

PROTOCOL TO FOLLOW

TIRZ/GLP1: What to do and not do during and after treatment:

- **Eat 1 banana per day and take Potassium.**
- **Drink 4-5 liters of water per day and add a bit of Himalayan pink salt for electrolytes.**
- **Drink 1 liter of water slowly if you haven't eaten for more than 4 hours and you're not hungry.**
- **Use pink salt on your food.**
- **Take magnesium at bedtime.**
- **Avoid alcohol and acidic products as there is a risk of gastric reflux and nausea.**