# Kelly Clarkson Reveals Use of Weight Loss Medication, Addresses Public Speculation



**Kelly Clarkson Admits to Weight Loss Medication, Addresses Public Speculation**

Kelly Clarkson, the singer and television host who rose to fame as the first winner of "American Idol," has recently disclosed her use of weight loss medication following widespread media and public speculation about her rapid weight loss. Clarkson, 42, revealed this information during an interview with Whoopi Goldberg on her talk show.

Earlier this year, Clarkson was the subject of much attention after losing more than 60 pounds in a few months. She initially attributed her weight loss to lifestyle changes, including moving to New York, increasing her physical activity, and adopting dietary modifications like cutting carbs and eating more protein. Additionally, she mentioned unconventional methods such as infrared saunas and cold plunges.

Clarkson, who has publicly discussed her battles with weight for years, was diagnosed as pre-diabetic, with her body struggling to regulate blood glucose, placing her at risk for diabetes. In her public statements, she had previously dismissed the implication that she was using weight loss drugs.

However, on her talk show, Clarkson shared that she had begun taking medication to manage her blood sugar on her doctor's advice. She specified that while people might assume she was taking Ozempic, she was actually on a different medication that helps break down blood sugar.

This admission by Clarkson follows a pattern seen among other celebrities, such as Oprah Winfrey, who have also used weight loss drugs but initially attributed their weight loss to diet and exercise.

Clarkson's revelation has led to discussion about the necessity of transparency from public figures, especially concerning health journeys that could influence their followers.