# Kelly Clarkson Opens Up About Using Weight-Loss Medication on Her Talk Show



Kelly Clarkson, a 42-year-old singer and talk show host, recently disclosed on her program, "The Kelly Clarkson Show," that she has been using a weight-loss drug to manage her weight. During a discussion with guest Whoopi Goldberg, Clarkson revealed that although she was using a medication similar to Ozempic, it was not Ozempic itself. She noted that at her heaviest, she weighed 203 pounds and that her decision to take medication came after a doctor's recommendation following repeated encouragement over two years.

Clarkson, who became widely known after winning the first season of "American Idol" in 2002, has openly discussed her struggles with body image and weight over the years. She mentioned in past interviews that despite her success, she faced continuous scrutiny about her weight, which impacted her mental health. However, Clarkson clarified that she was not miserable or depressed about her appearance but was surprised by how much weight she had gained when she saw herself on camera.

The conversation with Goldberg also touched on their personal experiences with weight loss medications. Goldberg shared her own weight loss journey, stating she had lost a significant amount of weight using a helpful medication and previously weighed as much as 300 pounds.

Clarkson, originally from Texas and now residing in New York, has had a successful career spanning singing and television, including roles as a coach on "The Voice" and host of her own talk show. She has two children with her ex-husband, Brandon Blackstock.