

**SPECIAL  
REPORT**

# **What the Multi-Trillion-Dollar GLP-1 Weight Loss and Pain Industries Don't Want Patients to Know**



  
**Fresh Start**  
Wellness Clinic

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# The Miracle Weight Loss Drugs Hack the Brain and Mute the Hunger Signals

There's no denying that GLP-1 medications deliver impressive weight loss results, but the real question is: at what cost to your health and long-term well-being?

Despite the constant media buzz around the powerful results of prescription GLP-1 medications, only 12% of overweight Americans have actually tried them, and there are clear reasons why.

According to a 2024 Kaiser Family Foundation (KFF) Health Tracking Poll, among the adults who had heard of GLP-1 medications but had not tried them, about 50% cited worries about the side effects and safety risks as the primary reason for staying away from them.

But it is worse than reports and studies like the KFF Poll reveal...

## The Alarming Truth About GLP-1 Linked Deaths

Yes, deaths have been recorded with associated conditions caused or worsened by prescription GLP-1 medications, particularly in severe adverse events.

Between 2022 and 2023, GLP-1 prescriptions (like Ozempic® and Wegovy®) resulted in nearly 25,000 ER visits in the U.S., mainly for gastrointestinal emergencies. Among these were severe events, pancreatitis, ileus, hypoglycemia, allergic reactions, some of which proved fatal.

As recent as June 2025, British newspaper The Sun, reported that the Medicines and Healthcare Regulatory Agency (the UK's regulatory body responsible for ensuring that medicines are safe and effective for use) recorded over 560 cases of pancreatitis related to GLP-1s, including 10 deaths.

The public is being misled by the very industry they trust, and pay, to help them in their fight against weight.



Semaglutide-Induced  
Acute Pancreatitis  
Leading to Death After  
Four Years of Use

**Cureus**

**Weight-Loss  
Drugs Have Sent a  
Shocking Number  
of People to the  
Emergency Room,  
New Study Claims**

Trendy weight-loss drugs like Ozempic® and Wegovy have sent a shocking number of people to the hospital, according to claims made in a new study.

The study — published in *Annals of Internal Medicine* — analyzed how often people develop severe side effects that send them to the emergency department or hospital after taking semaglutide, an FDA-approved prescription medication for people with type 2 diabetes and chronic obesity.

**People**



**500 Cases of Killer Side  
Effect and 10 Deaths,  
Health Officials Warn**

Reports have triggered a new investigation into whether people's genes could make them more vulnerable to fat jab side effects.



**FDA Alerts Health Care Providers, Compounders  
and Patients of Dosing Errors Associated with  
Compounded Injectable Semaglutide Products**

# What Began as a Health Solution Turned into a Self Perpetuating Industry

Since 2000, the global weight loss industry, spanning dieting programs, supplements, fitness, devices, surgical procedures, and weight loss services, has generated approximately \$5 trillion in gross revenue.

Every so often, the health industry reinvents itself, finding yet another way to profit from the public's hopes and struggles. Nowhere is this more evident than in weight loss.

People are desperate for a solution to their roller coaster journey of shedding pounds.

A 2020 OnePoll survey revealed the average person attempts 126 diets over a lifetime, a staggering testament to how deep this struggle runs.


Enter, the next weight loss innovation.

The media hailed the prescription GLP-1s as potentially an end all be all solution for weight loss but instead created a wave of health effects and medical risks for an already overburdened healthcare system.

What began as a treatment for diabetes transformed into a global juggernaut in obesity and cosmetic weight loss, with semaglutide prescription drugs alone driving \$28.4 billion in pharmaceutical revenue as of 2024.


Trusted organizations, such as the Food and Drug Administration (FDA), The Center for Disease Control (CDC), National Institute of Health (NIH), American Diabetes Association (ADA), the Endocrine Society, Mayo Clinic, Cleveland Clinic, JAMA, The Lancet, and other respected organizations have all acknowledged the significant negative impacts and medical risks of GLP-1 prescription medications.

Tens of thousands of reports and reviews detail severe side effects of nausea, vomiting, diarrhea, constipation, and severe fatigue.



**Harvard Health Publishing**  
HARVARD MEDICAL SCHOOL


Weight-Loss Drug Side Effects:  
**"Ozempic Face"  
and More**



**Semaglutide  
Associated  
Kidney Injury**

**Weight-Loss Drugs Come  
With Serious Side Effects,  
According to a New Study**

**TIME**



**PubMed Central**

**THE RELATIONSHIP  
BETWEEN GASTROINTESTINAL  
ADVERSE EVENTS  
AND WEIGHT LOSS**

## What About the Pain You Feel? The Dark Side of Prescription Painkillers

Obesity isn't the only health crisis in the United States. Chronic pain ranks equally as critical among Americans ages 18 and up. Pain can be aggravated by profession and age. According to the Centers for Disease Control an estimated 21% of adults experience some form of chronic pain, or pain that lasts more than 3 months.

Patients generally start with over-the-counter medications like Tylenol®, Advil®, or Motrin®. At first, these drugs can bring relief. But it doesn't last. The body builds a tolerance quickly, requiring higher and higher doses just to maintain the same effect.

When these analgesics are no longer effective, doctors will turn to prescription pain medications, non-opioid NSAIDs, then on to more powerful narcotics such as morphine, oxycodone, hydrocodone, and fentanyl.

This escalation fuels dependency, and for far too many, it ends in a full-blown drug addiction.

The Centers for Disease Control reports that prescription opioids are a driving force behind the ongoing overdose crisis, contributing to over 80,000 deaths a year.

Families are being torn apart, and communities are devastated, not because people sought pleasure or escape, but because they trusted the very system that was supposed to help them heal.

In his bestselling book, **It Doesn't Have to Hurt**, Dr. Sanja Gupta, renowned staff neurosurgeon at Emory Clinic in Atlanta and CNN medical correspondent, argues that pain must be treated as a biopsychosocial issue rooted in the biology, not just with medications.

## Over-the-Counter Pain Relievers and Your Heart

Ibuprofen and other nonsteroidal anti-inflammatory drugs (NSAIDs) like naproxen are and have been the go-to "benign" pain medication for doctors and patients alike.

Even before the era of the opioid epidemic, it was raining NSAIDs, across the country.

In 2004, the manufacturer of the NSAID Vioxx pulled it from the market because the drug was associated with serious cardiovascular problems like heart attacks and strokes. Soon thereafter, a related medication (Bextra) was also discontinued due to cardiovascular risks and potentially fatal skin reactions.

Not all NSAIDs were caught up in that furor. Some prescription NSAIDs including celecoxib (Celebrex) and some over-the-counter ones (ibuprofen, naproxen) were thought to be relatively safe.

But multiple studies suggest a clear link between all NSAIDs and heart attacks, strokes, and heart failure.



**Harvard Health Publishing**  
HARVARD MEDICAL SCHOOL

## IN 2022 OPIOID OVERDOSE DEATHS REACHED A NEW PEAK OF 81,806, OR JUST OVER 224 PEOPLE EACH DAY.

Few US communities remain untouched by opioid overdoses: they killed an average of 224 people each day in 2022.

Opioid deaths have increased tenfold over the past 25 years. Among all addictions in 2021, the number of people in treatment for opioid addiction, for abuse of prescription opioids, heroin, and illegal fentanyl, was second only to alcohol abuse at reporting facilities.

Since 2017, Congress has spent over \$10.6 billion to address the opioid crisis, and lawsuits filed against drug manufacturers, distributors, and pharmacies have awarded nearly \$50 billion to state and local governments. The JEC determined that the opioid epidemic cost the US economy an estimated \$1.5 trillion in 2020 alone.

 **USA Facts**



PubMed Central

## Assessment of Thyroid Carcinogenic Risk and Safety Profile of GLP-1

Even your primary care provider may be in the dark about prescribing GLP-1s.

Doctors should know better than anyone the risks tied to prescription drugs, yet too often their pens continue to stroke prescription pads; serving the dictates of their insurance company overlords, instead of the best interests of their patients.

Why are the very people we trust our health with going against the very oath they took: "To do no harm."

There is no shortage of data highlighting the negative impact of prescription dependency; weight loss prescriptions and pain medications that begin as a solution and relief all too often become a pathway to tragedy.

Even those who avoid addiction often pay another price: brain fog, chronic constipation, hormone disruption, declining energy, and a loss of quality of life. Prescription medications start out with great intentions, to spark weight loss or numb the pain, but ultimately rob people of the vitality they're desperate to reclaim.

The medical system rewards prescriptions, not prevention.

## Drug Overdose Deaths are in a Death Fall



Medical training and insurance reimbursement are structured around diagnosing a condition and prescribing a treatment.

Doctors are not reimbursed for recommending sustainable pain relief, diet, exercise, or lifestyle interventions. Instead, they are reimbursed when prescribing drugs, scheduling a procedure, or ordering a test.

**Naturally, the system steers professionals toward pharmaceuticals.**

As if the road to lasting relief weren't difficult enough, entire groups of people are automatically excluded from the "prescription path."



# Millions Who Work in Trusted Professions are Forbidden from Taking Prescription GLP-1s, Even When Their Health Depends on It

There are people and professions automatically disqualified from taking prescription weight loss drugs and pain medications.

Commercial pilots, military personnel, first responders, including firefighters, emergency medical technicians (EMTs), law enforcement and commercial truck drivers are not able to take prescriptions due to the nature of their work.

These seven categories alone immediately disqualify over 7.1 million people because the risks could impair their performance, safety, or the safety of others. And when they cannot get the meds through traditional resources, often they turn to not-so-traditional outlets.

## Prescription Dependence is a Life Sentence and in the Eyes of Insurance Companies it Can Be the Patient's Worst Nightmare

Despite obesity now being recognized as a medical disease, many insurance carriers continue to classify weight loss treatments, particularly prescription GLP-1 medications (and related medication), as "lifestyle-related" or cosmetic rather than medically necessary. This is why so many insurance providers and employer-provided plans refuse to approve and fund these treatments.

Chronic pain also is recognized as a debilitating health condition in America, and many insurance carriers still view long-term pain management with prescription narcotics as a liability rather than a necessity. They rarely say it publicly, but behind the closed doors of insurance company boardrooms, the prospect of indefinite dependence on opioids is precisely why approvals are tightened, and renewals become an obstacle course. Patients are forced to jump through endless hoops, pre-authorizations, step-therapy requirements, urine drug screenings, and monthly refill limits, just to maintain the relief that allows them to function.

Each hurdle is framed as "**safeguarding public health,**" yet the underlying calculation is financial: managing risk exposure and minimizing long-term cost.

Meanwhile, patients are left in a constant state of anxiety from the uncertainty whether they'll be able to access the medication that makes life bearable.

People should feel outraged, betrayed, and deeply unsettled by these realities.

We were raised to believe the medical and insurance systems had our best interests at heart, that the white coats and corporate boardrooms were guardians of our health. But too often, the reality is different. For many doctors, the quickest solution isn't care, it's the prescription pad, another drug for weight, another pill for pain, feeding a cycle of dependency instead of delivering true healing.

It is a hard pill to swallow when it becomes apparent that behind the reassuring ads and polished promises lies a machine driven by profit, not people.

"Will I ever get better?" That is a question too many people have asked themselves when caught in the medical machine's system.

People don't want another prescription; they want results. They want hope. They want freedom from pain, from weight, and from the burden of living at the mercy of a broken system.

Discovering that your health, your very life has been treated as nothing more than a revenue stream is enough to spark anger and a demand for change. It's not just disappointing; it's infuriating, and it should push us all to look for better, more honest solutions.

But wait, as they say in the big-budget TV commercials, there's more...

## The Dirty Little Secret No One Tells You About Weight Loss Until You Lose Weight: Sagging, Flabby, Leathery Looking Skin, and Significant Muscle Loss.

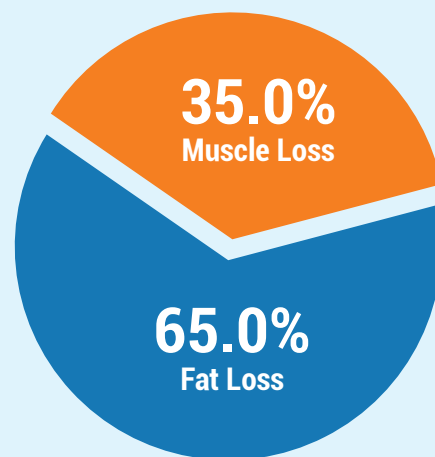
As if the struggle to achieve your ideal body weren't challenging enough, rapid weight loss often leaves behind an unavoidable consequence: the skin simply doesn't have time to tighten and reshape itself to match your smaller frame. This condition, known as Elastosis, results in skin appearing loose, crinkled, or leathery.

When you gain weight, the collagen and elastin fibers become overstretched and fail to contract following rapid fat and muscle loss. If the weight loss were more gradual, the skin would have more time to adjust, making these effects less severe, less noticeable, and more manageable.

The most noticeable and problematic areas affected by loose skin are the abdomen, arms, thighs, and face.

**When you lose weight, everyone notices and compliments you.**

Composition of Weight Loss:  
Fat vs. Muscle





**But when that weight loss leaves you with sagging skin, it becomes a hidden struggle, only you truly see and feel.**

There's another, often overlooked but physically devastating consequence of rapid weight loss: the loss of muscle mass alongside body weight. Research shows that as much as 30% to 40% of the pounds lost with GLP-1 injections come directly from muscle (Sarcopenia). That means the scale may show you're 20 pounds lighter, yet daily life feels harder, getting up from the couch, climbing stairs, or carrying groceries suddenly becomes a struggle because you've lost the strength to perform even simple tasks.

Cosmetic issues like sagging and leathery skin have long been addressed with expensive, invasive plastic surgery, requiring long recoveries. But the deeper challenge, regaining muscle, has historically demanded consistent exercise and effort. Unlike fat, muscle doesn't just bounce back, and without it, the body becomes weaker, less resilient, and more prone to injury and fatigue.

It becomes painfully clear that the medical, prescription-based model is broken: patients are trapped in a system designed to ration relief while keeping them dependent and disempowered. Each hoop insurance companies force them through is another reminder that their well-being is secondary to corporate bottom lines. That's where a natural, nonprescription approach changes everything. By stepping outside the prescription and insurance maze, patients can have access to safe, nonprescription alternatives that don't require approvals, monthly battles, or fear of sudden cutoffs. Instead of dependency and uncertainty, patients can find consistency, control, and results. This isn't about managing pain or weight on someone else's terms. It's about restoring health and freedom on their own.

## **So, What Is the Alternative to the Prescription Driven Obesity and the Pain Epidemic?**

For decades, the only solutions were those offered by Big Pharma and through insurance approvals. They were expensive, tightly controlled, and available only to those who could afford the price or knew how to navigate the system.

A new category of non-prescription, science-backed formulas with pharmaceutical grade standards have emerged for both sustainable weight loss and are now available.

## A Natural, Holistic Metabolic Hack

For too long, the conversation about health has been trapped between extremes.

### The Weight Loss Trap

For those fighting the battle of excess weight, the options have long been discouraging. On one side, there are endless diets and punishing workouts that rarely deliver lasting results. On the other, prescription medications that promise dramatic weight loss but come at a steep cost, financially, physically, and emotionally. Side effects, dependency, and the constant reminder that your health is endlessly tied to an injection making the "solution" feel just as frustrating as the problem.

### The Pain Management Cycle

For the millions living with daily pain, the choices are no better. Over-the-counter drugs provide only temporary, surface-level relief, while stronger narcotics come with devastating trade-offs. Tolerance builds quickly, effectiveness fades, and dependency sets in. What starts as a pathway to relief often spirals into a cycle of reduced function, addiction risk, and a sense of hopelessness that leaves people trapped between constant discomfort and dangerous reliance on medication.

### The Hidden Cost of Weight Loss – Muscle and Skin

Even when weight loss is achieved, another problem emerges. Rapid weight reduction strips away critical muscle mass, leaving the body weaker, less resilient, and prone to fatigue. At the same time, skin that has been stretched for years rarely "snaps back" on its own, resulting in sagging, loose tissue that undermines confidence and leaves people feeling like their transformation is incomplete. Historically, the only answers have been expensive, invasive surgeries or workouts that fail to rebuild strength fast enough. For too many, the victory over the scale comes at the price of new physical and emotional battles.

But it doesn't have to be this way. The truth is, your body already holds the answers, built-in systems for burning fat, calming pain, and repairing muscle and skin. That's exactly where our nonprescription, pharmaceutical-grade solutions come in. Designed by experts and backed by science, they don't just mask symptoms the way traditional medicine does, they **reset your biology** to work the way it was meant to.

## The 3-Part Daily Weight Loss and Control Toolkit

The Fresh Start Wellness Clinic GLP-1 Toolkit is a simple, science-backed system designed to help anyone achieve meaningful, sustainable weight loss. It combines three daily-use components that work together to activate the body's natural fat-burning and appetite-regulating mechanisms, without the side effects or risks associated with prescription drugs.

Safe, effective, and easy to follow, this toolkit makes weight loss not only possible but rewarding.

## Step 1: Active Fat Burning

The Fresh Start Wellness Clinic Grade Fat Burner is an easy to swallow capsule you take each morning to kickstart your body's own fat-burning systems. Instead of relying on synthetic injections, it naturally activates GLP-1 pathways and pushes your body into producing ketones from its own stored fat (endogenous ketosis).

It works by stimulating Brown Adipose Tissue (BAT), your body's built-in "fat furnace", through uncoupling protein activity, turning stored fat into heat and energy. At the same time, it activates Hormone Sensitive Lipase (HSL) inside white fat cells, breaking down triglycerides and mobilizing them as fuel for BAT.

The result? Your fat is literally burned for energy without needing to exercise. Research shows this approach also promotes natural GLP-1 production, the same pathway triggered by prescription drugs like semaglutide, without the risks, side effects, or need for a doctor's prescription.



## Step 2: Reduce Cravings

Anyone who has ever tried to lose weight knows how powerful cravings can be, derailing even the most disciplined efforts.

That's where the Fresh Start Wellness Clinic Grade Craving Blocker comes in. This innovative powder dissolves into any beverage, helping you silence cravings before they take control. Its proprietary mix of natural plant glycosides creates a satisfying, sugar-like sweetness without the calories, while a carefully designed blend of amino acids supports healthy blood sugar management, the key to eliminating those impulse-driven hunger spikes.

With just a quarter teaspoon, you'll regain control, stop giving in to cravings, and finally make fat-burning effortless.



### Step 3: Control Hunger

For decades, doctors have told overweight patients the same thing: "eat less and exercise more." What they rarely provide is a plan for how to do it, leaving patients on their own, relying on blind faith.

The Nonprescription Grade Hunger Alleviator changes that. Powered by a proprietary blend of natural ingredients, including Clinical grade IGOB131 Irvingia (African Mango extract), this formulation works with the body's own systems to control appetite and improve metabolism. Clinical grade IGOB131 Irvingia has been shown to increase satiety hormones, delay stomach emptying through its fiber content, and influence key enzymes involved in fat synthesis and breakdown. It supports lipolysis (fat breakdown) while inhibiting new fat formation, helping reduce fat accumulation over time.

Beyond weight loss, Clinical grade IGOB131 Irvingia improves insulin sensitivity and blood sugar control, two critical factors in sustainable fat loss. Clinical evidence also suggests it **lowers total cholesterol, LDL ("bad") cholesterol, and triglycerides**, while promoting healthier metabolic balance. The result is not just fewer calories consumed, it's **significant, natural weight loss, a slimmer waistline, reduced body fat, and improved overall health**. For the first time, patients have a safe, effective answer to misguided advice, offering them a clear path to take back control.

These are not supplements, but rather nutritional aids. Unlike supplements that only replenish the body's nutrients, the toolkit replenishes but also activates and provides the essential boost needed to effectively activate the body's naturally regenerative systems that manage weight.

This non prescription, pharmaceutical grade toolkit isn't just as effective as the prescription options, they're even better, delivering powerful, proven results without the side effects or health risks of their prescription counterparts.

In a published 10 week double-blind study, patients using prescribed injectable GLP-1s lost an average of 21 pounds, while those using just one active ingredient found in the three medications comprising the Nonprescription Pharmaceutical Grade GLP-1 Clinical Weight Loss Medication Toolkit achieved an average weight loss of 28.1 pounds and reduced their waistlines by an average of 6.7 inches.

The medical world doesn't hide what prescription GLP-1s are. They are labeled "Receptor Agonists." A receptor agonist is a substance that binds to a receptor and activates it, causing a biological response similar to that of the body's natural (endogenous) ligand.

*[Receptors are specialized protein molecules located on the surfaces of cells that bind to specific signaling molecules, such as hormones or neurotransmitters, triggering a cellular response. An agonist is a substance, often a drug that binds to receptors.]*



If there was an effective, non-chemical alternative, why would anyone want to introduce synthetic substances into the body when its own systems can be naturally and safely activated, long compromised by prescription medications?

Imagine standing before the mirror and, for the first time in years, feeling a surge of pride and joy as you see yourself, slimmer, vibrant, and full of life, staring back with confidence and energy you thought you'd lost forever.

## Rebuild and Restore

When you lose weight, you look and feel better, but no one warns you about the muscle loss and sagging skin that can come with it. Why? Because weight loss clinics are in the business of selling weight loss, not what comes after.

Our ancestors didn't have prescription drugs, injections, or high-tech medicine to lean on. They relied on the wisdom of nature, the strength of their bodies, and the resilience built into their biology. And while today we have access to more science and technology than ever before, the path to true health and freedom still lies in activating those same natural systems, just as our ancestors once did.

That's exactly what these three solutions deliver: a toolkit for safe and sustainable weight loss. Together, they reset the body to perform as it was designed, strong, resilient, and full of energy.

This is not about chasing temporary fixes or masking symptoms. It's about reclaiming what has always been yours: the ability to live fully, without pain, without dependency, and without compromise. **This is about Extreme Living.**

*Extreme living* isn't about pushing your body to dangerous limits or chasing adrenaline through extreme sports. It's about unlocking the fullest version of your life, living pain free, stress free, and free from the physical and emotional burdens that have held you back. It means feeling strong, healthy, and energized every day, with the clarity and confidence to do what you love, when you want, without compromise.

Extreme living is about reclaiming control of your body and mind so you can experience maximum enjoyment, fulfillment, and freedom in every moment.

Now is the time for you to learn more about this game-changing, nonprescription, life-changing solutions for weight loss and pain.

**Your body was designed for more. Unlock it. Live it. Your Extreme Living starts now.**

**The Nonprescription GLP-1 Weight Loss Medication Toolkit, are only offered exclusively at Fresh Start Wellness Clinic.**



**Fresh Start**  
Wellness Clinic

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