# Kym Sanderson's weight loss journey with Mounjaro sparks marital tensions



Kym Sanderson, a 42-year-old HR vice president from Berkshire, has reported significant weight loss after taking weight loss injections known as Mounjaro, a decision that has sparked tensions within her marriage. Over the course of seven months, Kym managed to drop from a weight of 14 stones and 3 pounds to 9 stones and 7 pounds, successfully shedding a total of six stone. Despite her positive results and newfound confidence, her husband expressed anger upon learning about her choice to use the jabs, primarily due to what he perceived as a lack of honesty regarding her methods.

In her journey to improve her health, Kym initially tried various methods including calorie counting and the keto diet, but she found little success. After seeing the positive outcomes other individuals experienced with Mounjaro, she decided to take matters into her own hands. Kym began ordering the injections privately through Asda Pharmacy, costing her approximately £180 per month.

Kym's motivations were intensified by a personal health scare; her father had suffered a sudden heart attack despite being in good health, which prompted her to reconsider her lifestyle choices. Subsequently, she altered her diet from a high-carb, high-sugar intake—characterised by pizza, chips, and sweets—to a healthier regimen that includes fish, vegetables, and fruits. Alongside these dietary changes, she began exercising regularly, incorporating swimming, Pilates, and weightlifting into her routine.

Despite her success with weight loss, Kym reported challenges in adjusting to her new body. She noted that her body shape dramatically changed, including a reduction in breast size, which had previously caused her lower back pain. This change has prompted her to consider surgical options, including breast implants and an uplift, while also planning to address loose skin with a possible tummy tuck in the future. Kym commented, "I’ll maintain my weight for a year before doing it, though," indicating a methodical approach to her journey ahead.

Kym is currently on a maintenance dose of the jabs and is collaborating with Oushk Pharmacy to stay on track with her weight loss goals. This partnership includes nutritional guidance as well as access to personal trainers, providing her with a comprehensive support network.

Kym expressed her excitement at the prospect of being able to wear a bikini again, remarking on the significant impact the weight loss has had on her self-control, health, and outlook on life. Reflecting on her experience, she stated, "Mounjaro didn’t just change the number on the scale; it's given me control over my health and outlook on life again."

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

## References

* <https://onlinedoctor.superdrug.com/how-much-weight-can-you-lose-on-mounjaro.html> - This URL supports the claim that Mounjaro can lead to significant weight loss, with studies showing that it can help individuals lose up to 22.5% of their body weight over time, which aligns with Kym's experience.
* <https://www.justice.gov/archives/sco/file/1373816/dl?inline=> - This URL does not directly corroborate any claims in the article about Kym and her use of Mounjaro, as it pertains to a report on Russian interference in the 2016 U.S. election.
* <https://www.uchealth.org/today/what-is-mounjaro-and-how-does-it-work-for-weight-loss/> - This URL provides information on how Mounjaro works for weight loss, highlighting its dual action on GLP-1 and GIP receptors, which supports Kym's decision to use it for weight loss.
* <https://abcnews.go.com/GMA/Wellness/weight-loss-mounjaro-ozempic-new-study-answer/story?id=111774135> - This URL supports the effectiveness of Mounjaro for weight loss compared to other medications like Ozempic, showing that individuals on Mounjaro are more likely to achieve substantial weight loss.
* <https://immigrantjustice.org/sites/default/files/content-type/resource/documents/2018-10/NIJC%20Asylum%20Manual_final%2007%202018.pdf> - This URL does not support any claims in the article, as it deals with asylum procedures and has no relevance to Kym's story or Mounjaro.
* <https://www.noahwire.com> - This URL is mentioned as the source for Kym's story but does not provide additional supportive evidence beyond the article itself.
* <https://www.mirror.co.uk/news/health/i-lost-six-stone-husband-35005982> - Please view link - unable to able to access data
* <https://www.bristolpost.co.uk/news/health/i-lost-six-stone-husband-10085891> - Please view link - unable to able to access data
* <https://www.walesonline.co.uk/news/health/i-lost-six-stone-husband-31366076> - Please view link - unable to able to access data