# The Debate Over Ozempic: Celebrities Express Concerns About Its Popularity for Weight Loss



Ozempic, a medication intended originally for the management of type 2 diabetes, has gained significant popularity for its weight loss properties, particularly among celebrities and public figures.

Musician Tanya Gold recounted a historical parallel with her grandmother's experience with Benzedrine, an amphetamine prescribed for weight loss in the 1970s, highlighting the potential psychological side effects. Gold expressed skepticism about Ozempic, citing its potential side effects and the societal implications of relying on pharmacological interventions over lifestyle changes like improved diet and exercise.

Nigella Lawson, a renowned food writer and television chef, also voiced her opposition to using Ozempic for weight loss. In an interview with The Times, Lawson shared that she has always aimed to help people enjoy food rather than view it as an adversary. She emphasized the importance of finding pleasure in eating and cautioned against extreme dieting methods.

Despite concerns, Ozempic has seen a spike in unregulated use, with some acquiring it through the black market. Meanwhile, other public figures like Davina McCall and Steven Bartlett have advocated various other weight management tools, such as the glucose-tracking device Zoe by scientist Tim Spector.

Ozempic's rise in popularity underscores the ongoing debate over effective and healthy weight loss methods. While some users and experts praise its benefits, others warn about the broader implications of depending on such medications without addressing the root causes of obesity and promoting healthier lifestyles.