# Kym Sanderson shares her inspiring weight loss journey with Mounjaro injections



Kym Sanderson, a 42-year-old human resources vice president from Berkshire, has recently opened up about her significant weight loss journey, in which she shed nearly six stone over a seven-month period. This transformation followed her struggles with traditional weight loss methods such as calorie counting and the keto diet, which she found to be ineffective.

Determined to find a solution, Sanderson turned to a weight loss injection known as Mounjaro, which she began ordering privately from Asda Pharmacy at a monthly cost of £180. Within just seven months, Sanderson reported a drop in her weight from 14 stone 3 lbs to 9 stone 7 lbs, with an additional stone lost gradually thereafter. However, this impressive physical transformation has not come without personal consequences, particularly within her marriage.

In an interview, Sanderson expressed that she was aware her husband might have concerns regarding her decision to use these injections. "I knew my husband would worry and might try to talk me out of it," she shared, explaining why she chose to keep her actions private. She framed her choice as a medical decision akin to taking ibuprofen, stating, "For me, it was a medical decision; no different to taking ibuprofen."

The real tension arose when her husband confronted her about her weight loss methods. After she eventually admitted to using the injections, he reacted not to the medication itself, but to his perception of dishonesty. Sanderson commented, "He wasn’t happy...because he felt I had been dishonest. I didn’t, and still don’t, see it that way. It was simply a solution to a long-standing problem."

Sanderson attributed her weight gain largely to unhealthy cravings for cheese and sugary foods. A pivotal moment in her life occurred following her father's unexpected heart attack, which motivated her to change her dietary habits. Subsequently, she replaced her previous diet of pizza, chips, and sweets with healthier options including fish, vegetables, and fruits. Additionally, she embraced a more active lifestyle, swimming regularly, participating in Pilates, and visiting the gym to perform weightlifting.

As she continues to maintain her weight with the support of Oushk Pharmacy’s structured plans that provide nutritional guidance and dedicated personal trainers, Sanderson noted that she feels more confident than ever. However, she has also encountered challenges in coming to terms with her new body. She revealed that she has lost both weight and breast size, which previously caused her lower back pain during exercise. "Now, though, I’ve lost them both. It’s been really hard coming to terms with," she said. In light of these changes, she has scheduled consultations for breast implants and an uplift, choosing to wait a year to maintain her weight before proceeding with the surgeries. Furthermore, she is considering a tummy tuck due to loose skin resulting from the weight loss.

Looking ahead, Sanderson is enthusiastic about her transformation. She expressed excitement about the prospect of wearing a bikini, stating, "I can’t wait to get back into a bikini once again, as I haven’t been on holiday in forever." Ultimately, she believes that Mounjaro has not only altered her physical appearance but has also restored her control over her health and overall outlook on life.

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

## References

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* <https://www.uchealth.org/today/what-is-mounjaro-and-how-does-it-work-for-weight-loss/> - This article explains how Mounjaro works for weight loss by activating two receptors, making it more effective than single-receptor agonists like Ozempic and Wegovy.
* <https://www.healthline.com/health-news/mounjaro-better-ozempic-weight-loss> - This article reports on a real-world study comparing Mounjaro to Ozempic for weight loss, finding Mounjaro to be more effective.
* <https://www.nhs.uk/news/weight-management/mounjaro-new-obesity-drug/> - This article could potentially provide information on Mounjaro as a new obesity drug, though specific content isn't available in the search results.
* <https://www.pharmaceutical-journal.com/news-and-analysis/news/uk-regulator-to-review-mounjaro-for-weight-loss-after-indication-expansion-in-us/20516419.article> - This article discusses Mounjaro's indication expansion and potential review for weight loss use, reflecting on its growing importance in weight management.
* <https://www.fda.gov/drugs/drug-safety-and-availability/fda-drug-safety-communication-prescription-drugs-used-weight-loss-have-potential-serious-side-effects> - This FDA safety communication discusses potential serious side effects of prescription weight loss drugs, which could include medications like Mounjaro.
* <https://www.mirror.co.uk/news/health/i-lost-six-stone-husband-35005982> - Please view link - unable to able to access data