

“Should I Take Ozempic?”

A No-Hype, No-Guilt Decision Making Tool for Women Wondering if Ozempic is the Answer

Learn how weight loss injections work, who they help, and what every woman over 50 should consider before making a decision.

By Niamh Gourlay



Give Me 15 Minutes and I'll Help You Decide if Ozempic (or Similar Injections) Are Right for You

This isn't an eBook.

This is a **decision-making tool for women over 50** who are smart, curious, and ready to take back control of their bodies.

You've probably heard of Ozempic, Wegovy, Mounjaro or Saxenda.

Maybe a friend mentioned them. Maybe your doctor did. Maybe you saw someone on Instagram drop two dress sizes and wondered *what on earth is going on?*

These weight loss injections are everywhere right now. But are they right for you?

Let's cut through the hype and arm you with facts that matter.

Full disclosure – I'm not here to push these drugs, or to scare you off.

I don't advocate *for* or *against* them.

I think that is a decision that each woman will make in consultation with her doctor.

As a **health coach** who specialises in helping women over 50 navigate these decisions, I understand the nuances involved, and I offer guidance and support tailored to your personal needs.

This guide gives you the facts — and the space — to make a decision that fits your body, your values, and your life.

First, let me address 3 false beliefs about weight loss injections:



Busting the Myths About Ozempic and Similar Injections

Myth #1: These drugs are a quick fix.

Ozempic and Wegovy can make weight loss more manageable — but they're not a magic solution. They help reduce appetite and food noise, but they don't teach you healthy habits or do the work for you. Sustainable results still depend on nutrition, movement, sleep, and mindset. These drugs can make those changes easier, but they can't replace them.

Here's what they can do: they help reduce appetite, regulate blood sugar, and calm the intense cravings that derail so many of us.

Here's what they don't do: teach you how to fuel your body properly, show you how to build muscle, or give you a plan for sustainable living. That's where personalised coaching can make all the difference—helping you build lasting habits, providing clarity, and offering ongoing support as you work towards sustainable weight management.

I've heard people say that it is cheating, that it is the easy way out. If you are at the stage of considering a drug intervention to help you achieve a healthy weight then you have been living with obesity. If you had another disease or condition such as diabetes or high cholesterol, it is perfectly acceptable to take drugs to improve your health, the drugs will have side effect, so benefits must be rated against the risks. If you are suffering with excess weight then GLP1 can be seen as a tool that may help improve your health. There are risks which must be balanced against the benefits.

This is not cheating, it is not an easy way out, it is one option for women who have obesity.



Myth #2: They're dangerous for women over 50.

Many women over 50 worry these medications aren't safe. The truth? When used under proper medical supervision, they can be a safe and effective part of a broader health strategy — especially for women managing insulin resistance, PCOS, or high cardiovascular risk.

In fact, some of the biggest health benefits of GLP-1s are particularly relevant for women in midlife:

- They can reduce the risk of cardiovascular disease
- They support improved blood sugar and insulin sensitivity
- They may improve sleep, reduce inflammation, and even lower blood pressure

Of course, they're not for everyone. Thyroid issues, pancreatitis, or gallbladder problems may mean these aren't suitable for you. But age alone isn't a reason to rule them out.



Myth #3: You'll gain it all back the moment you stop.

Possibly but not necessarily. Yes, your appetite may return.

Yes, your metabolism may slightly slow down as you lose weight.

But if you've been using this time to rebuild how you eat, how you move, how you think about food — you can maintain those results. Especially if you focus on strength, muscle, protein, sleep, and mindset.

We've all seen it — someone loses weight, looks amazing, and then six months later they've regained it all. So this fear is real. But let's unpack what's really going on.

The key to long-term success isn't just what happens *on* the drug — it's what happens *while* you're on it.

If you use this time to rebuild your relationship with food, strengthen your body, and reshape your habits, your results can last. If you don't... then yes, the weight often returns when appetite does.

If someone loses weight but never learned how to eat in a way that satisfies them, never addressed emotional eating, and never moved their body in a way that supports muscle — then yes, the moment the appetite suppression ends, the weight can come right back.

But if drugs like Ozempic and Wegovy are used intentionally, as a reset button for both body and mind, you can absolutely maintain your results. The key is:

- Prioritising protein and muscle
- Learning how to eat without extremes
- Building a daily structure that supports your energy and sleep
- Rewriting your story around food, not just reducing portions

You're not doomed to gain it back. Weight regains doesn't have to be your story.



I've been where you are

I know the feeling of chasing “the thing that finally works”, of looking at the latest weight loss trend, wondering if it works, is this the one, finally, the miracle option??

I understand your frustration because I've been exactly where you are. I've tried every diet you can think of—low carb, low fat, intermittent fasting, calorie counting, meal replacements, and even so-called “magic” solutions like slimming teas and detox cleanses. Each time, I hoped that this would finally be the thing that worked. And for years, I assumed the problem was *me* — lack of willpower, too much chocolate, not enough discipline.

When I first heard about a new drug that could increase satiety and reduce appetite, I thought, that's no good, my problem is not appetite, I don't gain weight because of what I eat when I'm hungry I gain weight because of what I eat **when I'm not hungry!**

The problem wasn't appetite — it was emotional eating, stress, and habits.

Ozempic, Wegovy, and similar drugs help by quieting the mental chatter around food. For some women, that's the window they need to rebuild — with clarity and calm.

So, What Actually Causes the Weight Loss?

Later on in this guide I will explain that the process involves hormones, synthetic hormones that mimic our real hormones. How it impacts the gut and the brain, why people are less hungry.

But first I wanted to understand what actually causes the weight loss?

It turns out it is the same reason that all weight loss approaches work, or don't work.

It's not magic — it's a calorie deficit.

These injections make it easier to eat less without feeling like you're fighting yourself every day. They reduce appetite, increase satiety, and may improve blood sugar control. That means fewer cravings, smaller portions, and more balanced energy.

You eat less than your body needs, your body burns stored fat for energy, and the weight comes off. Same principle as any other weight loss method — but with less struggle.

And yes, they were originally developed for type 2 diabetes. Ozempic, for example, helps regulate blood sugar. Wegovy is the same drug (semaglutide) in a higher dose, specifically approved for weight loss. Mounjaro (tirzepatide) is newer, dual-action, and showing promising results.



How Ozempic and Similar Injections Work

These medications mimic a natural hormone in your gut called **GLP-1** (glucagon-like peptide-1). This hormone signals your brain that you're full, slows stomach emptying, and helps regulate blood sugar.

When people take GLP1 medications (like Ozempic, Wegovy, or Mounjaro), they're using a synthetic version of that hormone. It helps people who are overweight or have type 2 diabetes because it makes them feel less hungry, eat less, and keep their blood sugar more stable.

So when you take these injections, the GLP1 hormone:

- Slows down how fast your stomach empties – so food stays in your stomach longer and you feel full faster and for a longer time.
- Signals your brain that you're full – so you naturally eat less without forcing it.
- Tells your pancreas to release insulin – insulin helps move sugar from your blood into your cells for energy.
- Stops your liver from making too much sugar – which helps keep your blood sugar from spiking too high.



This is how it happens:

GLP1 drugs reduce appetite and...

You naturally eat less without trying...

You eat less calories than you burn

Your body uses stored fat for energy

You lose weight



Popular GLP1 drugs in this category include:

- Ozempic (semaglutide): Originally for diabetes, now often used off-label for weight loss.
- Wegovy (semaglutide at a higher dose): Approved specifically for weight loss.
- Mounjaro (tirzepatide): Combines GLP-1 and GIP for enhanced effect; also being used for weight loss.

Saxenda (liraglutide) Early GLP1

Summary comparison Table

Brand	Generic name	Frequency	Originally approved for	Approved for weight loss?	Notes
Ozempic	Semaglutide	Weekly	Type 2 Diabetes	No (used off label)	Most well-known; often used off-label
Wegovy	Semaglutide	Weekly	Weight Loss	Yes	Higher dose than Ozempic
Mounjaro	Tirzepatide	Weekly	Type 2 Diabetes	Not yet (pending)	Dual-action (GLP-1 + GIP); promising data
Saxenda	Liraglutide	Daily	Weight Loss	Yes	Earlier GLP-1, taken daily



How They Work In Your Body?

These injections affect both your gut and brain — that's what makes them different from older diet pills or appetite suppressants.

Appetite and Fullness

You feel full faster. You stay full longer. That means smaller meals are satisfying, and you may not even think about food in between. For women who feel constantly hungry or fight cravings daily, this can feel like a revelation.

Cravings and Emotional Eating

Some women report their “food noise” disappears — that endless mental chatter about what to eat next, or guilt about what they just ate. That can create a mental quietness that feels freeing. Others still experience cravings but find it easier to say no or pause before acting.

Blood Sugar and Insulin

GLP-1s reduce how quickly your blood sugar spikes after eating, and help your body use insulin more efficiently. That's particularly helpful for women with prediabetes, PCOS, or insulin resistance.

Digestion and Energy

You may notice slower digestion, which can reduce bloating and help you feel more stable throughout the day. However, it can also make some women feel sluggish, especially in the beginning. Over time, many women experience improved energy levels as their blood sugar becomes more stable and excess weight starts to come off.





These drugs reduce the **Food Noise**

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"One of the things that I realized the very first time I took a GLP-1 was that all these years I thought that thin people just had more willpower, they ate better foods, they were able to stick to it longer, they never had a potato chip,

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and then I realized the very first time I took the GLP-1 that, 'Oh, they're not even thinking about it. They're only eating when they're hungry, and they're stopping when they're full."

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Oprah Winfrey



But What About Side Effects?

No drug is side-effect free. GLP-1 medications come with a list you need to be aware of.

Common Side Effects

- Nausea (especially during the first 4-6 weeks)
- Constipation or diarrhoea
- Bloating or gas
- Fatigue
- Mild headaches

Less Common but Serious

- Pancreatitis (inflammation of the pancreas)
- Gallbladder problems
- Kidney issues (in those with pre-existing kidney disease)
- Thyroid tumours (in rodent studies; human risk unclear)

Emotional and Social Effects

- Some women feel a sense of emotional numbness or flatness
- Others lose interest in social eating, wine with friends, or family meals
- Food can become... boring — and that can feel emotionally complicated
- Possible hair loss
- Rapid weight loss may cause sagging skin (ozempic face)

This is not just about side effects to endure. It's about *quality of life*. That's why tracking your symptoms and discussing them with your doctor is vital.

Tracking these symptoms and reflecting on how they impact your daily life is something we can discuss in coaching sessions, ensuring you're not just losing weight, but enhancing your overall quality of life.



Is It Right for You?

Deciding whether or not to try a weight loss injection isn't a medical decision alone — it's personal. It's emotional. And it's absolutely valid to take your time with it.

Here are some questions to reflect on:

- Have you already tried a structured nutrition and lifestyle approach that supports muscle, movement, and metabolism?
- Do you struggle with appetite regulation, cravings, or blood sugar dips that feel out of your control?
- Do you have health conditions like type 2 diabetes, insulin resistance, or PCOS that may make weight loss more difficult?
- Are you currently at risk for serious conditions like heart disease or high blood pressure, where even modest weight loss would improve outcomes?
- Would you be open to taking a weekly injection for at least several months?
- Are you willing and able to cover the cost, which can range from €150 - €250 per month privately, if not covered by insurance?

This isn't about choosing an easy way out. It's about understanding your own needs and giving yourself permission to ask for support — whether that's medical, nutritional, or emotional.

Reflecting on these questions can feel overwhelming or confusing. If you find yourself uncertain, talking this through with a supportive coach can help clarify what path aligns best with your values and lifestyle



What to Do Next

If you're thinking: "I might be interested in this — but what now?" Here's a step-by-step path to help you explore it, without pressure, and with clarity.

Step 1: Talk to Your GP

Book a 15-minute appointment with your doctor. You don't need to go in knowing all the answers — just say, "I've been reading about GLP-1s like Ozempic or Wegovy, and I'd like to understand if they're appropriate for me."

Things to discuss:

- Your health history, especially diabetes, PCOS, heart disease, and thyroid function
- Your weight history and current challenges
- What lifestyle changes you've already tried
- Whether a referral to a specialist or weight management clinic might be helpful

Don't worry if your GP seems cautious — that's their job. You're allowed to advocate for yourself and ask questions.

Step 2: Consider Private Clinics or Online Providers (with care!)

Some women are eligible for GLP-1s through the HSE, but most will need to go private. There are many clinics — both physical and online — offering these medications.

Questions to ask any provider:

- Will I have a consultation with a doctor or nurse before I'm prescribed anything?
- How often will I be monitored?
- Is support included to help with side effects, nutrition, or lifestyle?
- What happens if I want to stop?

Feeling confident in these conversations can make a huge difference. If preparing for these discussions feels intimidating, we can talk it through together, so you go in informed and clear about your questions

Be cautious of:

"Buy now" buttons that skip a medical assessment

Promises of guaranteed weight loss (not everyone loses weight)

Programs that don't include any follow-up support



What If I Don't Want to Take Injections?

You can promote the same effect through lifestyle changes
GLP-1s help by reducing appetite and improving insulin sensitivity — and you can support those same processes naturally too, through diet and lifestyle:

- High protein: Aim for 100g/day to support muscle, satiety, and metabolism
- Strength training: Keeps metabolism high and helps reshape your body
- Balanced meals: The Hand Method works well for portion control (palm = protein, fist = veg, cupped hand = carbs, thumb = fat)
- Sleep and stress: These regulate hunger hormones more than you might realise
- Mindful eating: Slows you down, reduces emotional eating, builds better awareness

This is where I can help. My coaching approach offers clear strategies, ongoing accountability, and compassionate support—so you never feel alone or unsure about your next step.



Want more support?

You deserve to feel strong, informed, and in control — with or without a prescription.

This information will be enough for some of you to take the next step. If you would like more support I'm offering a limited-time opportunity:

🎁 Book a 1:1 Strategy Call with Me for Just €47 (Usually €97)

In this 45-minute session, we'll:

- Discuss your health and weight goals
- Talk through your experience with hunger, cravings, or energy dips
- Explore whether GLP-1s make sense for you — or what other routes might suit you better
- Create a simple next-step plan you can put into action straight away

This offer is only available for a short time. If you're even a little curious — don't wait.

👉 [Click here to book your call](#)

No pressure. Just one real, supportive conversation that could change everything.

Prefer chatting first?, or have a quick question before booking? Feel free to email me: niamh@wellnessmatters.ie

I'd love to hear from you.

Your healthiest, most vibrant self is still possible.

— Niamh



NIAMH GOURLAY NUTRITION

