

Weight Loss Clinic: Ways to Control your Nausea

GLP-1 medications offer significant benefits for weight loss by promoting feelings of fullness, reducing appetite, and slowing down stomach emptying. Certain ways GLP-1s work in the body can cause feeling of nausea in some people. There are steps that you can take to help alleviate discomfort for a more comfortable weight loss journey.

5 ways to help manage your nausea:

1. **Stay Hydrated:** Dehydration can increase the symptoms of nausea, which is why it is important to stay hydrated throughout the day. Cold or chilled liquids can provide a soothing and refreshing sensation. You may want to try healthier options such as iced herbal teas, infused water, or electrolyte-rich beverages (just be sure that you are watching the sugar content on these). Sip small amounts of liquids regularly, rather than consuming large amounts all at once. This will be easier on your stomach.
2. **Practice Mind“full”ness:** GLP-1s have a significant impact on your appetite by making you feel full faster and staying satisfied for longer periods. Consuming the same amount of food as you did before might not be feasible anymore. Many people find that GLP-1s completely change their relationship with food and their approach to meals. Now is the right moment to pay attention to your body’s signals of fullness. Slow down the pace of your eating and allow your body the time it needs to communicate when it is satisfied. Eating until you feel satisfied and stopping at that point can reduce
- the likelihood of experiencing nausea caused by overeating. Give yourself space to enjoy your meals and savor each bite!
3. **Get Moving:** Incorporating regular physical activity into your daily routine not only promotes weight loss and overall health, but also helps with digestion. Exercise releases endorphins which are mood-boosting chemicals that can help counteract some of the discomfort or uneasiness associated with nausea. Gut microbiome plays a key role in the digestive process, including nutrient absorption and the metabolism of fat and proteins. It is also important for the brain-gut connection, immune support and so much more. When committing to move more, you may want to opt for lower-impact activities such as walking, swimming or cycling. These exercises are generally easier on the stomach than the high impact activities. You can gradually increase the intensity as tolerated.
4. **Adopt a Balanced Eating Approach:** In addition to monitoring the quantity and frequency of your meals, paying attention to the quality of your food becomes important when taking a GLP-1. The types of food you do and don’t consume have significant impact on how you feel. Avoid excess amounts of greasy, sugary or fried foods. Those types of food can exacerbate nausea as they are harder for your stomach to digest. Instead, incorporate a nutrient-dense and balanced meals that include fruits, vegetables, lean proteins, and whole grains.



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5. **Communicate with your Gen Med**

Team: You're not on this journey alone. Dealing with medication-related side effects is very common. Your Gen Med team is here to support you in every step of the way.

Nausea tends to improve over time as your body gets used to the medication. If your nausea continues or worsens after 1-2 days, reach out to your Gen Med team.

From being more mindful about your eating habits to staying in close connection with your Gen Med team, there are a lot of steps you can take to ensure a successful, and more enjoyable weight loss journey.

Need to speak with a member of the Gen Med team?

Phone: 614-526-4659

After 4pm: 614- 499-9271

E-mail: weightlossclinic@genmedohio.com