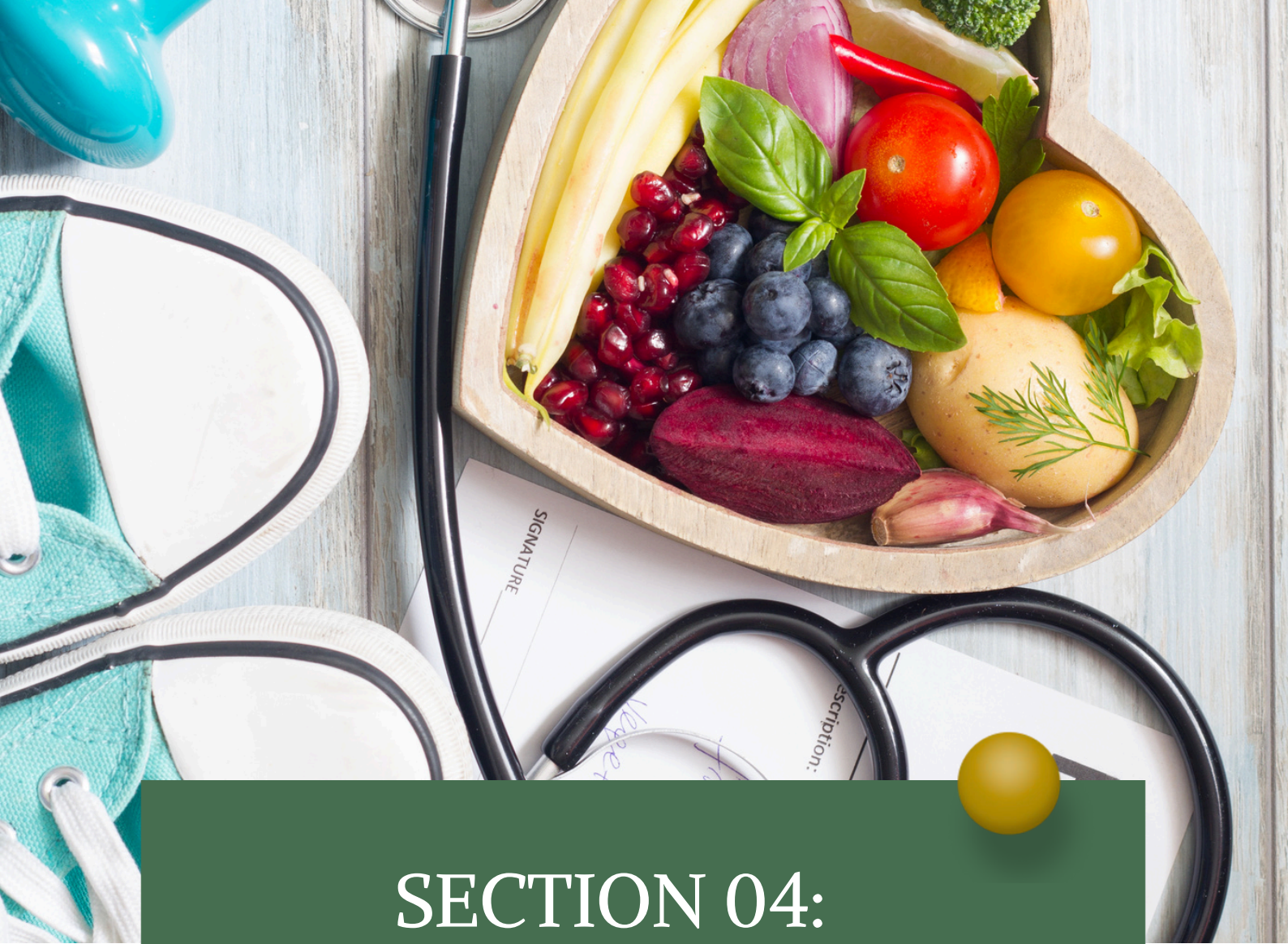
You've taken the first step toward supporting your biology instead of battling it.

The next 30 days are about:

- ⊗ Learning what works for **your** body
- ⊗ Building daily habits you can actually stick with
- ⊗ Trusting the process, even if it feels different
- ⊗ Knowing you're not alone in this journey

**You've got the tools. You've got the support.
We can't wait to hear about your success!**





SECTION 04: Your Story in the Making

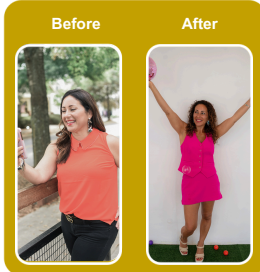
Reflect. Visualize. Step into the Future You're Creating.

By now, you know the science.
You've got the tools.
You understand the path.

But here's what matters most **This is your story.**

You're not here for a quick fix. You're here for something real — lasting change that honors your body, your energy, your life.

Success Snapshot: Real People, Real Results



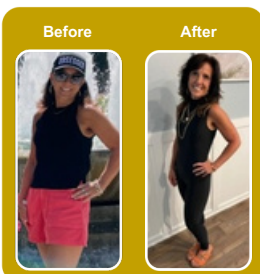
Blair C.

“After ovarian cancer and the rollercoaster of menopause, I made it my mission to take back my health and now I help other women do the same. Peptide therapy helped lower inflammation, balance my hormones, and rebuild strength. I’ve lost weight, regained energy, and feel better than I did in my 30s. This isn’t just about looking good, it’s about feeling alive again.”



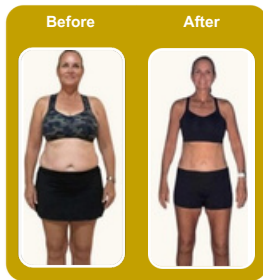
Andrea V.

“After medical menopause, I felt trapped in a body that didn’t feel like mine. Nothing worked—until I found GLP-1/GIP. It quieted the food noise, reduced inflammation, and helped me release 56 pounds—along with the shame and frustration I’d carried for years. It’s not magic, but with intention, it’s powerful. And you’re worth every bit of the effort.”



Jodie E.

“Down 10 pounds and 15 inches. Hormones balanced based on my bloodwork. Food noise gone . A1C improved and other markers. Menopause symptoms subsided . I feel amazing in my own skin again at 57 years young .”



Beth Graves.

Before I found GLP-1, I had been steadily gaining 10 pounds a year through perimenopause and menopause.

*It felt like *nothing* I was doing was working — and I was stuck in a constant “I’ll start Monday” cycle.*

I would undereat, then overeat, and my doctor kept telling me to just keep cutting calories.

I was hesitant to try GLP-1 at first. It felt like quitting. But the truth? I wasn’t quitting. I was finally choosing a science-backed solution to help address my metabolic dysfunction and insulin resistance.

What I found was *freedom.*

For the first time in 30 years, I’m not obsessing over food. I’m eating with intention. I feel calm around meals.

And over this two-year journey, I’ve released 60 pounds — without extreme dieting or shame.

*What I want you to know is this:
You don’t need to try harder.
You need support.*

And for many of us, GLP-1 is the key to unlocking what’s been holding us back for decades.

—————> **You're next.**

Journal Prompt: A Letter to Your Future Self

Take a moment to pause and breathe.

Visualize yourself **six months from today**. You've been consistent. You've learned what works for your body. You've experienced growth — maybe on the scale, but even more so in your confidence, clarity, and strength.

Now, write a letter from *that* version of you... to *you* reading this right now.



Dear [Your Name],

I know you were nervous when you started. You weren't sure if it would work, if this time would be different.

But look at you now.

You feel...

You've learned...

You've released...

You've created space for...

What I want you to remember is...

Thank you for saying yes.

Love,

Your Future Self

You can return to this letter anytime. When things feel slow. When you question if it's working. When you forget how far you've come.

This is your reminder:

- ⊗ **You're not behind.**
- ⊗ **You're not broken.**
- ⊗ **You're exactly where you need to be.**

Your future self is already proud of you.

Now it's your turn.
You've got the science. You've got the support. You've got the first step.
What happens next is yours to shape — and we're here to walk it with you.

“Tell me, what is it you plan to do with your one wild and precious life?”

— Mary Oliver

Ready to Take the Next Step?



You now have the tools and knowledge to support your recovery, energy, mobility, and overall wellness. Don't wait to start feeling your best.

Here's how to get started:

Learn More at EllieMD

www.EllieMD.com/bewellwithjuli

Book a Free Peptide Consult

Let's talk about your goals, struggles, and how peptides could support you.

email me at juli@holistichivehealth.com

