

## OZEMPIC: Doctor warns against using Ozempic for weight loss | CUOMO

But it does highlight the celebrity craze Ozempic and now it's just not for the celebrities anymore Everybody's taking it It's intended to treat type two diabetes takes weight off No question A lot of it and fast And we keep covering this story for you because it reeks of too good to be true But we need to understand that medically Now it's not about feelings It's got to be about facts right And now what's this about people trying to make it at home Dr Mark Hyman is the host of the podcast the Doctor's Pharmacy and his senior advisor for the Cleveland Clinic Center for Functional Medicine It's great to see you again Doc good to see you too Chris So people are knocking on the door saying come on Hyman hook me up and you're saying no why You bet you bet I get to call every day Here's the deal Chris OIC And uh we go and other related drugs are for type two diabetes and they do take weight off by suppressing appetite in the brain They make your stomach and intestines empty slower So you feel full and it works But it's really not the best long term strategy because you have to take it forever Otherwise you regain the weight you lose Plus there's side effects nausea vomiting constipation diarrhea you lose weight but it often side effects And then there's more serious ones like thyroid cancer pancreatic damage kidney issues and other problems So it's not a free ride and everybody is looking for the quick fix weight loss solution The problem is nobody is addressing the elephant in the room If we look at America 75% of us are overweight If you do the math at \$700 a month that's about \$425 billion to treat the 75% of Americans overweight That's an enormous amount of money that we just cannot afford as a country And the truth is that if you look at the root causes it's it's our toxic food environment A really important study showed that if you were given an unlimited amount of ultra processed food compared to whole real food you would eat 500 calories more a day So the best way to cut your appetite is stop eating the processed food and eat real food Now you say when you stop taking it you're going to gain it all back I get you on the side effects I get why I wouldn't want to stay on it forever One there's an unknown and you said thyroid and other things can go sideways but how do you know I'm going to gain it all back What if I feel so good about the new me I go from looking like me to looking like Hyman and now I want to lock it in I'm going to stick with my new good habits Well yes absolutely If you

change your lifestyle and you change your diet and exercise and do all the things we know really help then you'll be fine But I had a guy for example who was a doctor who had a gastric bypass surgery lost £200 and gained it all back because he figured out if he just ate M and MS one at a time all day long he could get the sugar and candy And so unless you deal with the root cause of why people overeat the toxic food environment our behavior change our lifestyle exercise is a losing game and we just can't afford it as a country to give everybody this really expensive drug that is also important for diabetic treatment And here's the rub because everybody is asking their doctor for it for weight loss Doctors can prescribe it off label and that means that people who really need it with diabetes are not able to get it because it's not available They just can't manufacture enough of it So that's the other downside of the problem now making it at home I mean that is gonna light up everybody is there is there any understanding to this being safe and easy to do at home Yeah Well there there is uh you know these drugs are peptides Peptides are small little mini proteins that nature makes to do things in our body that it's supposed to do And these GLP one agonists OIC and others are designed to work on the body's own system And there are these compounds available online because they're not controlled by the FDA in the way they probably should be And you can order them from various online websites You can mix it up yourself and you can give yourself the shot at a fraction of the price I don't know if that's a good idea or safe because we don't know what these compounds are manufactured with They don't know if they're safe We don't know how regulated they are So I think I think it's risky business to do that There's gonna be a lawsuit somebody's gonna get hurt Uh and I'm telling you somebody's gonna get hurt God forbid And there's gonna be a lawsuit Dr Mark Hyman you are absolutely right But welcome to America Everybody wants to do it the easy way Everybody wants to do it But if they read your book and they listen to your podcast they'll understand that there's a better road to get where they want to be and I can't wait to be on the podcast coming up I can't wait to be there Be easy On me All right thanks Thanks Chris You know I will I mean just just a quick follow up I just had a patient text me a picture today She lost £134 just by eating real food getting rid of the crap And now she's a completely different person and she has her life back and she wanted to be on a drug that costs \$700 a month So it's possible Hey thank you for watching Please go to News Nation now dot com News Nation now dot com And you can find News Nation on your television provider and don't forget to click the red subscribe button down below Then

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