12-WEEK PROGRAM

Microdosing Program

COMPLETE Midlife
WELLNESS CENTER

Learn about our medically managed, 12-week comprehensive program with semaglutide or tirzepatide GLP-1.

This program is recommended for anyone who has optimized hormones, nutrients, and lifestyle, but still needs anti-inflammatory changes.

What is Microdosing?

Microdosing is using a fraction of the regular doses of semaglutide or tirzepatide GLP-1 to achieve various benefits, while reducing side effects. Many of us are frustrated because we have changed our lifestyle, optimized our hormones and taken the right supplements. When we keep trying things that used to work and see no results, we can feel defeated and often give up. Our friends, family and even doctors may tell us, "this is just the way it is," but the truth is that YOU CAN meet your goals and improve your longevity and quality of life.

Benefits May Include

Reduced Inflammation

Chronic low-grade inflammation is often the root of many metabolic diseases, including heart disease, obesity, and type 2 diabetes. Studies suggest that GLP-1 receptor agonists may have anti-inflammatory effects, reducing markers of inflammation throughout the body. By decreasing inflammation, micro-doses of GLP-1 may help improve heart health, reduce joint pain, and even support better immune function.

Improved Blood Sugar Control

Originally developed to manage blood sugar in individuals with type 2 diabetes, semaglutide or tirzepatide mimics a hormone called glucagon-like peptide-1 (GLP-1) that regulates blood sugar by enhancing insulin release and decreasing glucagon secretion. Micro-dosing can provide gentle but effective improvements in blood sugar stability, even for those who are not diabetic. Studies show that better blood sugar management can lead to improved energy, reduced sugar cravings, and a lower risk of developing prediabetes, many diseases and slow inflammation-related aging.

Enhanced Insulin Sensitivity

Micro-dosing GLP-1 agonists also aids in enhancing insulin sensitivity, making the body more efficient at processing glucose. Research shows that even in small amounts, these medications help improve cellular responses to insulin, which is essential for metabolic health. Enhanced insulin sensitivity can reduce the risk of metabolic syndrome - a combination of high blood pressure, high blood sugar, and abnormal cholesterol levels that increases the risk of heart disease. It can also improve muscle mass.

Cardiovascular Protection

Research has found that even at lower doses, GLP-1 agonists help lower blood pressure, improve lipid profiles by reducing LDL cholesterol and triglycerides, and reduce the risk of cardiovascular events. This heart-protective effect makes these drugs valuable beyond weight loss, supporting long-term cardiovasular health.

Cognitive Benefits

Emerging research suggests that GLP-1 receptor agonists may help protect against cognitive decline by reducing brain inflammation and improving blood flow to the brain. Micro-dosing offers a way to potentially harness these neuroprotective benefits over time, which can be beneficial for mental clarity, memory, and focus.

Support For Liver Health

Non-alcoholic fatty liver disease (NAFLD) is a growing concern in metabolic health, often associated with insulin resistance and obesity. GLP-1 receptor agonists have shown promise in reducing liver fat content, which is essential for individuals at risk for NAFLD. Even in micro-doses, these drugs support liver health by enhancing fat metabolism and decreasing fatty acid build up in the liver, helping to prevent further liver-related complications.

Hormonal Balance

GLP-1 agonists also influence hormone levels beyond insulin. Some studies indicate that these medications may positively impact hormones related to energy regulation and metabolic function. Micro-dosing may gently support these hormonal changes, contributing to overall metabolic stability and reducing the fluctuations that can lead to cravings, fatigue, and energy dips.

Substances

Many patients have decrease in cravings for alcohol, tobacco, etc., due to the increase in the satiety centers of the brain.

Appetite Regulation

Micro-dosing may subtly impact hunger signals without causing drastic changes in appetite, which can be helpful for those seeking to maintain their current weight or decrease "food noise".

Modest Change In Body Composition

Because of the effects listed above, some patients experience a very modest amount of weight loss. If reduction is the primary goal, you want to consider our bespoke weight optimization program, which can be started at very low doses.

What To Expect On Your Three Month Journey

Step 1:

If needed, a pre-visit lab draw may be required (often billable through your insurance) to evaluate hormones, overall wellness, diabetes risk, and lipid levels. If you are a new patient and you have not previously had a dedicated hormone optimization consultation, we will schedule that first since hormone balance is foundational to success. Based on your personal needs, we will recommend the latest and safest hormonal support and supplements to help you to succeed and offer nutritional and movement advice that will work with your lifestyle.

Step 2:

Initial 30-minute consultation with a nurse practitioner to evaluate your body composition, goals and plan. We will teach you to inject the medication and give you a vial for weekly use at home.

Step 3:

30-minute virtual or in-person check in every four weeks for 3 visits - includes body composition, review of nutrition, movement, medications and supplements.

Step 4:

If your journey continues past 12 weeks, 30-minute check in every four weeks as needed until we reach your goal.

Learn About Semaglutide

Semaglutide is a weekly FDA approved injection (also known by other names including Ozempic or Wegovy) which has been studied and proven to dramatically help with weight loss. While initially developed to treat diabetes, it was shown to also help non-diabetic patients lose weight. Semaglutide is in the class of "GLP-1 agonists." GLP- 1 (glucagon-like peptide) is a hormone produced by the small intestine after eating. It has several effects, including delaying gastric (stomach) emptying, which suppresses appetite, makes us feel full earlier, and reduces food cravings. It also increases insulin release from the pancreas and lowers liver glucose output, as well as reducing neuropeptide-Y, a brain neurotransmitter that is related to appetite and cravings. In short, it is a powerful appetite suppressant that helps us to stick to our plan.

Learn About Tirzepatide

Tirzepatide is a weekly FDA approved injection (also known by the brand names Mounjaro and Zepbound) is a a dual GIP and GLP-1 receptor agonist that has shown significantly improved glycemic control and significant weight reduction.
The dual agonism by Tirzepatide leads to greater efficacy than other GLP-1 medications with often fewer reported side effects, however, is significantly more expensive than Semaglutide due to its cost to manufacture.

Dosing

Patients start on a low dose for the first month and increase the dose every four weeks if at all. Side effects are less common with microdosing. The most common are nausea, diarrhea, constipation, reflux (heartburn) and injection site reaction.

Evidence

Although GLP-1 is only FDA-approved at higher doses for diabetes, weight loss, and sleep apnea, evidence for microdosing is observational and emerging. There is 1 trial underway that is actively studying the effectiveness of microdosed GLP-1 receptor agonists for improving health and quality of life. Clinicaltrials.gov (NCT07092605, July 30, 2025)

Here are a few trials that support use of GLP-1's for other than diabetes and weight loss. The doses used were standard doses.

- *Inflammation: Ren 2025, Mason 2024*
- *Liver: Arun 2025, Newsome 2021*
- *Cardiovascular and Kidney: LEADER, Sustain-6, REWIND, SELECT, FLOW*
- *Cognitive: Wang 2024, Gejl 2016, Athauda 2017*

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