I feel really nauseous on medication day or when my dosage changes? How do I manage food when I feel like this? **

GLP-1 Medication · https://thesixpackrevolution.com/docs/i-feel-really-nauseous-on-medication-day-or-when-my-dosage-changes-how-do-i-manage-food-when-i-feel-like-this/

Because weightloss drugs affect your digestive system, the most common side effects are stomach-related. They usually get better after a few weeks as your body adjusts. However, it’s really important that you continue to eat and stay hydrated. We’ll help you to pick the best tummy friendly choices to keep you on track AND make you feel better.

** Always consult your doctor or prescribing medical professional if experiencing any side effects from your weightloss medication.