# Experts warn against unproven risks of microdosing Ozempic for menopausal weight loss



A rising trend prominently featured on platforms like TikTok, as well as in beauty clinics and celebrity circles, is the practice of microdosing GLP-1 drugs, specifically Ozempic and Wegovy. These medications, originally developed to manage type 2 diabetes, are now being marketed towards perimenopausal and menopausal women as a purportedly safer and subtler method for weight loss.

Proponents of microdosing claim that taking smaller doses results in fewer side effects while still delivering weight loss benefits. However, some experts express deep concerns regarding the safety and ethics of using these powerful medications outside their intended purpose. Faye James, an accredited nutritionist and author of "The Perimenopause Plan," spoke to the Daily Mail about the complex dynamics surrounding this trend, emphasising that the seductive messaging masks a far more complicated reality.

Microdosing involves taking less than the standard prescribed dosage of a medication. Advocates for this method argue that it can help blunt hunger without triggering common side effects such as nausea or fatigue. Some users even believe that microdosing mitigates a condition dubbed 'Ozempic face,' characterised by visible gauntness associated with higher doses of the drugs.

Nevertheless, James challenges these claims, stating, "the idea that a 'Goldilocks dose' trims the waistline without rocking the system has absolutely zero scientific basis." The prevailing clinical evidence supporting the efficacy and safety of GLP-1 drugs is primarily centred on full, titrated doses. Consequently, using lower doses hinges on speculative assumptions rather than empirical data.

The manipulation of potent hormones like GLP-1 carries significant risks. Research indicates that weight loss achieved through GLP-1 medications often involves a loss of lean muscle, a particularly concerning outcome for women in midlife. Conditions such as muscle atrophy, malnutrition resulting from appetite suppression, gallstones, and potential emotional side effects, including mood changes and anxiety, further illustrate the complexity of using these drugs for non-diabetic weight management.

The cultural backdrop of this trend reveals a deeper discomfort with natural weight changes, especially during the midlife phase. Many women are led to believe that weight gain in certain areas, such as the abdomen, thighs, or arms, signifies a personal failure. The burgeoning menopause industry, while often well-intentioned, risks becoming fixation on weight loss as the central measure of a woman's health, undermining more holistic approaches to well-being.

James emphasises that substantial discussions with numerous women revealed a common sentiment: many felt betrayed by their bodies, fatigued, and confused in their quest for health. Instead of resorting to pharmaceutical quick fixes, she advocates for a return to foundational health practices: prioritising protein in meals, consuming complex carbohydrates, incorporating healthy fats, timed eating, resistance training, and supporting gut health.

Ultimately, microdosing reflects a broader cultural tendency to distrust our biological systems. Advocates for holistic health suggest that tuning into one's body and nourishing it appropriately, rather than resorting to pharmaceutical interventions, may be the key to achieving lasting well-being. James asserts, “you don’t need to numb your appetite. You need to nourish it—with wisdom, not willpower.”

In an era dominated by quick-fix solutions, the nuanced conversation around GLP-1 microdosing highlights the importance of a thoughtful approach to health, particularly for women navigating the complexities of hormonal changes.

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

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