

My Weight Loss Journey

or Do Fat Jabs Work?



Starting Point

90.4 kg

High Blood
Pressure:
135/95

Statins &
blood thinners

1 stent

1 stroke
(blood clot)

Sedentary life

Live to
eat/drink

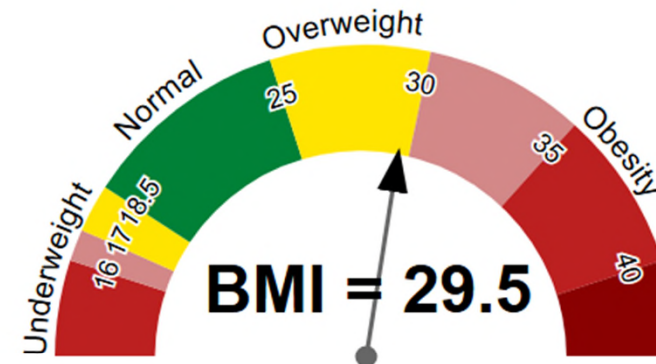
BMI Calculator

US Units	Metric Units	Other Units
Age	77	ages: 2 - 120
Gender	☒ Male ☐ Female	
Height	175	cm
Weight	90.4	kg
Calculate Clear		

Result



BMI = 29.5 kg/m² (Overweight)



- Healthy BMI range: 18.5 kg/m² - 25 kg/m²
- Healthy weight for the height: 56.7 kg - 76.6 kg
- Lose 13.8 kg to reach a BMI of 25 kg/m².
- BMI Prime: 1.18
- Ponderal Index: 16.9 kg/m³



Conclusion : Need To Do Something

- Tried intermittent fasting
 - Loose some, gain some
- Keto Diet
 - Gave up had to do all the cooking & food boring!
- Introduced to RYBELSUS
 - Tablet version of Ozempic

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Scientific Approach to Weight Loss

Apply Deming's approach to continual improvement:

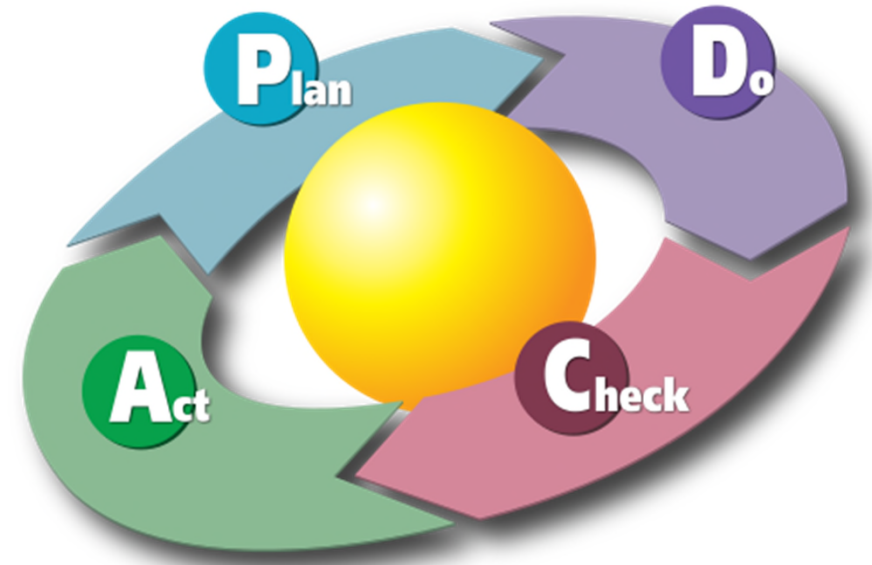
- “You can't manage if you don't measure”

Stage 1: PLAN

- Target weight 75.4kg (15kg loss)

Stage 2: DO

- Take 3.5mg Rybelsus every morning for 1 month

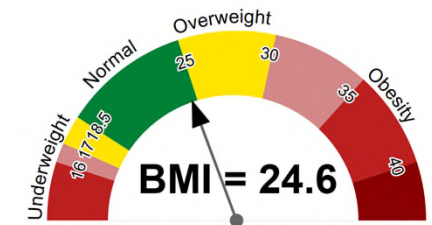


BMI Calculator

US Units	Metric Units	Other Units
Age	77	ages: 2 - 120
Gender	☒ Male ☐ Female	
Height	175	cm
Weight	75.4	kg
Calculate		Clear

Result

BMI = 24.6 kg/m² (Normal)



- Healthy BMI range: 18.5 kg/m² - 25 kg/m²
- Healthy weight for the height: 56.7 kg - 76.6 kg
- BMI Prime: 0.98
- Ponderal Index: 14.1 kg/m³

Rybelsus Dosage Regime

1 tablet first thing, 30 mins before food

- Initial dose 3.5mg for 1 month
- 7mg for 1 month
- 14mg/month thereafter
- Tablets cannot be halved as they have a special coating that resists chemical attack in the gut until time is right!





Why Try Rybelsus?

- Swedish friend aware of my problem
 - gave me 56 x 14mg tablets!
- Needed to source 3.5mg & 7mg
- Available from Fulfill Pharma
9,800THB for 1 month supply
- Started 9-7-2025: 3.5mg dosage for 1 month
- Initial BP: 140/75, weight 90.4kg
- Existing problem with constipation

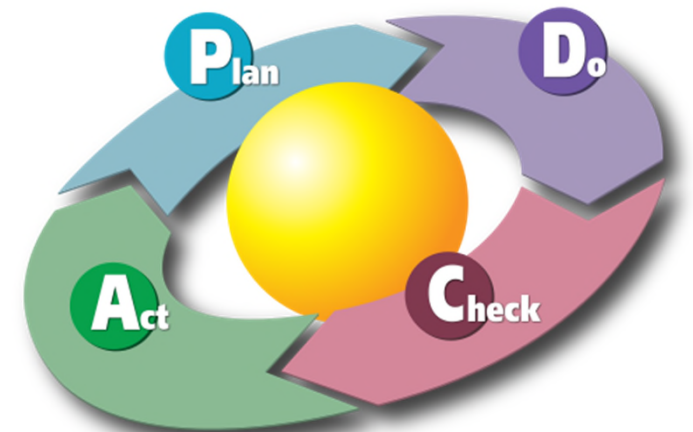
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Stage 3: Check

Weight Loss Methodology

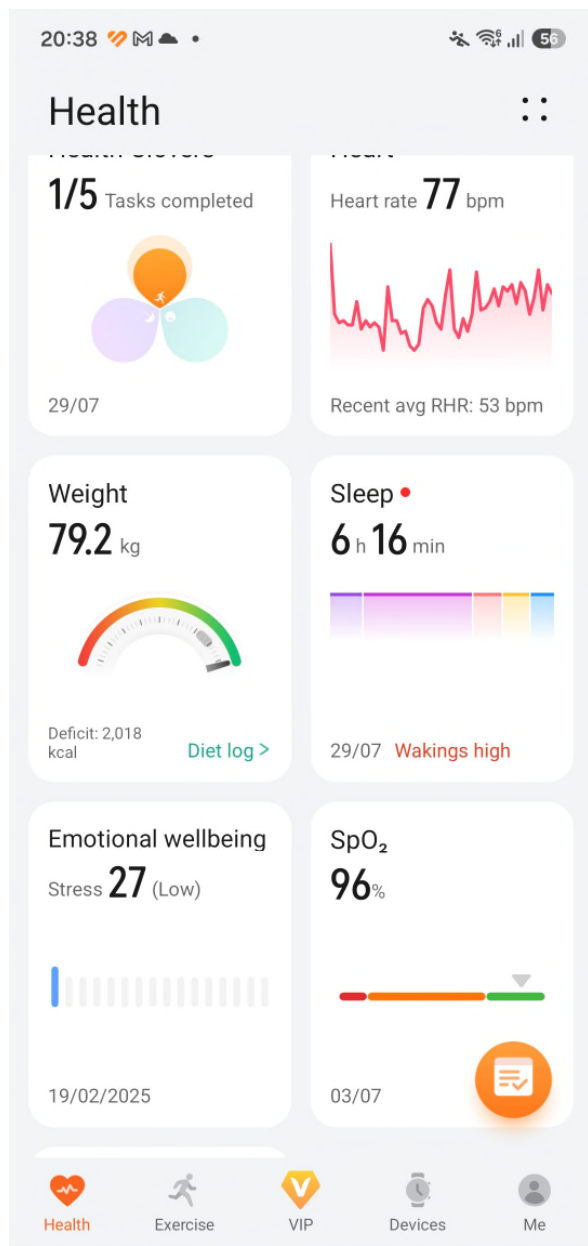
Use Hua Wei Watch Fit 3 & software

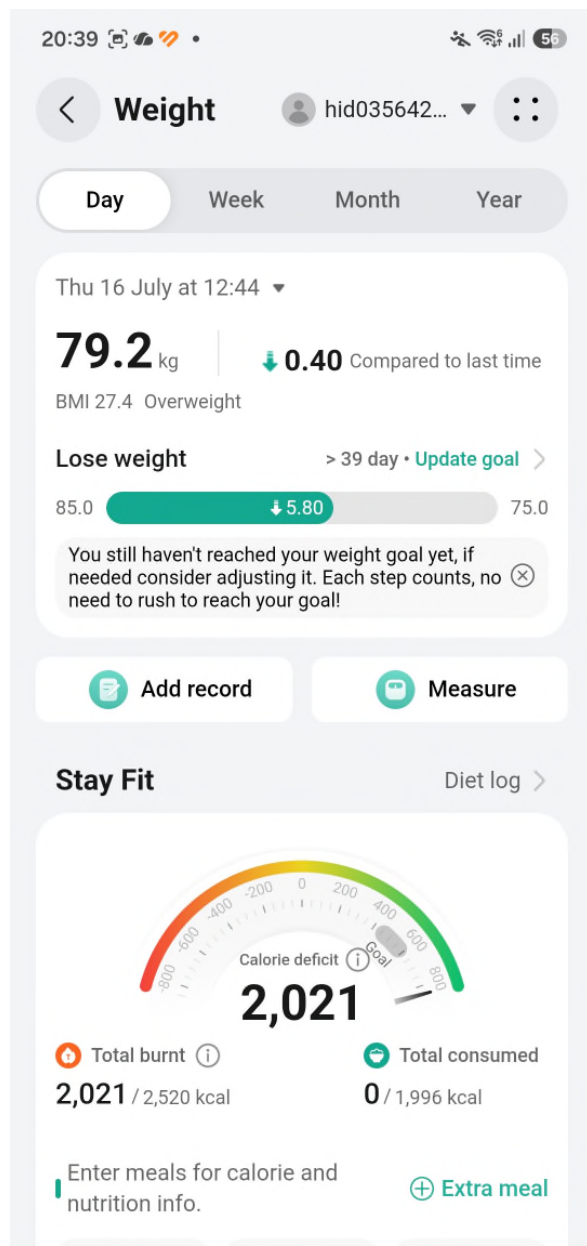
- Monitor food intake wrt calories burnt
- Monitor # of steps/day
- Monitor Bowel movements
- Monitor other health parameters



Hua Wei Watch Fit 3







20:40 55

[Diet log](#) [Quick add](#)

Breakfast ▾ Enter food name

	Frequently recorded	Frequently recorded	Copy
Saved		Poached eggs 257 kcal/3 Egg	
Combos		Streaky bacon, grilled 404 kcal/120 g	
Custom		Blueberry jam 48 kcal/20 g	
		Butter 74 kcal/10 g	
		Jason's Wholemeal Sourdough 242 kcal/110 g	
		Hutton's Middle Bacon 109 kcal/60 g	
		Frozen food	

[Done](#)

20:40 55

[Diet log](#) [Quick add](#)

Dinner ▾ Enter food name

	Frequently recorded	Frequently recorded	Copy
Saved		Chicken satay 191 kcal/100 g	
Combos		Amoy Peanut. Satay 181 kcal/100 g	
Custom		Air fried potato chips 353 kcal/100 g	
		Greene King Ipa 500ml 135 kcal/500 mL	
		Wine, red 114 kcal/1 Glass	
		Homemade Beef Bourignonn 394 kcal/100 g	
		Whiskey (40%)	

[Done](#)

20:40

55

<

Calorie records



Breakfast



Lunch



Dinner



Extra meal

Breakfast

Recommended: 496–635 kcal 1,025 kcal >



Streaky bacon, grilled
120 g

404 kcal >



Poached eggs
3 Egg

257 kcal >



Blueberry jam
20 g

48 kcal >



Jasons Wholemeal Sourdough
110 g

242 kcal >



Butter
10 g

74 kcal >

Dinner

20:40

55

<

Calorie records



20 g

40 kcal >



Jasons Wholemeal Sourdough
110 g

242 kcal >



Butter
10 g

74 kcal >

Dinner

Recommended: 496–595 kcal 974 kcal >



Greene King Ipa 500ml
500 mL

135 kcal >



Chicken satay
100 g

191 kcal >



Wine, red
1 Glass

114 kcal >



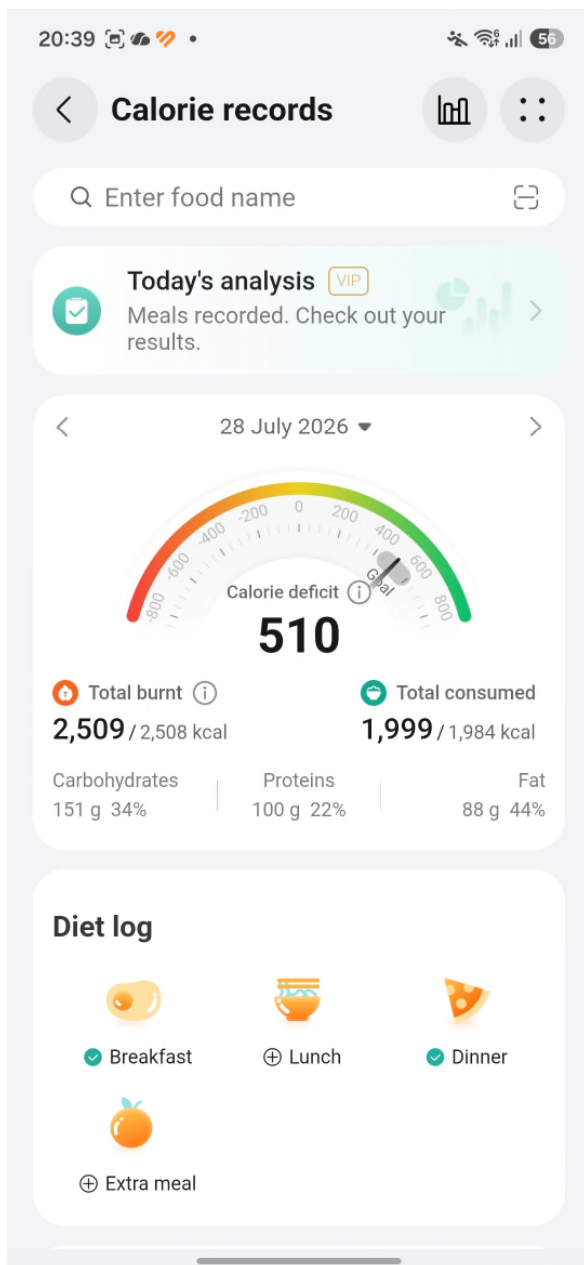
Air fried potato chips
100 g

353 kcal >



Amoy Peanut. Satay
100 g

181 kcal >



A1 ⌵ ⋮ ⌵ ⌵ f_x ⌵ Date ⌵

First Month @ 3.5mg

2 kg reduction: Yipee good start

BUT

- Serious problem with indigestion
- Constipation gets worse
- Some days no poo all day
- Need to take senna tablets for relief!
 - 2 tablets initially once or twice/week
- Average steps 6,600/day

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Second Month @ 7mg

Further 1.5 kg reduction: 3.5kg total

BUT

- Serious problem with indigestion, sometimes chronic
- Constipation still bad
- Some days no poo all day
- Need to take senna tablets for relief!
 - 2 tablets initially once or twice/week, now increased to 4 tablets!
- Average steps 8,250/day

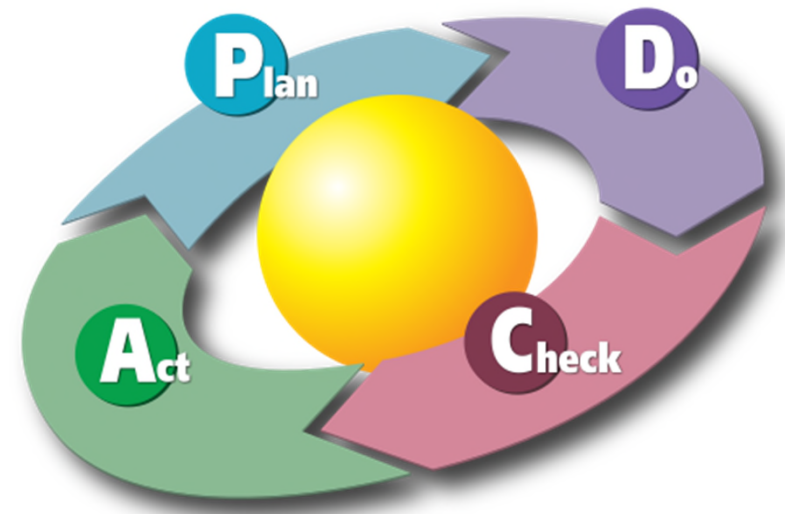
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Stage 4: Act

- All potato crisps gone,
- Chronic indigestion after Lebanese food,
 - greasy food to be avoided!
- Stop having lunch of fresh fruit, Greek yoghurt & muesli
- Blood pressure getting better: 126/70
- Step count target increased to 7,000/day

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Third Month @ 14mg

Further 1.5kg reduction: 5kg total

BUT

- Serious problem with reflux at night, sometimes all night
- Constipation still bad
- Many days no poo all day
- Need to take senna tablets for relief!
 - 2 tablets initially once or twice/week, now increased to 4 tablets!
- Average steps 4,470/day

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Stage 4: Act

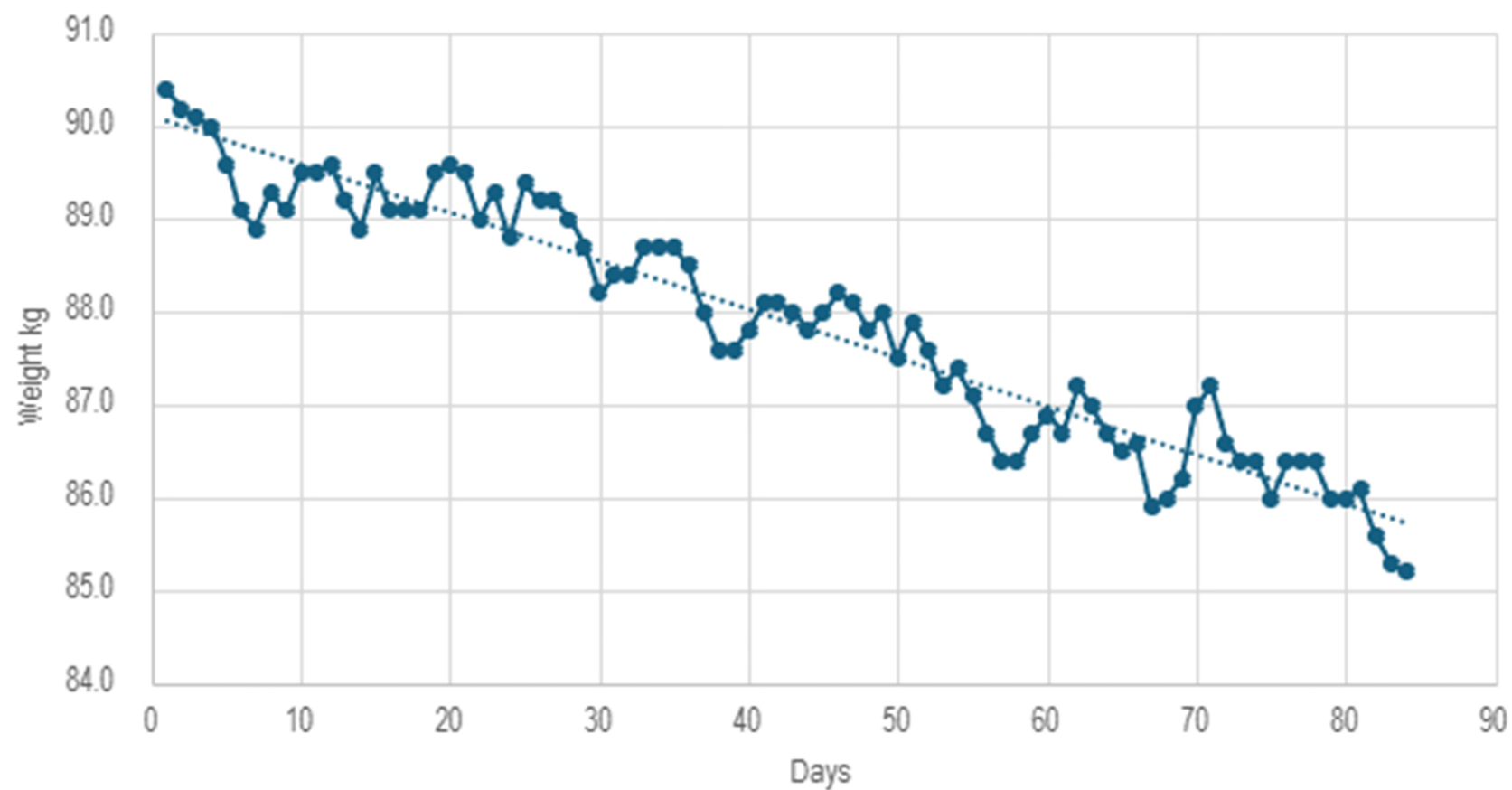
Actions Taken/ Observations

- Chronic indigestion after any greasy or spicy food
- Blood pressure same: 126/70
- Step count low because twisted ankle
- 1 week in early October off , holiday in Krabi
- Restarted again through 4th November, then nothing
- Major change in eating habits:
 - Normal breakfast, no lunch, small diner, no snacks
 - Still maintain alcohol regime
- Terrible side effect: stinky burps

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Weight vs Time



No Rybesus for 10 Weeks

- Maintain eating & exercise regime
- Starting weight: 84.4kg (-6kg)
- End weight : 85.1kg (- 5.3kg)
- Not true that when you stop you put weight back on
- Only if you change back to old eating habits!



Phase 2 : Ozempic

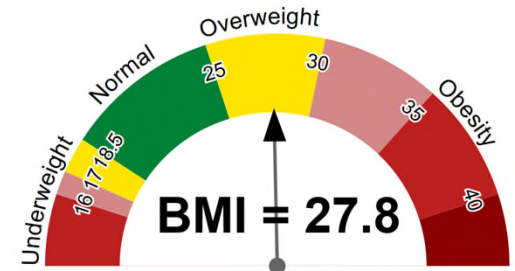
- Starting Point: 12/1/26
- Weight 85.1kg
 - (cf 90.4kg before Rybelsus)
- Target weight 75kg
- 1 injection 1x/week
- 4 mg pen covers 4 x 1mg dosages

BMI Calculator

US Units	Metric Units	Other Units
Age	77	ages: 2 - 120
Gender	☒ Male ☐ Female	
Height	175	cm
Weight	85.1	kg
Calculate		Clear

Result

BMI = 27.8 kg/m² (**Overweight**)



Phase 2 : Ozempic

However, ChatGPT said there were 288 clicks per pen (on average)

- So 72 clicks = 1mg
- So 18 clicks = 0.25 mg etc
- Novo Nordisk don't tell you this, as they don't want you to self dose!



$$Q74 \quad \checkmark \quad \vdots \quad \times \quad \checkmark \quad f_x \quad \checkmark \quad = +E74/I74$$



Ozempic Dosage Regime

First week 0.25mg

- 2nd to 4th week 0.375mg
- 5th to 10th week 0.5mg
- Note dosage level up to me!

Side effects:

- Diarrhea for 1st 6 weeks
- Then constipation!
- Indigestion/heartburn almost gone (or back to normal)
- But Hick/burps!



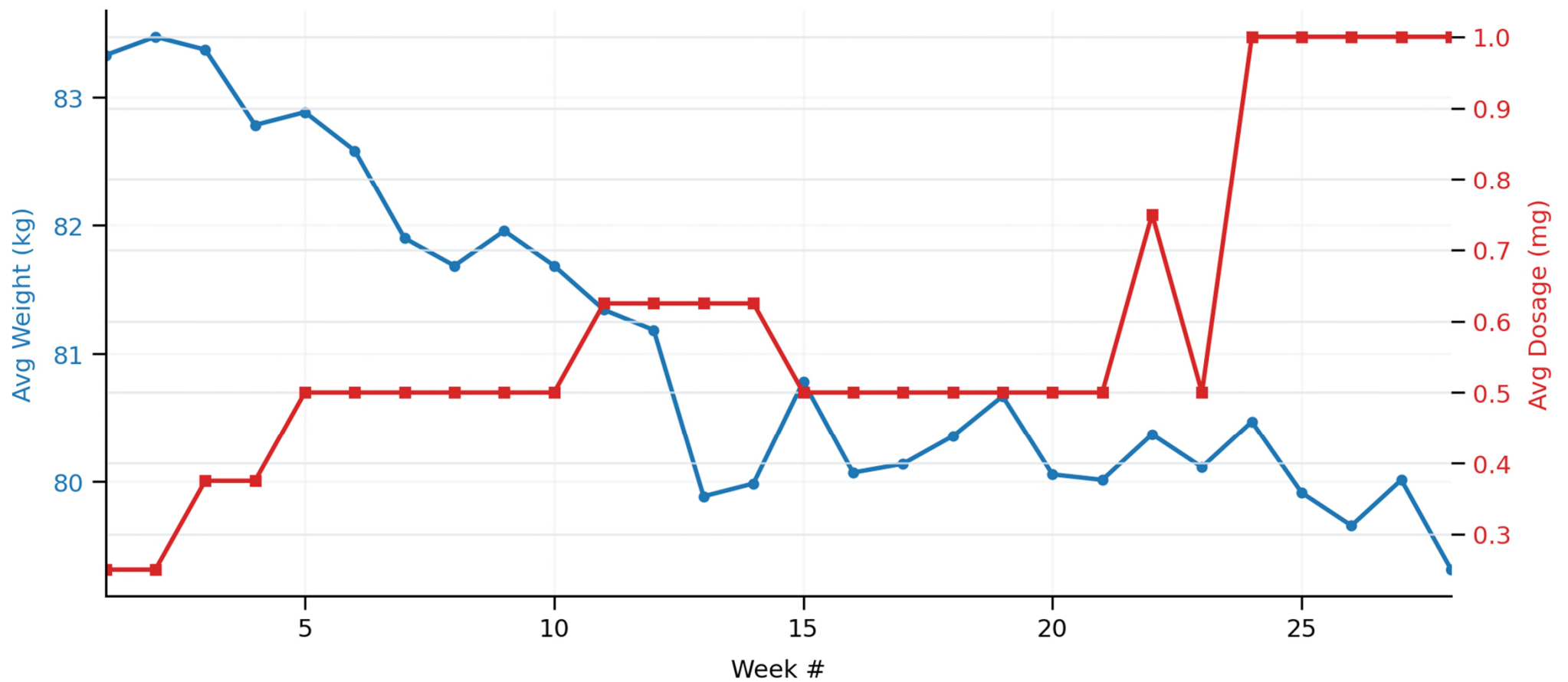
Q74 $\downarrow$ $\vdots$ $\otimes$ $\checkmark$ f_x $\downarrow$ $=+E74/I74$ $\downarrow$

Ozempic Observations

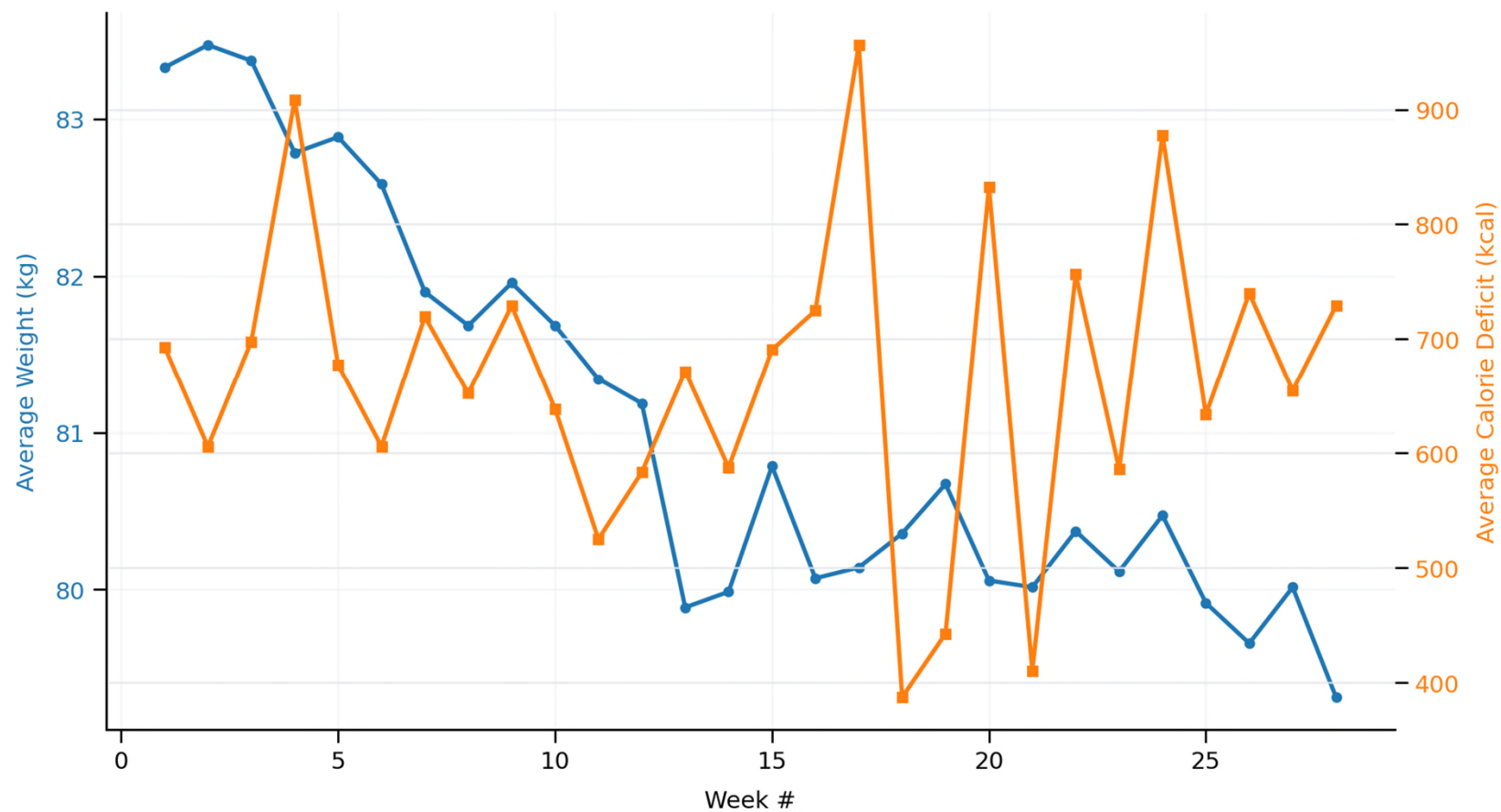
- Easier to use once you know how to use it!
- Keep cold,
- One needle one time,
- Needles readily available
- Need to drink more water regularly to ease constipation
- Psyllium husk helps, but difficult to drink
- Senna tablets allow a weekly clear out
- Blood pressure now 118/65, too low?



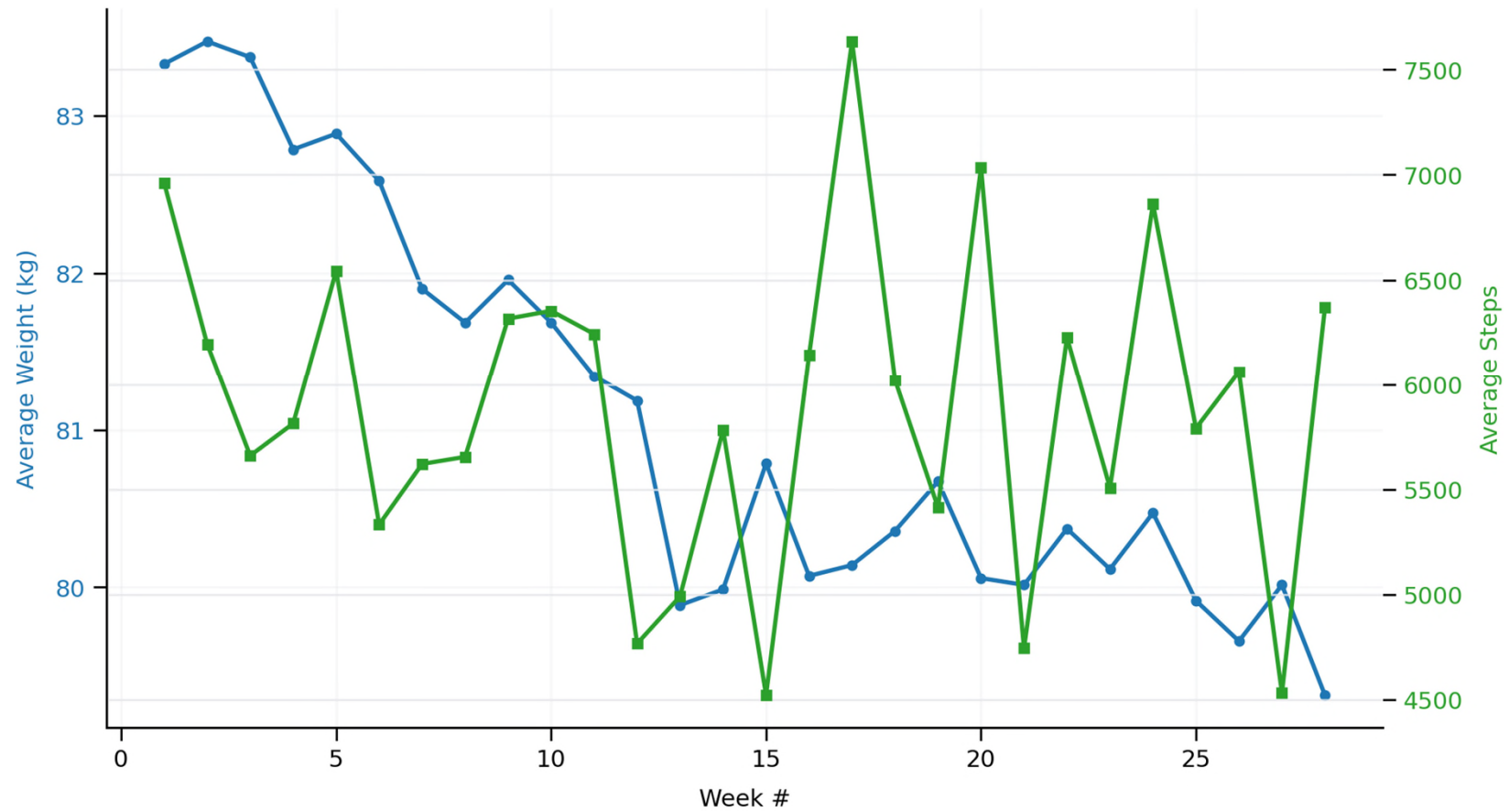
Weekly Average Weight vs Average Dosage (Weeks 1-28)



Average Weight vs Average Calorie Deficit (Weeks 1-28)



Average Weight vs Average Steps (Weeks 1-28)



Conclusions



- Weight loss is possible using GLP-1 antagonists, but they don't work on their own
- Yes, they make you feel full &/or bloated
 - But lifestyle changes are required
 - Reduce input
 - Increase exercise
- Rybelus is easier(?) to take, but side effects worse
- Ozempic injections are easy to do and there is plenty of scope to self regulate your dose
- You can maintain your daily pleasures if accounted for & you are not in a hurry to lose weight.
- Can you maintain weight without them, yes if you stick to your new regime