If You Notice… Read…

If you notice…	Read
You've just started the medicine and want to know what to do now	Ch. 1, p. 2; Ch. 12, p. 98
Your weight is falling but you feel weaker, and stairs are harder	Ch. 2, p. 11; Ch. 4, p. 28
You're not hungry and can only finish half a plate	Ch. 3, p. 19
Heavy hair shedding a few months after losing weight	Ch. 3, p. 19; Ch. 5, p. 37
Nausea, constipation, diarrhea	Ch. 3, p. 19; Ch. 5, p. 37
Severe belly pain, vomiting that won't stop, sudden blurred vision	Ch. 5, p. 37
Upper right belly pain, fever, yellow eyes	Ch. 3, p. 19; Ch. 5, p. 37
Surgery, endoscopy or dental work with anesthesia coming up	Ch. 5, p. 37
You want to start training but have never lifted weights	Ch. 4, p. 28
You're about to stop, or your insurance has stopped paying	Ch. 6, p. 50; Ch. 7, p. 58; Ch. 8, p. 65

If you notice…	Read
You've stopped and the weight is coming back	Ch. 6, p. 50; Ch. 8, p. 65; Ch. 12, p. 98
You're considering tapering, "microdosing" or a pill	Ch. 7, p. 58
Someone offers you cheap medicine online, no prescription needed	Ch. 9, p. 74
You use a vial and draw up doses with a syringe	Ch. 9, p. 74
A relative asks whether they should try it	Ch. 10, p. 80
You feel empty now the cravings are gone	Ch. 11, p. 89
People ask "what's your secret?" and you don't know what to say	Ch. 11, p. 89
Your mood stays low	Ch. 5, p. 37; Ch. 11, p. 89
You have diabetes, or take insulin or a sulfonylurea	Ch. 5, p. 37; Ch. 6, p. 50; Ch. 10, p. 80
You take birth control pills	Ch. 5, p. 37
You're planning a pregnancy, pregnant or breastfeeding	Ch. 5, p. 37; Ch. 10, p. 80
You're over 65, prone to falls, or low in muscle	Ch. 2, p. 11; Ch. 4, p. 28; Ch. 10, p. 80
You have kidney disease	Ch. 3, p. 19; Ch. 5, p. 37; Ch. 10, p. 80
You've had pancreatitis or have gallstones	Ch. 3, p. 19; Ch. 5, p. 37; Ch. 10, p. 80
Someone in your family has had thyroid cancer	Ch. 5, p. 37; Ch. 10, p. 80
You've had an eating disorder	Ch. 3, p. 19; Ch. 10, p. 80; Ch. 11, p. 89
You drink alcohol	Ch. 5, p. 37; Ch. 11, p. 89