

# OZEMPIC: Stephan Guyenet, PhD: GLP-1, Semaglutide, and the Big Future of Weight Loss Therapies

<https://silosolo.com/990764>

## Summary

The External Medicine podcast, hosted by Daniel Balkin and Mitch Balkin, explores non-traditional ideas and innovation in medicine. In an episode featuring Dr. Stefan G, discussions revolve around Anthony Sloane's experiments on food reinforcement and nutrient receptors in the small intestines, the role of glucagon-like peptide one (GLP-1) in weight loss, and the efficacy of semaglutide as a weight loss agent. The Step 1 trial, a randomized double-blind placebo-controlled trial, showed that participants in the semaglutide group lost 15% of their body weight compared to 2.5% in the placebo group. Dr. Stefan G's background and research interests, including his work in the neuroscience of obesity, his involvement in water quality interventions and malnutrition treatment, and his project Red Pen Reviews, are also discussed.

## Silo sample questions

- What is the External Medicine podcast about?
- Who is Dr. Stefan G and what are his research interests?
- What is the Step 1 trial and what were its findings?
- What is Red Pen Reviews and what is its purpose?

## Topics

Exploration of non-traditional ideas and innovation in medicine

Anthony Sloane's experiments on food reinforcement and nutrient receptors in the small intestines

The role of glucagon-like peptide one (GLP-1) in weight loss

The efficacy of semaglutide as a weight loss agent

The Step 1 trial and its findings

Strengths and limitations of the Step 1 trial

Dr. Stefan G's background and research interests

Research on water quality interventions and malnutrition treatment

Red Pen Reviews project

## Key Takeaways

- The External Medicine podcast is hosted by Daniel Balkin and his brother Mitch Balkin, both medical students interested in non-traditional ideas and innovation.
- The podcast explores topics on the outskirts of medicine that are not widely accepted by the mainstream.
- The podcast is for educational and entertainment purposes only and does not endorse any healthcare providers or treatments.
- Dr. Stefan G is a guest on the podcast and is a senior researcher at give Well.
- Dr. Stefan G discusses Anthony Sloane's experiments on food reinforcement and nutrient

receptors in the small intestines.

[Click here for the full transcript](#)

[Click here for the source](#)