



GLP-1 drugs such as Ozempic have, in three short years, changed our attitudes to the body. Illustration: iStock



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FITNESS

SCIENCE, NOT SORGERY

What Mounjaro actually does to a body over 50

Here is the simple science. Your gut naturally produces two hormones — GLP-1 and GIP — which tell your brain you are full, slow digestion, and regulate how your body uses insulin. These signals diminish after 50. The hunger grows louder, the belly becomes more stubborn, and the mirror grows more unforgiving. Mounjaro reactivates both hormones and sustains them. Not magic. Just biology, altered a little.

NUMBERS THAT GOT DOCTORS TO TAKE NOTICE

SURMOUNT-1 was a 72-week study that followed 2,539 adults. In the highest-dose group, participants lost an average of 21 per cent of their body weight — roughly 22 to 25kg. These are results that were previously associated only with bariatric surgery.

Then, in 2025, came SURMOUNT-5, a direct comparison against Ozempic. Mounjaro emerged the clear winner, with 20.2 per cent weight loss compared to 13.7 per cent. SUMMIT demonstrated a 38 per cent reduction in heart failure events amongst obese cardiac patients. A diabetes-prevention study recorded a staggering 94 per cent reduction in people progressing from prediabetes to Type 2 diabetes. A three-year follow-up in 2025 indicated that weight loss is maintained when patients continue with the

treatment.

But here something important: SURMOUNT-4 demonstrated that people who stopped the drug regained approximately 14 per cent of their body weight within a year. This is not a monsoon detox. It is a metabolic partnership.

THE MAKEOVER NOBODY WILL ADMIT TO OVERNIGHT

Now let us talk about the elephant in the Bandra drawing room. You have seen it happen. The actors and actresses who looked soft and settled last Diwali are suddenly gliding down red carpets looking 20 years younger come summer. Even before the formal launch of Mounjaro in India, reports suggest that many celebrities were obtaining it through grey-market channels at premium prices.

Internationally, the stars have been refreshingly candid. Oprah Winfrey, Amy Schumer, Jim Gaffigan, Whoopi Goldberg, and Sharon Osbourne have all spoken openly about using GLP-1 drugs. Sharon herself admitted she lost too much, too fast, and felt unwell for months. This is a cautionary tale that deserves a prominent place on your wall.

The culture is different in India. The injection belongs to nobody. The story of yoga and *ghar ka khana* belongs to everybody. That

is our national script. But the real story is told in the before-and-after photographs — in the hollow cheeks, sunken eye sockets, and gaunt faces that grace magazine covers. There is even a term for it now: "Ozempic Face."

Let me be perfectly clear. That gaunt look is not the drug's fault. It is the protocol's fault. It appears when people treat complex medicine as a magic wand — no protein, no resistance training, no sleep, and no supervision. When individuals follow the protocol correctly, they look radiant: more alert, more youthful, more agile. Those who did it wrong appear to have aged 10 years in six months. Same drug. Completely different results. That difference is everything.

WHAT YOU SHOULD KNOW

Mounjaro is not cheating. The biology of individuals over 50 is fundamentally different from that of those in their 30s. Hormones shift. Metabolism slows. Insulin sensitivity drops. Visceral fat becomes aggressive. Willpower alone cannot always overcome a hormonal storm. This drug levels the playing field so that your discipline can finally count.

But it only works beautifully when four non-negotiables sit firmly alongside it:

- ★ Protein — 1.2 to 1.6 g/kg of body weight per day, to preserve lean muscle.
- ★ Resistance training — a minimum of two to three sessions per week, non-negotiable.
- ★ Sleep — Seven to nine hours, the world's most underrated weight-loss tool.
- ★ Hydration and fibre — to manage early nausea, constipation, and fatigue.

Neglect these, and you become the next "Ozempic Face" rumour at someone's anniversary party. Respect them, and you walk into your 60s with glowing skin, strong legs, sharp mornings, and a quiet confidence that money cannot buy.

KNOW WHAT YOU'RE DOING

Ask these questions. A good endocrinologist will welcome every one of them — an informed patient is always the easiest to guide.

- ★ Based on my BMI, HbA1c, lipid panel, and family history, am I a genuine candidate?
- ★ What baseline tests would you recommend: thyroid, pancreas, liver, kidney, cardiac?
- ★ What is my titration schedule, and what is my target dose?
- ★ How do we protect my muscle mass through protein and training?
- ★ How do we manage nausea and digestive issues in the first eight weeks?
- ★ Are there any interactions with my current medications?
- ★ What does the exit plan look like — a maintenance dose or a taper?
- ★ What warning signs should prompt me to return to you immediately?

AND REMEMBER...

Mounjaro is the most powerful metabolic tool modern medicine has ever placed in our hands. The science is robust. The results are genuine. But it is a reset button, not a lifeboat. Pair it with the right food, exercise, sleep, and mindset, and you will not recognise yourself — in the best possible way. You are not pursuing a smaller body. You are reclaiming a bigger decade. Base your decision on facts, not fear. The evidence is already in your favour.

Disclaimer: I am not a doctor; I am a sports mentor and mental performance coach. This article is for educational purposes only. Please consult a qualified endocrinologist before starting, stopping, or changing any medication.

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QUIET REVOLUTION IN A WEEKLY DOSE

The brand name is Mounjaro. The medicine inside is called tirzepatide. It is an injection, given once per week by Eli Lilly. It arrived in India in March 2025 at a price of approximately ₹14,000-₹27,000 a month, depending on your dose. The same medicine costs over \$11,000 a month in America. By October 2025, Mounjaro had quietly become India's biggest-selling drug by value.

Wait a moment. In a country that has long cherished its *jeera* water, its morning walks, and its grandmother's wisdom, a weekly injection has outsold everything else on the pharmacy shelf. That single fact tells you how much frustration adults have been carrying around their waistlines for far, far too long.