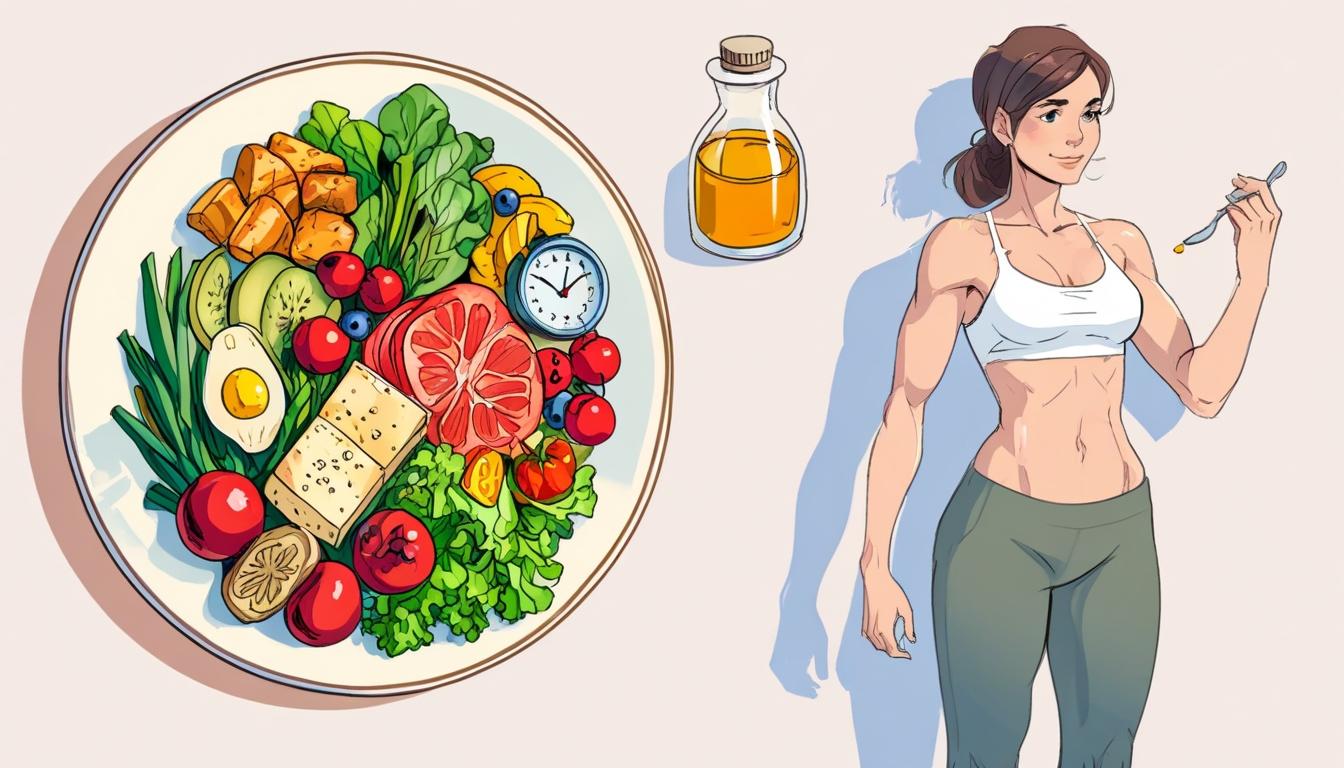
# The rise of weight-loss jabs: benefits and concerns



The Daily Mail is reporting on the growing popularity of GLP-1 agonists, commonly referred to as weight-loss jabs, which have gained attention for their potential to assist in significant weight loss and improve overall health. These medications, which include semaglutide (marketed as Ozempic and Wegovy) and tirzepatide (Mounjaro), are now considered groundbreaking in the treatment of obesity, with the capacity to transform the lives of millions. Research indicates that these jabs may also reduce the risks of heart disease, kidney failure, dementia, and even assist with addiction treatment.

Despite the promising results, medical professionals, such as Dr Jack Mosley, have expressed concerns regarding the burgeoning market and the ease with which individuals can obtain these drugs online, potentially without medical guidance or nutritional support. Speaking to the Daily Mail, Dr Mosley highlighted the need for caution, noting, “There has been lots of evidence that when you stop taking the drug, hunger returns and the weight goes back on.” He emphasised the importance of making lifestyle changes alongside the use of these medications to maintain weight loss long-term.

The jabs are not universally suitable; some users experience adverse side effects, including nausea, diarrhoea, constipation, and vomiting, along with potential risks such as bowel obstructions, pancreatitis, gallstones, and thyroid cancer. Moreover, significant weight loss might result in a loss of lean body mass, primarily muscle, which can be difficult to regain after ceasing the medication. Dr Mosley pointed out that muscle is vital for burning calories and maintaining balance as individuals age.

In his new book, "Food Noise," Dr Mosley aims to provide a practical framework for combining weight-loss medication with effective dietary and lifestyle modifications. This plan draws from his father's successful Fast 800 diet and is designed to empower individuals to take control of their health. The book aims to equip readers with the tools needed for educated decision-making regarding the safe usage of these weight-loss drugs.

Dr Mosley proposes a three-stage plan for individuals considering weight-loss jabs. The first stage involves rapid weight loss through a low-calorie diet of 800 to 1,000 calories a day, focusing on a Mediterranean-style diet rich in proteins and fibres. He advises maintaining hydration and engaging in physical exercise, including strength training and aerobic activities, to preserve muscle mass.

As users approach their target weight, the second stage involves gradually tapering off the medication, ideally in consultation with a healthcare professional. Dr Mosley suggests being vigilant against ‘food noise,’ or the cravings that can arise as one reduces their medication, and recommends enjoying healthy meals that align with dietary goals.

The final stage emphasises sustaining long-term success by establishing healthy eating and exercise habits that continue after stopping the medication. Maintaining a supportive environment, regular sleep, and emotional factors associated with food choices play roles in ensuring lasting weight management.

Before embarking on using weight-loss jabs, Dr Mosley urges potential users to consider several key questions about side effects, long-term safety, lifestyle changes, and financial implications. Many individuals may find the long-term financial commitment significant, as costs can range from £150 to £300 per month for private prescriptions.

Dr Mosley’s insights and his father’s legacy aim to provide a comprehensive approach for those intrigued by the potential benefits of GLP-1 medications while also cautioning against the rushed adoption without informed medical support and lifestyle adjustments. These recommendations strive to help individuals achieve a healthier weight sustainably.

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

## Bibliography

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