
OZEMPIC - THE TRUTH.



Everything you need to know about weight loss medication.

The health and fitness industry received a sledge hammer to the face in 2024 and 2025 with the introduction of the weight loss injection, commonly known as Ozempic. Now I cant seem to go a day without someone saying to me, ‘I used to diet but its pointless, I’m going on Ozempic’, and I understand why.

Let’s be honest as a society we are becoming seriously fu*cking lazy! Going to the supermarket is an effort, get it delivered. Ordering takeaway food is effort, get it delivered. Waiting for a taxi is effort, get an uber. Going to the shops is effort, order of Amazon even going to work is an effort, just work from your bed. You can literally not even move from your sheets and you can still fully operate in society, as long as you can be bothered to open your front door. So with people becoming lazier than they have ever been EVER! Why should dieting be any different, after all people became overweight through a lazy attitude towards their own health. But as always the NHS has you back with a pill or a potion!

The problem the health and fitness industry has (as it battles everyday to overcome that lazy behaviour) is Ozempic works! At least temporarily and at face value, within a ‘I don’t care about the long term effects kind of way, bit like the covid 19 vaccine. The biggest problem I have with Ozempic however is its disregard for what should be its core principle and that is increasing the health and function of your body.

That said let’s go into more detail about Ozempic, so you can be 99% more clued up about the jab than 99% of the people currently taking it. Ozempic is a brand name given to the medication ‘semaglutide’, which has gained attention recently for its effectiveness in helping people manage type 2 diabetes and more importantly loose weight.

If you are considering using Ozempic or any similar weight loss jab, then this will be the most important blog you read.

In this blog post we will go through the following:

- What Ozempic is.**
- How it works.**
- Its benefits.**
- Potential side effects.**
- The concerns around long term use.**

So what is Ozempic?

Ozempic is an injectable medication primarily designed to manage type 2 diabetes. It is a GLP-1 receptor antagonist, this means it mimics the action of a natural hormone in the body called glucagon - like - peptide 1 (GLP-1). This hormone plays a key role in regulating blood sugar levels, insulin release and appetite. Ozempic was released in 2017 for the treatment of type 2 diabetes, however it was also found to have a profound impact on weight loss (the ears of pharmaceutical companies perked up at that discovery) and so it has now been rolled out to every sofa surfer as a easy go to for removing their extra chins.

What does Ozempic do?

Ozempic works in several ways:

1.Reduces blood sugar levels: By mimicking the GLP-1 hormone, Ozempic helps your pancreas to release insulin when blood sugars are elevate. This is great for people who are sedentary and have a high insulin resistance level.

2.Slows gastric emptying: Ozempic slows the movement of food from your stomach to your intestines. This not only helps control blood sugar but also creates a sense of ‘fullness’.

3. Reduces appetite: One of the reasons Ozempic is effective for weight loss is it suppresses your appetite by influencing parts of your brain including the Hypothalamus which are associated with hunger. It is the reduction in blood sugar and its influence on hunger levels that makes Ozempic effective when it comes to weight loss.

What are the side effects of Ozempic?

As with any medication, Ozempic comes with its side effects. If you are taking the jab you may experience 1 or more of the following side effects:

1.Nausea and Vomiting: This is the most common side effect I have heard of from people who have started taking it. 1 individual thought she had a sickness bug 1 week after taking Ozempic and so stopped as a result.

2.Diarrhea: This is likely to occur when you first start taking the medication while your body adjusts.

3.Abdominal pain: This one also seems to be common and is most likely due to the slowing down of gastric emptying along with the nausea and vomiting.

4.Hyperglycaemia: As Ozempic directly works to reduce your blood sugar levels, this can cause blood sugars to drop too low. This would be more common in individuals taking other diabetic medication.

5.Pancreatitis: Ozempic has been shown to increase the risk of pancreatitis which is inflammation of the pancreas. This would be a serious concern and would require immediate medical attention.

6.Thyroid cancer: A link has been found between an increase in GLP_1 and thyroid cancer, although further studies are currently underway regarding this.

7.Death: In the last 12 months there have 82 reported deaths in the UK as a result of taking weight loss injections. In 22 of these cases the medication was being used directly for weight loss and in the other 60 cases it was used to manage type 2 diabetes.

Now its time for the **GOLDEN question when it comes to Ozempic, CAN IT LEAD TO LONG TERM WEIGHT GAIN?**

In short, **YES! and this is the biggest issue with weight loss medication.**

When you inject any form of synthetic hormone, your natural production of that hormone stops, it's the same when bodybuilders inject steroids. When you stop injecting the medicated form of that hormone the adverse occurs. If you stop injecting steroids, your bodies natural test level drop resulting is muscle wastage. When you stop taking Ozempic, your bodies natural production of GLP-1 drops resulting in weight gain.

Here are other ways in which Ozempic leads to long term weight gain.

1. Metabolic Adjustment: Ozempic works by suppressing your appetite and slowing gastric emptying. When the medication is stopped, your body will increase the speed of both. This will increase hunger, cravings and a desire to eat.

2. Caloric intake rebound: As the medication is no longer suppressing hunger, users are highly likely to start eating more, especially if they haven't adopted any changes in their lifestyle and daily habits (such as eating healthy and exercising). Without diet and exercise you are highly likely to gain the weight you lost.

3. Emotional eating: Some people use Ozempic for weight loss but do not address the emotional or psychological aspects of overeating. Once the medication is stopped the emotional triggers which lead to an overconsumption of calories will return with vengeance.

My conclusion (I am not a medical professional, I just read a lot).

I fully understand why Ozempic is so popular as we live in a society where effort is a pain in the ass and the easy option will also be preferred. When it comes to controlling body weight and blood sugar levels success can only be measured on the longevity of the results you achieve (you never want to return to the same body weight or level of insulin resistance). Due to the fact Ozempic promises 0 long term results unless diet and lifestyle changes are made, makes the risk vs result unattainable.

You can successfully control blood sugar levels and reduce your body weight through making improvements to your lifestyle, of which is required anyway to see any long term results from taking Ozempic. It appears to me that Ozempic is seen by individuals as the easy way out of a situation, that has been created through a lack of accountability when it comes to looking after their own health. It is popular with individuals who would prefer to take a path of least effort while ignoring the potential risks. If diet and exercise is the key to long term success with Ozempic, then diet and exercise would be my preferred option when it comes to losing weight and controlling blood sugar levels in the first place.

After all, if you don't change your daily habits all that weight you lost is only going to return and that's as long as you don't get pancreatitis, hyperglycaemia or die in the process. Any lifestyle change should help you to live a HEALTHIER, LEANER and LONGER life, Ozempic can promise nothing other than a temporary reduction in your relationship with gravity.

So stop being lazy and stop taking the easy way out! After all its laziness that got you into this situation in the first place, so id start by addressing that.

AND I HAVENT EVEN MENTIONED THE BLACK MARKET PRODUCTS!

If you want to live a HEALTHIER, LEANER and LONGER life then join my 'Coach James Support Group' its on Whatsapp and is completely FREE.

<https://chat.whatsapp.com/EsJbhTx2QE2I7GD7a0MQbd>

**Regards
Coach James**