

# Muscle Over Medicine: Why Ozempic Alone Won't Cut It for Weight Loss

A new class of drugs, touted by influencers and celebrities, is rising in popularity, however, 'not all weight loss is healthy.'

22 states reporting adult obesity rates at or above 35 percent.

This shift highlights a crucial yet often overlooked factor in weight management: muscle mass.

## The Ozempic Issue

The issue of muscle mass versus fat becomes particularly critical as the world turns to a new class of drugs to aid in weight loss.

- Ozempic - appetite-suppressant - GLP-1 agonist.
- Downside of GLP-1 agonists = about 40 percent of the weight lost is lean mass, including muscle.
- Health benefits for obese individuals but not for those with minimal weight to lose.
- Sarcopenic obesity = excess fat and low skeletal muscle, common in older adults.
- Muscle loss is normal in most conventional weight loss efforts and virtually guarantees that weight is regained as fat.

## 3 Ways Muscle Aids Weight Management

1) Enhances metabolism, 2) uses calories more effectively, & 3) regulates glucose, so we are less likely to store calories as fat and balance hormones, helping keep us in better overall metabolic health.

## Muscles Enhance Metabolism

- Lean muscle mass affects the BMR as it is metabolically active and requires more energy to maintain than fat tissue. Thus, more muscle means more calories burned at rest.
- HOWEVER, [A 2019 study](#) = each Lb./45 kg. of added muscle increases BMR by only 6 calories per day.
- Dr. Lyon = each pound of muscle burns only about ten calories at rest.
- BUT well-trained muscles improve the body's ability to use calories more efficiently, which improves a healthier metabolism and better energy balance.

## Muscles Regulate Glucose

- During exercise, muscles use glucose for energy, thus lowering blood sugar levels.
- Excess glucose can convert to fat.
- Thus, muscle tissue prevents weight gain via regulating glucose, particularly for those with insulin resistance or diabetes.
- ST contractions produce myokine hormone release to 1) promote glucose uptake in muscle cells, 2) enhance insulin sensitivity to maintain stable blood sugar levels, 3) reduce the risk of Type 2 diabetes, and 4) support overall metabolic health.

## Muscles Balance Hormones

- Skeletal muscle works as an endocrine organ.
- Muscles produce and secrete hundreds of hormone-like substances – like myokines - that influence various physiological processes, including hormone regulation.
- Hormone irisin converts white fat to brown fat to enhance energy expenditure.
- Interleukin-6 (IL-6) - another hormone-like substance boosts fat burning and improves insulin sensitivity, making it easier to lose weight and maintain metabolic health.

## Muscle As Medicine

Resistance training promotes muscle growth and maintenance, while protein supplies the building blocks for muscle repair and growth.

Maintaining and building muscle benefits those using Ozempic, Wegovy, Manjaro, and other GLP-1 agonists by preserving and building muscle to support better health and enhance weight-loss interventions.

[2 Popular Obesity Drugs: Effective Short Term, but Risks of Muscle and Nutrient Loss and Other Serious Side Effects](#)

[Ozempic, Wegovy Linked to Higher Risk of Rare Form of Vision Loss, Study Suggests](#)