# Dr Jack Mosley reflects on his father's legacy in new book about weight loss medication



Dr Jack Mosley has recently published a new book, "Food Noise: How Weight Loss Medication And Smart Nutrition Can Silence Your Cravings," addressing the effectiveness and potential pitfalls of weight loss medications, while also honouring the legacy of his late father, Dr Michael Mosley. Dr Michael Mosley, renowned for his work on BBC and Channel 4 documentaries focused on health and dieting, is best known for popularising the 5:2 diet through his bestselling book, "The Fast Diet." He passed away at the age of 67 last year while on holiday on the Greek island of Symi, reportedly due to heatstroke.

Dr Jack Mosley, who is currently a GP registrar, conducted research with his father on GLP-1 drugs, which include popular brands such as Ozempic, Wegovy, Mounjaro, and Zepbound. In his book, he details the science behind these medications, which have gained traction for weight loss beyond their original intent for diabetes management. He emphasises both the revolutionary potential of these drugs and the necessity for responsible use. Dr Mosley stated, “My father, Michael, believed in empowering people with knowledge so they could take control of their own health. My hope is that this book might do exactly that.” He advocates for a balanced approach that combines medication with lifestyle changes to achieve sustainable health benefits.

Dr Mosley alerts users of these medications to the risks of malnutrition stemming from reduced food intake and suppressed cravings, urging readers to maintain proper nutrition and muscle mass while using these drugs. He provides practical advice on dietary choices and meal planning in "Food Noise," which is set to be released on April 24 as part of a broader intention to empower individuals in their weight-loss journeys.

The increasing use of GLP-1 medications for weight loss has raised concerns in the medical community regarding misprescribing and potential supply shortages. Consequently, the General Pharmaceutical Council has revised guidelines to tighten the criteria under which these medications can be dispensed by online pharmacies.

Dr Bailey Mosley, Jack's mother and a fellow GP, has also contributed to the conversation around health and nutrition with her forthcoming book, "Eating Together: A Recipe for Parenting." This book aims to highlight the social and developmental advantages of shared family meals, advocating for healthier eating habits among children. Dr Bailey Mosley commented, “As a family, we have been truly humbled by the countless stories we’ve heard from people who tell us Michael made a meaningful difference to their lives.”

Both titles represent an ongoing effort within the Mosley family to promote informed health choices, with the support of Octopus Publishing. Anna Bond, managing director at Octopus, expressed pride in collaborating with the Mosley family, lauding the lasting impact of Michael Mosley's work while underscoring the importance of filling health knowledge gaps in the community.

Dr Michael Mosley’s unexpected passing in June resulted in an extensive search, after which his remains were found days later. A coroner later concluded that the most likely cause of death was accidental heatstroke or an undetermined health issue, which followed a recognition day by the BBC devoted to his contributions in television presenting, particularly aimed at improving public health awareness.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.thebookseller.com/rights/octopus-signs-books-by-dr-jack-mosley-and-dr-clare-bailey-mosley> - This URL supports the claim that Dr Jack Mosley and Dr Clare Bailey Mosley have books being published by Octopus, with Dr Jack Mosley's book titled 'Food Noise' and Dr Clare Bailey Mosley's book titled 'Eating Together'.
* <https://www.booktopia.com.au/food-noise-dr-jack-mosley/ebook/9780733653674.html> - This URL corroborates the release of Dr Jack Mosley's book 'Food Noise', which is scheduled for April 2025.
* <https://www.noahwire.com> - This URL is the source of the article itself, providing background information on Dr Jack Mosley and his family's contributions to health and nutrition.
* <https://www.bbc.co.uk/news/health> - Although not directly mentioned in the search results, this URL could provide general information on health topics, including Dr Michael Mosley's contributions to public health awareness through BBC documentaries.
* <https://www.channel4.com/programmes/supersize-vs-superskinny> - This URL is related to Dr Michael Mosley's work on Channel 4 documentaries, which often focused on health and dieting.
* <https://www.nhs.uk/conditions/type-2-diabetes/treatment/> - This URL provides information on diabetes management, including medications like GLP-1 drugs, which are discussed in Dr Jack Mosley's book.