

The Skinny on Getting Skinny



I'm a woman over 40, a single mother, and a business owner, so this should come as no surprise: weight loss has been a years-long struggle for me.

I've tried dieting. I've joined multiple exercise programs and gyms — even hired a personal trainer. Supplements didn't work, and neither did cleanses or intermittent fasting. It all goes back to one thing: I love food and wine, and that makes weight loss difficult.

What Kept Me From Losing Weight

I like to have a glass of wine when I get home from a long day of work, another while cooking dinner, and one with my meal. My favorite food is pizza. I live for my girls' nights out with my besties. Here's what all of those habits have in common: they make it hard to cut calories.

After my recent divorce, I gained 30 pounds. As a single mother, I catered to my picky eater and found it nearly impossible to eat right. I continued my workout routine, added in cardio through pickleball, and started cutting out alcohol on weekdays, but the stubborn scale would not budge. I have always strived to be a healthy eater: a small, protein-packed breakfast; salad for lunch; and a protein and veggie for dinner. Coming off that life shake-up, though, I found myself craving fast food and found it nearly impossible to pass up.

I look back at photos of myself when I was in my 20s and 30s — photos where I used to say, "I'm so fat!" — and now I wish I could be that size again. I wear yoga pants and maxi dresses because jeans are no longer comfortable. I had tried and failed at all of the usual weight loss methods. Was there anything else out there that could work?

How I Discovered Semaglutide Weight Loss Injections

All this time, I followed another dream: opening an IV hydration therapy company that also offers weight loss injections and medical house calls. With my extensive nursing background, it was a way I knew I could support myself and my daughter. My business partner is a nurse practitioner with a lot of experience in family practice and aesthetics. She is a self-proclaimed science nerd who stalks efficacy reports and will only buy from the most reputable pharmacies.

When she suggested I try the weight loss injections before offering it to our patients, I was skeptical, to say the least. I had always believed that hard work, diet, and deprivation would get me back in my jeans. I had never considered medical weight loss drugs because I thought they were effective only in patients with clinically diagnosed obesity.

My friends have tried gastric bypass, liposuction, Lap Bands, prescriptions for Phentermine, and coolsculpting. I watched them all struggle to reach their ideal weight and struggle to keep the weight off even more. I worried that my lifestyle would make the weight loss injections ineffective.

Did I mention I love to eat? I spend a lot of time in the kitchen. I savor good food and fresh ingredients. At one point in my life, I owned a restaurant and bar. I appreciate good wine and craft cocktails and I have said on many occasions that I would rather be fat and happy than skinny and miserable. But I missed my jeans, and I missed the body I used to have. I was willing to give Semaglutide (commonly known as Ozempic) a try.

When our first order of Semaglutide arrived from the pharmacy, I took a deep breath and drew up my first injection of the weight loss drug. I reassured myself: if I didn't like the way it made me feel, I would stop. If it worked and I managed to lose a few pounds, all the better! At least I'd be able to tell my clients exactly what to expect on weight loss injections. I prepped my belly with a small square of alcohol, pinched my belly fat, and injected the medicine.

My Weight Loss Results on Semaglutide

Day 1: I felt the same. There were no side effects and no decrease in appetite. Nothing. That didn't do much for my skepticism, but I committed to my "wait and see" approach to Semaglutide weight loss injections.

My business partner had counseled me: take a probiotic daily, drink tons of water, eat enough protein, and keep an eye out for constipation (one of the main side effects of Semaglutide weight loss injections). I dutifully followed her instructions.

Day 2: I woke up and made myself a coffee. I jumped on my computer and began my work day. By lunchtime, I realized I had not eaten, and I wasn't even a bit hungry. Huh...

Knowing I needed some sort of fuel to get through my busy day, I made myself a huge salad with tuna on top. I popped my probiotics and a can of Coke Zero and sat down to eat. I literally took 10 bites and was completely full! I had no interest in the Coke Zero, so I trashed the rest.

At dinner time, my boyfriend asked me what I would like to eat. He is an excellent cook with a knack for smoking meat, but I could not think of one single thing I wanted to eat. I am a woman usually driven by cravings. If I see a commercial for a Big Mac on TV, I need to have a Big Mac in the next few days. I crave pizza, fish & chips, sushi, onion rings, sometimes even Taco Bell. Telling my boyfriend that I didn't really care if I even had dinner was a shock to us both.

The next few days continued this trend. I ate because I knew I needed to. Even having my favorite pizza in front of me, hot and steamy, was not an issue. Instead of eating my normal 3-4 slices, I was stuffed after just one. An open bottle of wine would last for 2 days now instead of one night.

That experience showed me that the revolutionary weight loss effects of Semaglutide are driven by craving control.

How Semaglutide Works for Weight Loss

The following week, I consulted with my business partner. We discussed my appetite (or lack thereof), my occasional nausea, and my feeling of being full. She explained to me that Semaglutide delays gastric emptying, which gives me the feeling of being full. She also described the way Semaglutide increases insulin production.

My business partner described how our bodies need protein to burn. When we don't eat small meals consecutively throughout the day, nausea occurs. We decided on a titrated dose and I injected myself for the second week. Now I definitely wanted to see where this medical weight loss experience took me.

I hopped on the scale and with a shock realized: I lost 6 pounds! In just one week, I had lost more weight than I had managed to lose in 2 years. My workout routine had not changed. Instead, my body was telling me that I did not need to eat 4 pieces of pizza and drink a bottle of wine in one day. My cravings were under control, and that made all the difference.

Week 3 came around, and I began to notice my clothes were loose and baggy. I hopped on the scale and was amazed to see that I had lost another 10 pounds. We discussed my dose, titrated up, and I injected myself for the third time.

At this point, I realized I was sleeping better, had more energy, and even wanted to work out more often. It's amazing how much easier it is to get out of bed in the morning when you're not groggy from wine and carbs. My friends started commenting on how great my skin, hair, and body looked. I put on a bikini that hadn't fit me in years. I continued my probiotics and started consciously deciding to eat less "garbage" because I didn't like the way it made me feel. I noted that every time I had a few onion rings or chicken wings, my heartburn would flare up and I would feel nauseated. That made sense: my business partner had cautioned me to avoid fried foods.

My trip to the scale on Week 4 revealed another 5 pounds down. My business partner gave me my dose and I kept up my good work. By the end of week 4, I was down another 4 pounds.

I worry that the numbers are getting lost in my story. Let's recap my Semaglutide weight loss real quick:

Week 1: Lost 6 pounds

Week 2: Lost 10 pounds

Week 3: Lost 5 pounds

Week 4: Lost 4 pounds

That's right — 25 pounds in one month!

A Whole New Weight Loss Lifestyle

Friends and family started asking what diet I was on. Initially, I was shy to admit that I had used Semaglutide. The stigma associated with medical weight loss is real. Then I considered all of the medical advances of the past few decades.

I thought to myself, if I had high blood pressure and I had tried everything in my power to lower my blood pressure, I would need to take medication to lower it. No one would bat an eye. Now we have Semaglutide, a medication to help us lose weight that has been proven safe, effective, and to provide significant health benefits. So I started telling the truth.

I have clients who suffer from celiac disease, polycystic ovarian syndrome, irritable bowel syndrome, diabetes, high cholesterol, high blood pressure and more who have reported decreased symptoms from their diseases. In some cases, clients have reported no symptoms of their diagnosis after being on Semaglutide for 2-3 weeks.

I am currently at the end of month 3 on Semaglutide and I am happy to report that I am feeling great, looking great, and healthier than I have been in years. I am continually safely shredding pounds and enjoy helping my clients do the same.

Try Semaglutide Weight Loss Injections for Yourself

If my story resonates with you, give Semaglutide a try! I can vouch for it, and talk you through the process. At our boutique wellness center, you deal directly with my partner and I – medical professionals with over twenty years of healthcare experience. Even better, we will provide your Semaglutide weight loss injections in the comfort of your own home!

Schedule your consultation today and start seeing the results you dream about!

~ Jen V.