Retatrutide Price and Safety Overview

Lisa Broyles here with Way to Health MD, Lisa Broyles here with Way to Health MD, and this is my second video on and this is my second video on Retatrutide. So, last video I talked Retatrutide. So, last video I talked about the Triumph trials, what the data about the Triumph trials, what the data is showing, how this medication works.

is showing, how this medication works. This video is about the price of This video is about the price of Retatrutide. There is always a Retatrutide. There is always a biological cost when you have a powerful biological cost when you have a powerful drug like Retatrutide. So, I'm going to drug like Retatrutide. So, I'm going to talk about what those costs are, and if talk about what those costs are, and if you are someone that feels like this is you are someone that feels like this is a drug that you need, you can talk to a drug that you need, you can talk to your doctor about it. Again, this is not your doctor about it. Again, this is not FDA approved at this time, but coming in FDA approved at this time, but coming in the near future. I want you to be the near future.

How Retatrutide Affects Mood and Heart Rate

I want you to be informed, and be smart, and know how to informed, and be smart, and know how to use this safely if appropriate for you. use this safely if appropriate for you.

So, let's dive right in. Retatrutide So, let's dive right in. Retatrutide stimulates the GIP, the GLP, and the stimulates the GIP, the GLP, and the glucagon receptors. This causes glucagon receptors. This causes thermogenesis. This literally melts fat, thermogenesis. This literally melts fat, but it also burns muscle, increases but it also burns muscle, increases heart rate, and has the possibility of heart rate, and has the possibility of lowering our mood. How does this happen?

lowering our mood. How does this happen? Let's just start with the mood, okay? Let's just start with the mood, okay? The medication affects the nucleus The medication affects the nucleus accumbens, which is what helps us have accumbens, which is what helps us have dopamine. And dopamine helps us to feel dopamine. And dopamine helps us to feel joy and pleasure. So, if you are not joy and pleasure. So, if you are not making as much dopamine, then you may making as much dopamine, then you may experience more of a flat mood, less experience more of a flat mood, less joy, what we call a flat affect. So, joy, what we call a flat affect. So, this is a possible side effect of this is a possible side effect of Retatrutide. So, what can you do about Retatrutide. So, what can you do about that? Make sure that you are surrounded that? Make sure that you are surrounded by friends and family, that you are by friends and family, that you are spending time with people that you love, spending time with people that you love, doing things that you enjoy. You doing things that you enjoy. You shouldn't be working yourself to death.

shouldn't be working yourself to death.

Preventing Muscle Loss With Protein and Exercise

You should be spending time on you, on You should be spending time on you, on nourishing you, if you're going to take nourishing you, if you're going to take this medication.

this medication. If you are noticing, or your family is If you are noticing, or your family is noticing a decrease uh in your noticing a decrease uh in your pleasure, your mood, more depression, pleasure, your mood, more depression, then talk to your doctor. Your dose then talk to your doctor. Your dose needs to be decreased, or you need to needs to be decreased, or you need to stop the medication. The next thing it stop the medication. The next thing it can do is affect your heart rate and it can do is affect your heart rate and it does this by hitting the glucagon does this by hitting the glucagon receptors in the heart in the sinoatrial receptors in the heart in the sinoatrial node. Your sinoatrial node is your node. Your sinoatrial node is your master switch for how fast your heart master switch for how fast your heart beats, okay? And when you stimulate it beats, okay? And when you stimulate it with glucagon, you increase the heart with glucagon, you increase the heart rate. So, when you rate. So, when you increase

thermogenesis, you increase increase thermogenesis, you increase your heart rate. So, the studies are your heart rate. So, the studies are showing that at a dose of showing that at a dose of 9 to 12 mg, we are seeing an increase in 9 to 12 mg, we are seeing an increase in heart rate of 7 to 10 beats per minute.

heart rate of 7 to 10 beats per minute. So, if your heart rate normally is at So, if your heart rate normally is at 70, 75, which is what it should be at, 70, 75, which is what it should be at, it may be 80, 85, okay? And an increased it may be 80, 85, okay? And an increased heart rate is generally not a good heart rate is generally not a good thing. So, patients that won't be able thing. So, patients that won't be able to tolerate these medicines are people to tolerate these medicines are people that already have tachycardia, atrial that already have tachycardia, atrial fibrillation. If you have a known fibrillation. If you have a known arrhythmia, I would advise against arrhythmia, I would advise against taking this medication. So, if you take taking this medication. So, if you take this medication and you notice that your this medication and you notice that your heart rate is going up, you need to heart rate is going up, you need to decrease your dose, talk to your doctor, decrease your dose, talk to your doctor, you may need to discontinue it. The you may need to discontinue it. The third thing is something called third thing is something called sarcopenia or muscle loss. So, as this sarcopenia or muscle loss. So, as this the glucagon receptors are burning fat, the glucagon receptors are burning fat, unfortunately, you are also going to unfortunately, you are also going to burn muscle. So, if you lose 50 lb, you burn muscle. So, if you lose 50 lb, you don't want 25 lb of that to be muscle don't want 25 lb of that to be muscle loss, okay? So, what can you do to loss, okay? So, what can you do to prevent this? And the answer is increase prevent this? And the answer is increase your protein intake in your diet, your protein intake in your diet, especially leucine. I'll talk about what especially leucine. I'll talk about what foods contain leucine and a supplement foods contain leucine and a supplement that I recommend with leucine. Third, that I recommend with leucine. Third, you need to do resistance training. I you need to do resistance training. I didn't mention in the last video that didn't mention in the last video that those Triumph trials aren't just giving those Triumph trials aren't just giving people retatrutide at escalating doses.

people retatrutide at escalating doses.

Leucine-Rich Foods and Vegetarian Options

Yes, they did that, but they also Yes, they did that, but they also counseled them to exercise at least 150 counseled them to exercise at least 150 minutes per week including resistance minutes per week including resistance training. They also counseled them on a training. They also counseled them on a healthy diet, not just cutting calories, healthy diet, not just cutting calories, but eating macronutrients, but eating macronutrients, uh nutrient-dense foods. So, so, leucine uh nutrient-dense foods. So, so, leucine is a key amino acid that tells your is a key amino acid that tells your body, "Hey, protect this muscle." It's body, "Hey, protect this muscle." It's going to stimulate muscle uh growth and going to stimulate muscle uh growth and at least protect muscle from being at least protect muscle from being broken down. So, you need to make sure broken down. So, you need to make sure that you are getting 2 and 1/2 to 3 g of that you are getting 2 and 1/2 to 3 g of leucine with every serving. So, 9 to 12 leucine with every serving. So, 9 to 12 g of leucine per day. So, uh roughly 3 g g of leucine per day. So, uh roughly 3 g of leucine with each serving to prevent of leucine with each serving to prevent muscle breakdown. So, now you're going muscle breakdown. So, now you're going to ask, "What foods contain leucine?" to ask, "What foods contain leucine?" Glad you asked. So, the most common are Glad you asked. So, the most common are your animal proteins, whey, chicken, your animal proteins, whey, chicken, beef, fish, eggs. So, if you're a beef, fish, eggs. So, if you're a vegetarian, there is leucine in vegetarian, there is leucine in soybeans, lentils, and peanuts, but it's soybeans, lentils, and peanuts, but it's much less, and it doesn't activate the much less, and it doesn't activate the muscle protection as much as the animal muscle protection as much as the animal protein. So, if you are a vegetarian, protein. So, if you are a vegetarian, you must supplement leucine in addition you must supplement leucine in addition to eating soy protein to prevent muscle to eating soy protein to prevent muscle breakdown from this medication. For breakdown from this medication. For vegetarians, one cup of soy contains 1 vegetarians, one cup of soy contains 1 and 1/2 to 2 g of leucine. So, you would and 1/2 to 2 g of leucine. So, you would literally have to eat two cups of soy in literally have to eat two cups of soy in one serving to equal the amount of one serving to equal the amount of leucine you need to protect your leucine you need to protect your muscles, okay? Um muscles, okay? Um Also, whey protein, so whey is a Also, whey protein, so whey is a byproduct of cheese production. It's in byproduct of cheese production. It's in a lot of protein shakes.

a lot of protein shakes.

Supplements and Resistance Training Tips

One scoop of whey, which is 25 g, equals One scoop of whey, which is 25 g, equals 2 and 1/2 to 3 g of leucine. So, if you 2 and 1/2 to 3 g of leucine. So, if you do eat meat and cheese, then you can do eat meat and cheese, then you can easily get enough leucine by, say, for easily get enough leucine by, say, for breakfast, you make a protein shake with breakfast, you make a protein shake with one scoop of whey, check that box, one scoop of whey, check that box, you've got enough protein with that you've got enough protein with that shake. And then at lunch, you have a shake. And then at lunch, you have a chicken breast. Well, a chicken breast chicken breast. Well, a chicken breast is 3 and 1/2 to 4 g of leucine, so that is 3 and 1/2 to 4 g of leucine, so that chicken breast gives you the leucine you chicken breast gives you the leucine you need. And then at dinner, you have a 6 need. And then at dinner, you have a 6 oz fillet of fish. Bam, you're there. 3 oz fillet of fish. Bam, you're there. 3 to 3 and 1/2 g of leucine. So, you can to 3 and 1/2 g of leucine. So, you can have 6 oz of beef and it will give you 3 have 6 oz of beef and it will give you 3 and 1/2 to 4 g of leucine, okay? Um and 1/2 to 4 g of leucine, okay? Um three eggs contains 1 and 1/2 g of three eggs contains 1 and 1/2 g of leucine, so you would literally have to leucine, so you would literally have to eat six eggs. That's a lot of eggs. But, eat six eggs. That's a lot of eggs. But, hey, if you can eat six eggs in a hey, if you can eat six eggs in a serving, that gives you your three grams serving, that gives you your three grams of leucine. And then uh one cup of of leucine. And then uh one cup of cottage cheese also gives you 2 and 1/2 cottage cheese also gives you 2 and 1/2 to 3 g of leucine. For vegetarians, to 3 g of leucine. For vegetarians, what supplement would I recommend for what supplement would I recommend for leucine? You can get it in powders that leucine? You can get it in powders that say branched-chain amino acids or BCAA.

say branched-chain amino acids or BCAA. So, branched-chain amino acid So, branched-chain amino acid supplements like Pure Encapsulations, supplements like Pure Encapsulations, one scoop is 1 and 1/2 g of leucine, one scoop is 1 and 1/2 g of leucine, okay? So, you could combine that with a okay? So, you could combine that with a cup of soybeans, uh edamame, whatever, cup of soybeans, uh edamame, whatever, uh tofu, and then you have the leucine uh tofu, and then you have the leucine that you need to prevent the muscle that you need to prevent the muscle breakdown. I I've talked about breakdown. I I've talked about resistance training in my other videos.

resistance training in my other videos. Please refer to my complete bone and Please refer to my complete bone and joint health plan for resistance joint health plan for resistance training. You can um training. You can um see Dr. Nikorski or see Dr. Nikorski or um Dr. Whitsteen and uh talk to them um Dr. Whitsteen and uh talk to them about your different ways of managing about your different ways of managing your resistance training. Read their your resistance training. Read their book. Uh so, also, I would also book. Uh so, also, I would also recommend adding creatine powder to your recommend adding creatine powder to your BCAA BCAA BCAA uh powder to get the maximum uh powder to get the maximum muscle growth and uh prevent muscle muscle growth and uh prevent muscle