



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 7/24 - Ozempic, Is It Right For You?

**Spoiler Alert – No, if you are taking Ozempic for weight loss then it's not right for you!**

### Introduction

If you're interested in losing weight, perhaps your ears perked up when Jimmy Kimmel cracked a joke during his opening monologue at this year's Academy Awards. "Everybody looks so great," Kimmel said. "When I look around this room, I can't help but wonder 'Is Ozempic right for me?'" Kimmel was referencing the commercial that is currently all over TV and social media. The answer is an unequivocal NO. Run away from this latest weight loss fad.



### Background and Clarification

Semaglutide is a drug that was created to help with diabetes by boosting the body's ability to produce insulin and therefore lower blood sugar levels. The same drug is prescribed under three different brand names. First came Ozempic. The FDA gave this self-injectable formulation the green light in 2017 to treat type 2 diabetes. Novo Nordisk then launched an oral version, Rybelsus, in 2019, also for type 2 diabetes.

### A Word on Wegovy

The manufacturer Novo Nordisk sells a higher dose version of Ozempic under a different name, Wegovy, for weight loss. Weight loss is achieved simply because at higher dosages appetite is suppressed and the individual eats less.



### How Popular is Wegovy?

Wegovy was prescribed for weight loss 83,000 times in December 2022. Five months later it was prescribed 600,000 times. That's a 620% increase in five months, and there is no end in sight.

Wegovy is expected to generate \$71 billion over the next six years. For perspective, that's more money than is in the budget for the FDA, FBI, CIA, EPA, DHS and Medicare combined!



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Elitptf.com](https://elitptf.com) for more information and to schedule your evaluation.

## What does Wegovy Cost?

Wegovy is rarely covered by insurance. It costs \$1400 per month or \$16,800 annually. Sadly, there is no shortage of people willing to shell out astronomical sums for it.



Ironically, the demand for this new holy grail of weight loss has caused a shortage, and those with diabetes are experiencing difficulty obtaining the medication they need.

## Other Weight Loss Drugs

While Wegovy is a new drug, the concept of using medicine to lose weight is not new. There is a long and disturbing history of weight loss drugs. Here are just a few of the miraculous names from the past:

- Qnexia
- Lorcaserin
- Contrave
- Aminorex
- Dinitrophenol
- Meriden
- Fen-phen



What do these drugs have in common? They were all approved by the FDA for weight loss. Where are they now? They have been pulled from the market because some were addictive. Others were linked to hypertension, neurological damage and even death!

On a side note, the FDA recalls drugs it approved at a rate of three times per day. This means there are over 1000 drugs per year, approved by the FDA, that are later recalled because they were dangerous... Just saying.



No need to wait until Wegovy is pulled from the market. Check out these side effects:

### Mild

- Nausea, vomiting, abdominal pain
- Bloating, burping, constipation



### Serious

- Hypoglycemia (low blood sugar) in people with type 2 diabetes
- Increased heart rate
- Acute (sudden) kidney failure
- Retinopathy (Impairment or loss of vision)



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## Blackbox Warnings

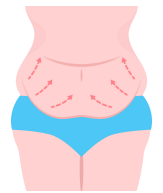
Boxed warnings are the highest safety-related warning that medications can have assigned by the FDA. These warnings are intended to bring the consumer's attention to the major risks of the drug. For Wegovy, these include:

- Suicidal thoughts or behaviors
- Allergic reaction
- Thyroid cancer
- Pancreatitis
- Gallstones



## Additional Drawbacks

- CT and DEXA scans show that 75% of Ozempic weight loss comes from loss of lean muscle mass and only 25% from fat stores. This is beyond terrible and is the exact opposite of what you want. Your scale will show less weight, but you will have a worse body composition, look worse, become weaker over time and in the end will be more unhealthy.
- The cost is \$1416 per month or \$17,000 annually.
- If you lose weight with this drug, you will need to take it forever. As soon as you stop taking it your appetite will return with a vengeance and you will gain weight quickly.
- If you wanted to maintain the weight loss through pharmaceutical intervention for 10 years that would be a \$170,000 investment.
- Surgeries may have to be canceled because of inadequate gastric emptying due to the drug.
- Major weight loss tends to show up in the face. Some complain of looking gaunt and older. Indeed, this phenomenon occurs so frequently people have coined the term "Wegovy face".



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Here's what won't happen. Overeating issues will remain unaddressed. You will not learn how to eat properly. There will be no improvement in your gut microbiota or overall health. You will not have improved your strength, flexibility, cardiovascular conditioning or balance, all of which are associated with exercise-induced weight loss.


**To Be Continued On The Next Page...**



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## Bottom line

Ozempic/Wegovy will come and go. In a few years, we'll be talking about some other miracle drug, exercise or diet. Masses of people will waste their time and money. Don't let yourself be one of them. There are no quick fixes. Anyone who tells you otherwise is either naïve or trying to rip you off.

There is a proper way to lose weight in a sustainable way. You can improve the quality and longevity of your life. [Read our testimonials.](#) 

Our clients get great results without jeopardizing their health. The goal is wellness for a lifetime. Partnering with EPT will help you make safe, sound, scientific and sustainable decisions about eating and training.

Perhaps you have no intention of taking Ozempic. Great. But perhaps you know people who are taking this drug or are considering it. If so, please share this newsletter. Be a friend who cares. Ask them to get in touch with us before they make a disastrous mistake. We are here to help.



## References

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Will Ozempic or Wegovy Weight Loss Last? | The People's Pharmacy (peoplespharmacy.com)

Should Doctors Prescribe Ozempic for Weight Loss? | The People's Pharmacy (peoplespharmacy.com)



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