

HEALTH MEDICS

By Caroline Balazs

Welcome...

To my new health concept! After many years of success with SkinnyJab. I am now evolving into providing a more holistic approach to healthcare. As we all know there is not just one solution to either losing weight, getting healthier and feeling better. I will be using my clinical expertise to give individual advice and get everyone on the right track back to healthy- whatever your needs may be!

So Whats New!

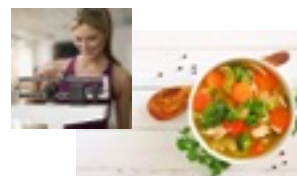
The plan is to be a one-stop shop providing a variety of medication, health and lifestyle products. Medical consultations are quick and on the same day or at a time to suit. Over the next few months the main areas will still be weight management, but also expanding to mens' health such as erectile dysfunction, womens' health such as HRT, contraception etc. Skin health for eczema, acne. Minor ailments advice, infections, diagnosis & treatment or sign-posting to urgent care if required for children & adults. All Free Next day delivery for prescription medications



Top Tips For Best Results

So whether you are on the daily pen, weekly pens or the tablets. There are some useful pointers that will allow the medication to work more effectively for better weight loss results

1. Take the Rybelsus tablet on an empty stomach at least 30 mins before food in the morning
2. Saxenda is best after breakfast or lunch
3. Ozempic mid afternoon or evening, also after food
4. Take your medication at around the same time every day or each week as directed
5. Avoid all raw sugars, foods containing raw sugars and sugar free products
6. If not hungry, don't eat. Daily intake of 600-800 calories is enough.
7. Don't feel the need to finish your plate. When full, STOP
8. Avoid energy drinks, alcohol, fizzy drinks, flavoured waters, juices, cordials & diet drinks
9. Keep hydrated, drink plain mineral water, either still or sparkling. Add squeeze of fresh lemon if desired
10. Tea with milk, herbal teas and plain white or black coffee is fine too
11. Try eat more earlier in the day and less towards evening with no food after 6pm
12. Only increase your dosage if feeling hungry, please contact a clinician if any doubt on this
13. Keto diets or equivalent do not work with this. Your diet should consist of roughly equal portions protein, wholegrain carbs & fats
14. Exercise of choice is fine, as much or as little as you like, but any mobility is better than nothing!



And What's Happening With Wygovy?

So in case you not aware of what Wygovy is - it's the new kid on the block for weight loss injections. Basically its Ozempic with a licence and in maximum 2.4mg doses rather than the current 1mg

Price is yet to be determined, but I will guarantee that I will make sure we are very competitive and will get the best price I can for you all.

We are hoping that it will be available by January 2023. So as soon as I know, I will let you all know!

How Do I Order From Health Medics?

Thats easy!

For repeat patients- No more form filing as I have all your records on file. However for each order, after a brief consultation, I will update your file with any new information.

We do not sell prescription medication online. Every patient has direct contact with their clinician so you are not second guessing dosages or getting confused as to what treatment you need, we do all that for you.

Payment is by direct bank transfer. Soon as money received, your medication is ordered and if before 3pm that day you will receive it the next working day via DPD. All postage & packing is FREE. Saturday delivery can be arranged.

To order:

Text on WhatsApp 07803 44 0539

or email

support@healthmedics.co.uk

Cut Out Meat & Cut The Calories!

By reducing meat intake by 80% could reduce your risk of heart disease by 12%

Being a 'flexitarian' can give you the best of both worlds. Try taking meat out of your diet 3-4 times a week and you will notice how much better you feel. Meat can be hard to digest and can sit festering in the bowel for years which can have a knock on affect on metabolism. Possibly with an increased risk of bowel cancer too.

There are so many vegetarian & vegan options in supermarkets and restaurants, that its never been easier. The products are so good, its sometimes hard to tell the difference!

But before you go off buying the Jesus sandals and start hugging trees! Its not all bad news, like everything, moderation and balance are best. A little of what you fancy does you good. My Achilles Heal is a roast dinner on a Sunday, but these days I have less meat during the week, but the meat I do have is of higher quality and usually organic.

Look out on the blog (latest news) sections of the website for really easy and tasty vegetarian recipes and meal ideas. All my plans are designed for maximum enjoyment, but at the same time incorporating foods that don't stress your body and keep your blood naturally regulated.



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