THE HEALING VILLAGE • DR. MICAH

GLP-1 WEIGHTLOSS — COMPLETE CARE

Medical Weight Management • Comprehensive GLP-1 Profiles & Targeted Add-On Support Guide

For patients undergoing medical weight loss with GLP-1 and multi-incretin therapies, **The Healing Village, Dr. Micah** provides a comprehensive, integrative care program. While incretins effectively quiet food noise and delay gastric emptying, combining them with targeted Légère pharmaceutical-grade supplements eliminates common side effects (reflux, nausea, constipation, muscle loss, and metabolic adaptation) to ensure safe, sustainable, and peak metabolic results.

Core Incretin Therapies — GLP-1, GIP & Triple Agonist Profiles

Medication / Molecule	Receptor Mechanism	Primary Clinical Action & Patient Benefits	Common Side Effects
Semaglutide (Single GLP-1 Agonist)	GLP-1 Receptor Agonist (Glucagon-Like Peptide-1)	Mimics endogenous GLP-1 to enhance glucose-dependent insulin secretion, slows gastric emptying to prolong fullness, and acts centrally in the brain to reduce appetite and food noise.	***Nausea, sulfur burps, delayed-emptying bloating, constipation.***
Tirzepatide (Dual GLP-1 / GIP Agonist)	Dual Incretin Agonist (GLP-1 + Glucose-Dependent Insulinotropic Polypeptide)	Simultaneously stimulates GLP-1 and GIP receptors. Enhances metabolic flexibility, improves insulin sensitivity, accelerates adipose tissue lipid clearance, and delivers superior weight reduction.	***Mild GI upset, digestive slowing, fatigue, muscle loss risk.***
Retatrutide (Next-Gen Triple Agonist)	Triple Hormone Agonist (GLP-1 + GIP + Glucagon Receptor)	Adds glucagon receptor agonism to boost resting energy expenditure directly in the liver and brown fat while GLP-1/GIP curb appetite, achieving unprecedented fat burning and hepatic clearing.	***Elevated metabolic rate, increased hydration demand.***

Légère Digestive & GI Support Stacks (Side-Effect Management)

Supplement	Key Active Ingredients	How It Works With GLP-1s & Clinical Benefits	Primary Target
Prevenzyme™	Pepsin, Pancreatin 8x, Papain, Diastase, Betaine HCl, Bromelain, Amylase, Chamomile	**Eliminates GLP-1 Indigestion & Reflux:** Delayed gastric emptying leaves food sitting longer in the stomach. Prevenzyme rapidly hydrolyzes dense proteins and macronutrients, preventing sulfur burps, acid reflux, post-meal nausea, and upper GI fullness.	***Sulfur Burps & Delayed Emptying***
Bi-ProZyme™	Full-Spectrum Digestive Enzymes + Probiotic Blend	**Dual-Action Gut Flora & Bloating Relief:** Rebalances microbiome diversity disrupted by slowed peristalsis while active enzymes eliminate fermentation, gas, and abdominal distension caused by GLP-1 gastric stagnation.	***Bloating & Gut Microbiome***
ACR 2X / Detox	Cascara Sagrada, Rhubarb Root, Ginger Root, Aloe Vera, Fennel Seed	**Relieves Incretin-Induced Constipation:** GLP-1 medications significantly slow colonic transit time, causing stubborn constipation. ACR 2X gently stimulates natural peristalsis and mucosal hydration without cramping or dependency.	***GLP-1 Constipation Relief***

Légère Metabolic Stacks — Muscle Sparing, Satiety & Plateau Prevention

Supplement	Key Active Ingredients	How It Works With GLP-1s & Clinical Benefits	Primary Target
Be-Thin™ Sublingual Spray	Bioactive Methylcobalamin (B12), Acetyl L-Carnitine, Lipotropics	**Combats GLP-1 Fatigue & Shuttles Fat:** Reduced caloric intake often triggers severe lethargy. Sublingual B12 and L-Carnitine rapidly enter mucosal vessels, shuttling mobilized free fatty acids into mitochondria to maintain high all-day energy and ATP synthesis.	***Energy, Stamina & Fat Burn***
DiuCaps® Capsules	L-Phenylalanine (300 mg), Vitamin C, Vitamin B6, Pantothenic Acid (B5)	**Natural CCK Satiety & Tapering Support:** Stimulates release of cholecystokinin (CCK) and replenishes dopamine/norepinephrine. Blunts emotional eating and prevents rebound appetite spikes during dose adjustments or GLP-1 step-down cycles.	***Craving Control & Off-Cycles***
ProTrim Plus™	Carboxymethylcellulose, Bulking Dietary Soluble Fibers, Mineral Chelates	**Gastric Satiety Expansion & Portion Control:** Swells 7x its volume in water to activate physical stomach wall stretch receptors. Reinforces mealtime satiety and aids glycemic control without gastric irritation.	***Gastric Fullness & Satiety***
NutriLean™ Capsules	ForsLean® (Forskolin), Acetyl L-Carnitine, Alpha-Lipoic Acid, CoQ10, NR (NAD+)	**Activates HSL & Prevents Metabolic Slowdown:** Elevates intracellular cAMP to trigger hormone-sensitive lipase (HSL), preserving active metabolic rate, stimulating lipolysis, and breaking through weight stalls as body mass drops.	***Plateau Prevention & HSL Activation***
Lipo-BC™ Tablets	Choline Bitartrate, Inositol, Biotin, Vitamin C, Full B-Complex	**Hepatic Fat Transport & Liver Protection:** Rapid weight loss releases massive quantities of stored lipids through the liver. Choline and Inositol emulsify and transport hepatic fat, protecting liver function and clearing metabolic sludge.	***Liver Health & Lipid Transport***