Support for Clients using GLP-1 Agonists

PBMT and WBV is suitable to support clients who are using GLP-1 medications.

Photobiomodulation supports metabolic health and is not a substitute for appropriate medical care.

Side Effects Related to GLP-1 Agonists

- Loss of Muscle Mass
- Decreased bone density
- Rapid loss of facial fat that outpaces collagen production leading to prominent wrinkles and hollow cheeks
- Optic neuropathy
- Pancreatitis (inflammation)
- Dehydration and kidney damage
- Rebound weight gain after discontinuation

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Concerns that can be addressed with PBMT and WBV

- PBM and WBV promotes maintenance of Muscle Mass
- WBV promotes maintenance of bone density
- PBM stimulates skin regeneration, collagen and elastin production and leading to improved skin density
- PBM activates anti-inflammatory signaling pathways,
- PBM supports organs that require large amounts of cellular energy for optimum functioning like the eyes, nerves, muscles and kidneys.
- PBM and WBV support metabolic health and healthy fat loss, while building muscle.
- PBM and WBV can decrease the rebound weight gain experienced after stopping GLP-1 medications.

A Point to note: Red and Infrared Light have a potent partnership with UV Light.

Red and Infrared light are regenerative and supportive of metabolism, BUT UV light is a natural GLP-1 regulator, decreasing appetite and increasing metabolism. Vitamin D deficiency is a key obstacle to metabolic health. Encourage your clients to build a robust vitamin D level built from Ultraviolet light exposure.

Your clients will do better if they also re-establish their circadian rhythms by exposure to early morning sunlight, bright sunlight during the day (take light breaks) and shift to dimmed lighting (warm) at night.

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DO NOT TREAT

- Any active systemic infection (fevers)
- Autoimmune condition in a flare-up, or client on high dose steroids, clients using high dose cortisone/steroids (only treat once tapering to a low dose has begun)

Note any medications being used concurrently.

PROTOCOL

10 minutes	PBM on back
10 min	PBM on front
5 minutes	of WBV before and after the PBM session (if applicable)
20-30cm	Panel at 20-30cm depending on heat tolerance

- **Eye protection mandatory**

Be aware that clients may have low blood glucose levels and experience fatigue earlier on the vibration plate due to decreased appetite and muscle loss.