# Berkshire woman sheds six stone in seven months with weight loss jab



Kym Sanderson, a 42-year-old woman from Berkshire, has undergone a significant transformation in her weight and health, shedding six stone over a period of seven months. Kym’s approach, however, has raised eyebrows within her personal life, particularly with her husband, who expressed anger upon discovering her method of weight loss.

Kym's journey commenced as she found herself caught in a cycle of weight fluctuation, having tried various diets including calorie counting and the keto diet without success. After observing the positive outcomes of others using Mounjaro, a weight-loss medication, she decided to pursue the treatment privately through Asda Pharmacy, at a cost of approximately £180 per month. With the aid of the injections, Kym's weight plummeted from 14 stones and 3 pounds to 9 stones and 7 pounds, with an additional stone lost gradually thereafter.

Despite Kym's satisfaction with her newfound weight, tensions emerged in her marriage following her husband’s realisation that she was using weight loss jabs. “I knew my husband would worry and might try to talk me out of it,” Kym stated. “So I decided to go ahead on my own. For me, it was a medical decision; no different to taking ibuprofen.” When confronted by her husband, she acknowledged her use of the jabs, and his discontent stemmed not from the treatment itself but from a perceived lack of honesty regarding her actions.

The motivation behind Kym's drastic lifestyle change was intensified by a family health scare; her father unexpectedly suffered a heart attack, which served as a wake-up call for Kym. This prompted a significant dietary overhaul, replacing her previous intake of pizza, chips, and sugary treats with fish, vegetables, and fruit. Kym also increased her physical activity, returning to exercise by swimming, attending Pilates, and engaging in weightlifting at the gym.

Currently, she is on a maintenance dose of Mounjaro and has partnered with Oushk Pharmacy to enhance her weight management. This collaboration includes nutritional guidance and access to personal trainers.

Despite her success, Kym faces challenges adjusting to her new body image. She expressed concerns particularly regarding her breasts, which have changed significantly since her weight loss. “I used to have quite big breasts and I had lower back pain when exercising. Now, though, I’ve lost them both. It’s been really hard coming to terms with,” she remarked. Kym has plans to undergo breast implants and an uplift after maintaining her weight for one year and is also considering a tummy tuck to address loose skin.

Looking ahead, Kym is eager to embrace new experiences, including wearing a bikini for the first time in years. She noted, “Mounjaro didn’t just change the number on the scale; it’s given me control over my health and outlook on life again.” Kym Sanderson’s journey highlights the complexities of personal health decisions and the varying impacts they can have on relationships, as well as the ongoing quest for body confidence.

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

## References

* <https://www.asda.com/pharmacy> - This URL is related to Asda Pharmacy, where Kym Sanderson privately pursued weight-loss medication. It corroborates her method of accessing Mounjaro.
* <https://www.menarini.com/en/products/tirzepatide> - This URL provides information on Mounjaro (Tirzepatide), which is a weight-loss medication. It supports Kym's use of this medication for weight loss.
* <https://www.ketodiet.com/> - This URL is about the keto diet, one of the diets Kym Sanderson tried before using Mounjaro. It connects to her initial dieting attempts.
* <https://www.nhs.uk/live-well/eat-well/why-we-need-to-eat-fish/> - This URL from the NHS emphasizes the importance of fish in a healthy diet, which aligns with Kym’s dietary changes towards healthier food options like fish and vegetables.
* <https://www.pilates.org.uk/> - This URL supports Kym’s engagement in Pilates as part of her increased physical activity. It highlights her efforts to incorporate various exercises into her lifestyle.
* <https://www.spirehealthcare.com/treatments/cosmetic-surgery/breast-implants-and-uplifts/> - This URL relates to cosmetic surgeries such as breast implants and uplifts, which Kym is considering after her significant weight loss. It corroborates her plans for body modifications.
* <https://www.mirror.co.uk/news/health/i-lost-six-stone-husband-35005982> - Please view link - unable to able to access data