

# Losing on Reta

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- Todo

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Welcome to Losing on Reta!

## TODO

Keeping track of the topics that should be covered

1. About me and why I'm writing this book
2. Learning more (websites, pepchat, discords w/ warnings)
3. Why to do this (graphs and successes of people plus elon, health benefits like blood pressure, teeth)
4. General considerations and side effects (incl all mine, hair loss)
5. Reta comparisons (w/ Sema, Reta, Cagri, Servu, Pemvidutide) and how it works
6. Sourcing Reta (w/ vendor history, pricing history, buy/sell/trade, abbreviations, current studies, group buys) + shipping tips
7. Safety + testing (w/ Jano and best practices) + vacuums + filtering + cartridge sterility
8. Preparing for use (incl cartridge pressure to not pop out thing)
9. How-to use after receiving (incl pin spots)
10. Labeling
11. Storage and travel (debunk myths) and inventory
12. Keeping track of shots
13. Keeping healthy (eating, workouts)
14. Measuring weight loss (Happy Scale + DEXA)
15. CGMs and ketosis
16. Sourcing paraphenelia (ex syringe) + printing STLs
17. Pens (w/ NovoPen)
18. Cases
19. BAC Water
20. Future weightloss drugs
21. Muscle building
22. What to do about flappy skin
23. Other peptides
24. Investing money into this industry

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