# Jeremy Clarkson shares weight loss journey and struggles with medication



Television presenter and farmer Jeremy Clarkson, aged 64, has recently shared his experiences regarding weight loss treatments in his column for the Sunday Times. Clarkson revealed that he has ceased taking Ozempic, a medication commonly prescribed for managing type 2 diabetes that has gained attention for its side effects, including weight loss. This decision came after he experienced negative side effects and ultimately gained half a stone while using the medication.

Clarkson reflected on his time with Ozempic, stating, "I began two years ago on Ozempic, but that didn’t work." He detailed a tumultuous relationship with food during this period, explaining that while his body struggled to cope with an increased appetite, his cravings for indulgent foods persisted. He recounted feeling frequently ill, noting, "This meant I was sick a lot. And after I had vomited, I figured I was empty and could have another bottle and maybe another bar of chocolate too." He likened his experiences to becoming "a bulimic version of Henry VIII," and after six months, he decided to discontinue the treatment.

Now, Clarkson is trying a different medication, which he described as Muntjac, stating that it seems to be more effective for him. He commented, "Three months ago I started a course of the other one. Muntjac, I think it’s called. And this is better because even though I'm only microdosing at the moment, I can open the fridge, look at all the goodies in there and then close it." Although he has not yet seen any weight loss, he expressed optimism, stating, "I haven’t lost any weight but it seems inevitable that, as I no longer want to eat my own body weight in chocolate and beef, I will."

In an unexpected turn in his weight loss journey, Clarkson has begun experimenting with snails as a unique dietary choice, reportedly discovering snail caviar as a snack option. He elaborated, stating, "It is… actually unborn snails... But weirdly it does taste and feel like the real deal." He described the food as a modern take on a medieval delicacy, suggesting it can be served on a cracker.

Clarkson's adventures extend beyond his personal health journey, as he continues to promote his latest business venture, The Farmer's Dog pub in Oxfordshire. In a bid to support fellow pub owners facing financial difficulties, he announced his plan to donate 1,000 kegs of his Hawkstone lager and cider. In a video posted on Instagram, he stated, "If you’ve got a pub and if you want to see if this strategy works for you... we’ll send you a free keg. 88 pints of Hawkstone lager or cider for nothing."

Additionally, Clarkson's musings on health and lifestyle echo a broader sentiment concerning the risks associated with weight-loss treatments. As the popularity of medications like Ozempic continues to rise, growing concerns about black market alternatives have emerged. Reports suggest that individuals are increasingly seeking less expensive, potentially unsafe substitutes for these drugs. The situation has led to warnings from various public figures, emphasizing the dangers of obtaining medications from unregulated sources.

In light of these developments, Clarkson's experiences with weight management, the reaction to his chosen treatments, and his participation in the food and beverage industry illustrate the multifaceted challenges faced by individuals navigating health, lifestyle choices, and entrepreneurship.

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

## References

* <https://www.gbnews.com/celebrity/jeremy-clarkson-weight-loss-made-sick-health-scare-ozempic> - This article confirms Jeremy Clarkson's experience with Ozempic, detailing his negative side effects and subsequent switch to another medication. It highlights his health issues and lifestyle changes post his heart surgery.
* <https://www.ladbible.com/entertainment/celebrity/jeremy-clarkson-quit-ozempic-diet-snail-caviar-914535-20250331> - This article discusses Clarkson's decision to stop taking Ozempic due to its ineffectiveness and side effects, mentioning his new dietary choices, such as snail caviar. It focuses on his lifestyle changes and unique food preferences.
* <https://www.ladbible.com/celebrity/jeremy-clarkson-gifts-1000-kegs-of-beer-to-pubs-struggling-financially-914536> - Although not directly referenced, this type of article would support Clarkson's business ventures, such as donating beer to support struggling pubs, reflecting his involvement in the food and beverage industry.
* <https://www.medicinenet.com/ozempic_vs_mounjaro/article.htm> - This article would provide information on Ozempic and Mounjaro, two medications Clarkson is associated with during his weight loss journey, explaining their uses and differences.
* <https://www.nhs.uk/medicines/semaglutide-ozempic/> - This NHS webpage provides details about Ozempic, its intended use for type 2 diabetes, and its off-label use for weight loss, aligning with Clarkson's experiences and the broader discussion of weight loss treatments.
* <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/semaglutide-ozempic> - This FDA webpage offers insights into the safety information of Ozempic, including potential side effects and concerns, which echoes Clarkson's concerns about weight loss treatments.
* <https://www.mylondon.news/news/celebs/jeremy-clarkson-latest-health-update-31316113> - Please view link - unable to able to access data