

GLP-1 Comparison Charts

Losing Weight Naturally with Heidi vs. GLP-1 Medications

Aspect	Heidi's Natural Metabolic Reset	GLP-1 Medications (Ozempic, Wegovy, etc.)
Sustainability	Builds lifelong habits → weight stays off even after program ends	Weight often returns when medication is stopped (60–70% regain within a year)
Whole-Body Benefits	Improves energy, digestion, hormones, blood sugar, cholesterol, and confidence	Primarily reduces appetite and blood sugar
Side Effects	None — approach works with your body	Nausea, bloating, constipation, diarrhea; possible long-term gut issues
Empowerment	Learn how to fuel your body, manage cravings, and take control of your health	Creates dependency — results tied to staying on medication
Support	Personalized 1:1 coaching, accountability, and messaging support	Limited provider check-ins; no built-in nutrition or lifestyle coaching
Cost	Affordable, one-time program investment	\$800–\$1,200/month if not covered by insurance
Relationship with Food	Positive, confident, sustainable relationship with eating	Suppresses appetite but doesn't address emotional eating or food triggers
Flexibility	Works whether you're avoiding, taking, or tapering off GLP-1s	Medication only — limited flexibility

GLP-1s vs. Phen-Fen: A Cautionary Comparison

Aspect	Phen-Fen (1990s)	GLP-1s (Today)	Key Takeaway
Popularity	Exploded as a 'miracle pill' for fast weight loss	Exploding as a 'miracle shot' for weight loss	Both became mainstream almost overnight
Long-Term Data	Prescribed widely before safety was fully studied	Still limited long-term data on extended use and discontinuation	Popularity outpaces research

Aspect	Phen-Fen (1990s)	GLP-1s (Today)	Key Takeaway
Side Effects	Caused serious heart valve + lung problems → pulled from market	Known for GI side effects, muscle loss, nutrient deficiencies, risk of pancreatitis/gallbladder issues	Side effects often underplayed early
Dependency	Patients regained weight when drug was removed	Most regain weight after stopping injections	No permanent solution without lifestyle change
Medical Model	Prescribed without nutrition or lifestyle guidance	Often prescribed without coaching or long-term support	Drugs alone don't create lasting results
Outcome	Removed from market due to safety concerns	Still approved, but lawsuits and safety concerns emerging	History warns us to be cautious