

# OZEMPIC WHO?

## OZEMPIC for fat loss?

Here are the health documented and reported complaints from OZEMPIC users looking for fat loss.

While Ozempic (semaglutide) has become popular for weight loss, it is important to be aware of just some common health complaints and side effects users have reported.

**Gastrointestinal issues such as nausea, vomiting, diarrhea, and constipation** are frequent. Some users also experience **severe stomach issues like gastroparesis**, where the stomach empties slowly, leading to discomfort and bloating.

**Another significant concern** is the risk of **hypoglycemia** (low blood sugar), particularly for those using Ozempic alongside other diabetes medications. **Symptoms of hypoglycemia include dizziness, weakness, confusion, irritability, and even seizures in severe cases.** There's also evidence of possible associations with **more serious conditions like pancreatitis and gallbladder problems.**

Moreover, some individuals experience **mental health side effects, including mood swings and depression.** A key issue for people using Ozempic for weight loss is that **once they stop taking the drug, they often regain the weight** unless they implement substantial lifestyle changes.

It should be noted that a great deal of the weight loss is in the form of **muscle loss, between 50-70%.**

Although Ozempic may reduce cravings for alcohol and nicotine for some, it is important to remember that it is not a miracle solution for weight loss and comes with risks that should be carefully discussed with a healthcare provider.

Dangers of Taking Ozempic for Weight Loss | What You Need to Know

<https://withinhealth.com/learn/articles/semaglutide-ozempic-weight-loss-risks>

'It changed my life': Ozempic patient shares her good, bad and scary side effects | Globalnews.ca

<https://globalnews.ca/news/9809465/ozempic-weight-loss-obesity-diabetes-user-experience-canada/>

Here's How Ozempic Actually Works for Weight Loss | Discover Magazine

<https://www.discovermagazine.com/the-sciences/heres-how-ozempic-actually-works-for-weight-loss>

## The amazing reviews about the APEX31 day program for fat loss

The APEX31 Day Program has garnered positive reviews, particularly for its structured approach to fat loss and overall wellness. Clients have praised its focus on promoting fat burning through a combination of dietary changes, supplementation, and gentle physical activity. Here are some of the highlights from our client experiences:

### 1. Fat Loss Success:

Many clients have reported significant fat loss, particularly in the first week. While weight loss can slow down after that, fat continues to be burned steadily. Some clients see consistent inch loss even when the scale isn't moving much. The program helps the body to avoid "starvation mode" by optimizing fat metabolism with the use of proprietary supplements like Formula 1 and Formula 2.

### 2. Appetite and Craving Control:

The program's formulas are designed to stabilize blood sugar, which helps control hunger and cravings. Many clients have noted that after the initial few days, the program's meal portions become satisfying, and cravings for snacks and unhealthy foods diminish.

### 3. Holistic Approach:

Beyond fat loss, clients appreciate that the program emphasizes overall well-being, including mental health. Stress management, maintaining a positive mindset, and self-love are essential elements. The program encourages clients to make gradual, sustainable changes that promote physical transformation, mental clarity, and happiness.

### 4. Comprehensive Support:

The program offers guidance on managing challenges like headaches during detox phases or potential overtraining. Clients also benefit from meal planning tools, digestion and nutrient absorption supplements, and a focus on hormonal balance for better fat metabolism.

### 5. Contrast Between OZEMPIC and Homeopathic APEX31 Products

Pharmaceuticals like Ozempic and Wegovy are synthetic drugs that were initially developed to manage type 2 diabetes by regulating blood sugar levels. Their active ingredient, semaglutide, mimics the hormone GLP-1 (glucagon-like peptide-1), which helps control blood sugar and, as a side effect, suppresses appetite, leading to weight loss. While these drugs have shown effectiveness in reducing body weight, they come with significant risks and side effects, including nausea, vomiting, pancreatitis, gallbladder problems, and potential long-term effects on gut health. Their synthetic nature and mechanism of action involve altering the body's natural hormonal balance, which may disrupt normal metabolic functions.

In contrast, the APEX31 program utilizes natural, homeopathic formulas and supplements designed to support the body's natural processes rather than overriding them with synthetic interventions. The focus is on restoring balance, detoxifying the body, reducing inflammation, and enhancing nutrient absorption.

#### Formula 1 (Release Phase):

- Natural Approach: Formula 1 helps kickstart fat loss by addressing inflammation and supporting detoxification, which are root causes of metabolic issues. It improves nutrient absorption and calms the nervous system, allowing the body to return to its natural balance. The formula balances hormonal signalling naturally, aligning systems without harsh interventions.
- Difference: Unlike Ozempic, which manipulates hormones artificially, Formula 1 allows the body to detoxify and optimize fat loss through a gentle, homeopathic approach, reducing the likelihood of adverse reactions.

#### Formula 2 (Sustain Phase):

- Natural Approach: This formula helps sustain fat loss by supporting cellular oxygenation and enhancing the body's natural production of Human Growth Hormone (HGH). It encourages negative resistance training to strengthen and rejuvenate the body, engaging its repair mechanisms.
- Difference: While Ozempic disrupts the body's natural appetite and metabolic controls, Formula 2 leverages the body's innate regenerative powers for long-term health, focusing on maintaining balance and vitality without dependency on pharmaceuticals.

#### MEGA Supplement:

- Natural Approach: MEGA provides a blend of essential vitamins, minerals, and phytonutrients that fill the nutritional gaps caused by modern diets. These nutrients are essential to overall wellness and support immunity, cellular function, and mood.
- Difference: Unlike the synthetic focus of Ozempic, which controls weight loss through a singular pathway, MEGA focuses on overall health by providing foundational nutrients that enhance the body's natural metabolic and immune functions.

#### DGEST Supplement:

- Natural Approach: DGEST is a digestive aid and liver support supplement made from natural herbs and enzymes that help with nutrient absorption and detoxification. It supports digestion naturally, allowing the body to process food more effectively and aiding the liver in detoxifying.
- Difference: DGEST works holistically to optimize digestion and detoxify the body, unlike the direct hormonal interference in pharmaceuticals like Ozempic, which can disrupt gut function and increase the risk of side effects like nausea and gastrointestinal discomfort.

In summary, Ozempic and similar drugs take a synthetic approach to controlling weight by manipulating hormones, often leading to side effects and dependency. In contrast, the APEX31 program offers a natural and homeopathic approach, emphasizing detoxification, inflammation reduction, and nutrient support to help the body balance and promote sustainable, long-term wellness.

### 6. Drastic Cost Comparison:

Ozempic costs around \$900 per month, and for those using it for weight loss, this is an ongoing expense as long as they remain on the medication.

In contrast, the APEX31 Day Program consists of an initial 31-day fat loss phase followed by a 21-day sustain phase, which comes at a much lower one-time cost. After completing both phases, no further financial commitment is required, making it a more affordable solution in the long term.

### 7. Final Comparison – Cost of Illness vs. Wellness:

The long-term financial burden of illness often far exceeds any cost associated with wellness programs. Preventative health measures, like those in APEX31, help avoid future expenses related to chronic conditions such as diabetes, cardiovascular disease, and metabolic disorders. By investing in a short-term wellness program, clients can achieve fat loss and avoid the higher costs of medical treatments that come with poor health.

This holistic approach highlights how the APEX31 Day program offers a sustainable, cost-effective solution that supports long-term health.

Overall, the APEX31 Day Program is celebrated for its blend of structured fat loss strategies and support for overall wellness, making it popular for those seeking sustainable, long-term health improvements.