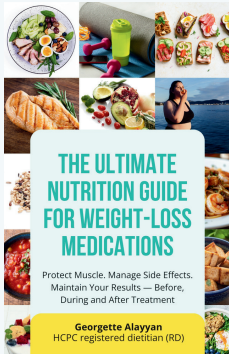


The Ultimate Nutrition Guide for Weight-Loss Medications

Protect Muscle. Manage Side Effects. Maintain Your Results, Before, During and After Treatment.



Weight-loss medications can be a powerful tool, but medication alone is only part of the picture.

The right nutrition can help you nourish your body, protect your muscle mass, manage side effects, meet your nutritional needs and build habits that support long-term success.

Written by HCPC-registered dietitian Georgette Alayyan, this practical, evidence-based guide combines the latest nutrition science with realistic, everyday advice to help get the most from your treatment.



- ✓ Understand how weight-loss medications affect your body
- ✓ Nourish your body while supporting healthy weight loss
- ✓ Protect muscle mass while losing weight
- ✓ Manage common side effects
- ✓ Meet your nutritional needs with a reduced appetite
- ✓ Build healthy habits that support long-term success
- ✓ Maintain your results during and after treatment

“Clear and informative... practical meal ideas make the advice and guidance easy to apply in everyday life.”
- verified Amazon purchase review

Whether you're considering weight-loss medication, have recently started treatment or are planning for life after injections, this guide provides trusted, practical nutrition advice to help you nourish your body and feel confident at every stage of your journey.

Available as a paperback, Kindle e-book and downloadable PDF. Visit myowndietitian.co.uk/book to find out more.

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