

PROTOCOL TO FOLLOW

TIRZ/GLP1: What to do and not do during and after treatment:

- **Eat 1 banana per day and take Potassium.**
- **Drink 4-5 liters of water per day and add a bit of Himalayan pink salt for electrolytes.**
- **Drink 1 liter of water slowly if you haven't eaten for more than 4 hours and you're not hungry.**
- **Use pink salt on your food.**
- **Take magnesium at bedtime.**
- **Avoid alcohol and acidic products as there is a risk of gastric reflux and nausea.**
- **For maintaining the weight you've lost and your efforts, there is a personalized dietary and exercise plan to follow after the treatment to avoid regaining the weight by eating poorly. This is provided by a business partner, a fitness and naturopathy coach with 17 years of experience. You are under no obligation to take this, but it is a tool to help you in your journey.**
- **Visit the Nutrition & Fitness Program section in our store to add these programs to your order.**