

In 2022 it seemed like you couldn't turn a corner without hearing the word Ozempic, an injectable drug that initially was designed for helping diabetics manage blood sugar, that had a side effect of weight loss. We would never want to take medication for cosmetic use, from people who truly needed it - so we waited until 2023 when the drug was re-compounded specifically for weight management, and under its more formal name of Semaglutide.

Initially we brought Semaglutide on for in-person visits only but now with over 250 clients, across dozens of states, we offer medical weight management in a safe and guided manner. Semaglutide is not a magic wand, it's a support tool used to help make better choices and reduce food noises! Here's a client that was willing to share her story...

Meet Fidah - a Licensed Cosmetologist that was kind enough to share her story with us!

Struggling with my weight has been a lifelong battle. From being the chubbiest in my class to reaching 125 pounds in my second year of college, I experienced highs and lows. However, after maintaining that weight for 20 years, the scale tipped



in the wrong direction four years ago, and I found myself back in the 200-pound range.

The shock and embarrassment of this weight gain pushed me into a cycle of avoidance, squeezing into old clothes rather than facing the reality of my new size. Despite trying various diets, pills, and detox programs, nothing seemed to make a lasting impact. It was during this time that I stumbled upon a post about the "skinny shot" by Meesha.

Initially hesitant and fearful about trying it, concerns about self-injecting and the associated costs weighed heavily on my mind. With the unwavering guidance and support from Christine, I mustered the

courage to take the leap. Every Sunday night, I administer the shot to my stomach, enduring bouts of fatigue and nausea in the days that follow.

Through the journey with semaglutide, I've learned the vital lesson of portion control and successfully transformed my emotional eating habits. Along this path, I've come to understand the stark contrast in how people treat you based on your weight, shedding light on society's fixation on appearance.

Today, I walk with a newfound sense of confidence, recognizing the profound impact of looks not just in the beauty industry but in all aspects of life. My journey stands as a testament to the resilience and self-discovery required to achieve both physical transformation and emotional well-being. The gratitude I feel for my remarkable 100-pound weight loss is immeasurable.

— At Meesha we are truly committed to the journey that is weight management, and understand that life is rollercoaster. We're around for your ups and downs and are happy to hold your hand the entire way!