

# Whoopi Goldberg, Wegovy, and the Real Truth About Weight Loss

By Robert Ferguson

Whoopi Goldberg recently opened up about her weight loss journey, sharing that she used Wegovy, a popular GLP-1 medication, to shed pounds. On *The View*, Whoopi expressed her belief that these drugs should be accessible to everyone. “It worked for me,” she said, adding that it helped her achieve results when other methods had failed.

While it’s encouraging to see Whoopi share her perceived success, it’s also important to talk about the risks and downsides of these medications. Many people don’t realize that using drugs like Wegovy can lead to serious health problems. In fact, the Journal of the American Medical Association (JAMA) reported that over 40% of the weight people lose on GLP-1 medications comes from skeletal muscle, not fat. Losing muscle can weaken your body and increase the risk of heart attacks and other health issues.

## The Hidden Side Effects of Wegovy

Some of the side effects of Wegovy include nausea, vomiting, diarrhea, and even pancreatitis. For many people, these drugs may not address the root cause of weight gain and can leave them feeling worse in the long run. Plus, when muscle loss occurs, it can slow your metabolism, making it harder to keep the weight off once you stop taking the medication.

## A Better Way to Lose Weight

Unlike relying on medications, thousands of people have achieved lasting weight loss by focusing on nutrition, movement, and metabolic health. For example, my client Linda Jackson, age 64, believed she could never lose weight. At 249 pounds, she was taking medication for high blood pressure and statins for high cholesterol. After working with me, Linda now weighs 129 pounds and no longer needs any medications.

Another client, Debbie Hymas, weighed 253 pounds and had a dangerously high C-Reactive Protein (CRP) level of 10, indicating inflammation in her body. After following my program, Debbie now weighs 150 pounds, has a healthy CRP of 0.8, and no longer takes blood pressure medication.

## The Bigger Picture

There’s growing concern about the long-term safety of GLP-1 medications like Wegovy. There is no evidence to suggest that these drugs won’t cause cancer, Alzheimer’s disease,

or damage to the liver, kidneys, and heart—organs that have GLP-1 receptors. Another critical point is that the human body has never experienced such a concentrated flood of incretins (GLP-1) as these drugs introduce, raising additional questions about potential unforeseen consequences.

Whoopi's story highlights how many people feel desperate for solutions. It's easy to see why GLP-1 medications seem like a quick fix. But the truth is, real and lasting weight loss comes from addressing the root causes of obesity, not just the symptoms. A healthy diet, regular physical activity, and proper support can help people lose weight without sacrificing their health or muscle mass.

If you're considering Wegovy or another GLP-1 drug, take a step back and think about the long-term impact on your body. Don't trade your health for temporary weight loss. There's a better way to feel great and live your best life, and I'm here to help you achieve it. Reach out today and let's get started on your journey to a healthier, happier you!

## References

1. Journal of the American Medical Association (JAMA). "Weight Loss and Muscle Loss in GLP-1 Medications: Risks and Implications."
2. The View. Episode featuring Whoopi Goldberg discussing Wegovy.
3. Clinical studies on the safety and efficacy of GLP-1 receptor agonists.
4. Research on the role of GLP-1 receptors in organ function: liver, kidneys, heart, and brain.
5. Client success stories: Linda Jackson and Debbie Hymas, based on personal coaching data.

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