

Your weight loss journey begins at Gravity Wellness Spa

THE MIC SHOT & METHYL

The MIC injection contains the following: **L-Methionine**

This is an essential amino acid. It is involved in the breakdown of fat. It increases the production of creatine so it benefits both the cardiovascular and musculoskeletal systems. It has shown to help treat skin conditions, neurological conditions, and depression.

Inositol

This is a carbohydrate and helps breakdown fat. It reduces cholesterol, improves mood, and can aid in conditions like insomnia, anxiety, OCD, PCOS, hair loss and vision loss.

Choline

This is an essential amine, often grouped with B Vitamins. It is a precursor for neurotransmitter production and can be beneficial in improving mood, memory, liver disorders, and endurance athletes. Studies suggest most people are deficient in Choline.

Methyl is Methylcobalamin

This is B12 in its active form. B12 benefits mood, energy production, carbohydrate & fat metabolism, heart disease & memory.

After your first consultation, you will visit Gravity Wellness Spa once a week. At each appointment, you will receive another MIC injection and be weighed. There is no need to weigh yourself more than once a week. Your ultimate goal is to lose 1-2 pounds per week, have more energy and feel better.

Methyl injections are given once a month.

EAT WELL

Focus on eating a high protein, low carbohydrate diet. The more fruits and vegetables, the better! Stay away from sugar and drink a lot of water.

GET MOVING

Plan to exercise daily. Walking for at least 30 minutes is acceptable. Increase your physical activity as you start to feel better. Add weight training and cardio for best results.

BE ACCOUNTABLE

Download one of these apps to track your food and exercise.

FatSecret
Loselt!
MyFitnessPal