



MOMENTUM
INTEGRATIVE
WELLNESS
by Bello Rose

GLP-1

STARTER GUIDE

LET IT BE EASY.

REBUILD A
RELATIONSHIP
with YOU





CONGRATULATIONS! YOU MADE AN INCREDIBLE DECISION

Starting this medication was more than a prescription—it was a reclaiming.
This isn't just about weight loss.
This is about health, vitality, and freedom.

You're optimizing from the inside out so you can live your next-level life—with confidence, strength, and peace. Whether you're just getting started or already a few weeks in, this guide is here to fill in the gaps.

Let's get you feeling amazing—mind, body, and soul.

LET IT BE EASY

I think the biggest shift for me was realizing that I could finally... let it be easy.
I've done the hard things. Survived the hard seasons.
Burned for this life. Bled for it.

So why was I still making my health and my body a battleground?

You've done the hard.
You've lived through the hard.
And now that you're finally stepping into a new chapter, let me ask you:

Are you really going to let your body be the reason you don't fully live it?

Not on my watch.



WHAT I WISH I KNEW BEFORE STARTING

GLP-1s don't just change your appetite—they change your relationship to food, your body, and your power.

You are recalibrating your system to finally work with you—not against you.

Bonus (but very real) benefits of doing it right:

- 🔥 Increased muscle tone (yes, even on a weight loss med)
- ❤️ Better HRV and cardiovascular markers
- 🧬 Lower inflammation across the board
- 🧠 Reduced Alzheimer's risk
- 💪 Increased bone density
- 🧑♀️ A body that feels safe enough to exhale
- ✨ Confidence you forgot was possible

You can often tolerate a higher dose than you think.

Don't be afraid to titrate up—especially if the weight isn't shifting.

But do it smartly, with guidance.

The first 100 days = neural rewiring.

You're not just changing what's on your plate.

You're rewriting how your brain responds to hunger, fullness, and satisfaction.

This is your moment to create real habits that actually last—not white-knuckle your way to another “before and after” photo.

So eat the damn ice cream.

(You probably won't want much anyway. Food noise fades fast when your dose is right.)

Grace > guilt. Always.

You're not broken.

You're becoming.



Month 1: Hydration + Awareness

Month One is sacred.

It's your first real chance to start listening to your body again.

So let's not overload it.

Just focus on two things:

1. Stay hydrated.

GLP-1s slow digestion and appetite—which can mean constipation, fatigue, or nausea if you're not hydrating properly.

Water + electrolytes = game-changers.

2. Remember to eat.

You might not feel hungry, but your body still needs nourishment.

Even small meals matter. Gentle protein. Fiber. Hydration.

By the end of Month 1, you'll start noticing which foods energize you—and which leave you feeling off.

We're not chasing perfection.

We're building trust.



Maximize Your Results by Fixing the Foundation

If your cells are inflamed, nothing else works the way it's supposed to.

Let's break it down:

Systemic inflammation

This shows up as joint pain, fatigue, bloating, puffiness.

But cellular inflammation?

That's deeper. That's when your cells stop listening—to nutrients, to hormones, to peptides.



And since peptides are little messengers...
If your cells aren't listening?

That's wasted time.
Wasted money.
Wasted potential.

You wouldn't throw away half your vial of peptides, right?
But if your Omega 6:3 ratio is out of balance, that's what's happening behind the scenes.

The Balance Test: Know What You're Working With

I recommend the Zinzino Balance Test to every client.

Why?

Because when your Omega ratio is off, inflammation is high—and everything works harder to function.

Ideal ratio: 3:1 or lower
Most people? 25:1 (inflammation chaos)

Bring it down, and your meds, supplements, and food choices suddenly start to work.

Want results that stick? Fix the foundation first.

Bonus Support: Zinobiotic

You've heard it before: health starts in the gut.

Zinobiotic is my go-to inulin fiber blend for:
Feeding good gut bacteria
Supporting digestion
Reducing visceral fat
Boosting mood and motility

Especially important on GLP-1s when digestion slows.



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Month 2: Food + Movement

Now we start layering in structure. This month is all about building momentum with two core practices:

1. Nourishment

Food noise is quieter now—so you get to choose from intention.
Build meals around protein and color.
We're not shrinking—we're strengthening.

2. Movement

This isn't about punishment.
It's about telling your body, "We need this muscle."

Start walking.
Add light strength training when it feels right.

GLP-1s help with bone density—so movement + meds = compounded benefits.

The Basics That Actually Move the Needle

Let's anchor in the simple things that make the biggest difference.

💧 Hydrate Like It's Your Job

Aim for ½ your body weight in ounces of water daily, minimum.
Hydration helps with fatigue, digestion, and nausea.

My favorite supports:

Zurvita by Zinzino – stevia-sweetened, clean
LMNT – high sodium, great for sweaty days
Skratch Labs – real sugar, gut-friendly



Add Baja Gold salt to your water for cellular hydration.

🌟 Try this **Adrenal Cocktail** in the afternoon:

- 4 oz fresh citrus juice (no pulp)
- ¼ tsp Baja Gold salt
- ¼ tsp cream of tartar



Sleep = Fat Loss Insurance

You can't shortcut sleep and expect sustainable results.

Sleep is where your body becomes your ally again.

It's where:

zz Insulin resets

zz Fat is mobilized

zz Muscle repairs and inflammation drops

Minimum: 7–8 hours a night. NON-NEGOTIABLE.

Let yourself rest.

This is the best gift you can give yourself.

Movement = Momentum

This isn't about burning calories.

It's about creating motion so you can generate momentum—in your metabolism, your mood, and your mindset.

Try this:

10-minute walks, 3x/day > 30 minutes all at once

Add ankle weights or a weighted vest = extra burn + bone density boost

Remember: GLP-1s help preserve bone, but you can build bone by loading it

(Trust me—it's either that, or sourdough, or pickleball. IYKYK.)

Consistency > Intensity.

Every step counts when you're becoming someone new.

🍷 Protein = Power

🎯 Goal: 1g protein per goal body weight

Not sure how to hit that? Try:

Greek yogurt + berries + chia

Eggs + turkey sausage + spinach

Protein shake w/ nut butter

Tuna or chicken lettuce wraps

Cottage cheese + pistachios + raspberries



Foundational Fuel: Food + Support

Food is fuel—but even the cleanest meal plan won't matter if your foundation is cracked.

Here's what I recommend to every client on GLP-1s:

The Total Health Protocol by Zinzino

What's included:

BalanceOil+ (Omega 3s) & Your Test Kit

Smart Multivitamin (bioavailable, no fluff)

Zinobiotic (inulin fiber for gut & inflammation)

Vitamin D3 (add-on)

Why it matters:

 Reduces cellular inflammation

 Supports muscle mass (more foundational than protein!)

 Enhances absorption, nutrient delivery, and recovery

 Meets European purity standards

 More affordable than piecing together U.S. stacks

It's simple, yet robust.

This is comprehensive foundational nutrition made effortless—so your body can actually receive the benefits of what you're doing.

Don't skip this. This is the difference between surviving and thriving.



You're Not Just Losing Weight.

You're Rebuilding a Relationship—with You.

This isn't a crash diet.

It's not about shrinking yourself or chasing a smaller number.

This is the moment you stop surviving in your body—and start living in it.

GLP-1s aren't a shortcut.

They're a support system.

And when that system is paired with proper fuel, intentional movement, and foundational health?

✦ Your body stops fighting you.

✦ Your cravings get quiet.

✦ Your energy comes back.

✦ Your decisions get clearer.

Most people fail because they try to change everything at once—without the internal shift.

But when your biology is balanced, your willpower doesn't have to hustle.

Because your body finally works with you—not against you.

That's why people supported through this process?

They don't just lose weight.

They transform.

Because they're no longer forcing it.

They're finally supported enough to choose it.

You're not broken.

You're not late.

You're not “starting over.”

You're becoming.



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What Comes Next: The Art (and Science) of Peptides

Once your foundation is strong, it's time to unlock more.

Let's layer in precision peptides that speak directly to your next-level goals:

- ✨ Tesamorelin / Ipamorelin / Sermorelin — for lean muscle, sleep, and recovery
- 🔥 Visceral fat targeting peptides — to help re-sculpt from the inside
- 🧠 NAD+ — for mental clarity, cellular energy, and anti-aging
- 💪 BPC-157 + TB-500 — for injury recovery, gut healing, and inflammation reduction
- ⚡ Sexual health optimization — for both him & her
- 🛡️ Mood, hormone, nervous system peptides — for resilience, regulation, and longevity

You're no longer fixing. You're evolving.

This isn't about chasing more.
It's about choosing better.

A Word for My High-Achievers

If you're the one everyone else counts on...

If you're holding the vision, running the business, raising the bar (and maybe the kids)...

If your life is "go" from the moment your feet hit the floor...

Then you already know this: you don't have time to waste your effort.

You need a body and brain that keep up with your momentum.

That's why I've opened a limited number of private concierge coaching spots—for high-performing clients who are ready to take the guesswork out of their transformation.

This is for you if:

You want personalized nutritional strategy + supplement support

You want advanced peptide protocol design tailored to your lifestyle

You're optimizing for energy, cognition, longevity, and performance

You want someone who sees the whole picture—and can connect the dots



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Why 1:1 Support?

Because you've done the courses.

You've listened to the podcasts.

You know what "should" work... and it still doesn't feel dialed in.

You don't need more info.

You need a custom plan.

You need:

Eyes on your labs

Hands in your stack

Accountability when life gets chaotic

Strategies for business travel, hormone changes, high-performance living

That's what I do.

You've done this solo long enough.

Now it's time to rise—with support.

Your Body Isn't the Enemy.

It's the Gateway.

This guide was never just about weight.

It was about showing you what's possible when your biology and your beliefs are no longer working against each other.

You're not stuck.

You're not behind.

You're not broken.

You're becoming the version of you who finally lets it be easy.

Who lives in a body she trusts.

Who says yes to the life she's been burning for.

So don't be surprised if you look in the mirror one day soon and think:

"Damn... this is what feeling good was supposed to feel like."

Welcome to your next level.

Let's live the hell out of it. 🔥



BONUS:

The Truth About Muscle Loss on GLP-1s: What No One Tells You

If you've heard that medications like Ozempic®, Wegovy®, Mounjaro®, or Zepbound® cause dangerous muscle loss...
You're only getting part of the story.

These GLP-1s aren't inherently "muscle-wasting" drugs. In fact, semaglutide and tirzepatide have been game-changers in helping people lose stubborn fat—especially the dangerous visceral fat that wraps around your organs and messes with your metabolism.

So where did this muscle-loss narrative even come from?

👉 It's not the medication.
It's the missing strategy.

When you suddenly reduce your calorie intake (whether from meds or from old-school dieting), your body doesn't magically preserve muscle. It needs the right inputs. Otherwise, you're not just losing fat—you're losing strength, tone, and metabolic function.

Let's break it down.

The Real Problem Isn't the GLP-1.

It's the Lack of Coaching.

Most people on GLP-1s aren't getting the education or support they need to protect muscle and optimize their health. That's where things go sideways.

Here's what's often missing:

1. Protein Intake Isn't Prioritized

Your body needs protein to preserve and build muscle—especially while losing weight. Aim for 1 gram of protein per pound of body weight (or your goal weight). This may sound like a lot, but you don't have to be perfect—you just have to be intentional.

Start with this question at every meal:

🧠 *Where's the protein?*



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2. Strength Training Isn't Happening

You don't need to be a gym rat. But muscle needs a reason to stay.

Even 3 strength sessions per week (or 30-minute walks 3x a week minimum) can make a massive difference.

Want to maximize fat loss and keep your curves? Pick up those weights, babe.

3. Hormones Are Out of Balance

If your testosterone is tanked or your thyroid's off, your body's going to fight you—GLP-1 or not.

Optimizing hormones is non-negotiable if you want long-term, sustainable results. Don't guess—test. And don't settle for “normal” labs. You deserve optimal.

4. You're Missing the Metabolic Support Stack

Muscle loves creatine. Your mitochondria love B vitamins. Your nervous system craves magnesium.

These aren't just “extras”—they're essential when your body is recalibrating. Most of the time, nobody tells you this until you're already fatigued and frustrated.

Here's the bottom line:

Muscle loss isn't a side effect of GLP-1s.

It's a side effect of poor guidance.

When you combine:

- the right protein strategy
- strength-based movement
- hormone optimization
- smart supplementation
- and expert coaching...

You don't just lose weight.

You reclaim your energy, your body, and your momentum.

Ready for your next step?

Book a consult with Danielle Lea (Metz)
Health Optimization Strategist - GLP-1 & Peptide Educator
Momentum Integrative Wellness by Bella Rose

Schedule on Calendly

<https://calendly.com/itdidntcrushme/itdidntcrushme-consult-clone>

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