



# PodIntel Report: GLP-1 Drugs

February 07, 2025 - February 07, 2026

Research Question: How are GLP-1 weight loss drugs affecting the food and beverage industry, and what are operators and executives saying about changing consumer behavior?

1590 podcast mentions analyzed

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*This report is organized in two parts. Part 1 is a deep-dive analysis synthesizing insights from the podcast mentions we found - themes, key quotes, sentiment, and information gaps. Part 2 (Appendix) contains the individual podcast mentions themselves, ranked by relevance, so you can explore the source material directly.*

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## Part 1: Deep-Dive Analysis

### Executive Summary

- **Appetite-suppressing GLP-1 drugs are already curbing people's food intake, especially junk food.** Many podcast sources report that users of Ozempic, Wegovy, Mounjaro and similar drugs are eating significantly less. One study found households cut grocery spending by ~5% within six months of starting GLP-1 medications, with fast-food and coffee shop purchases down about 8% and snack/sweet categories down ~10%. This means billions in lost sales for the food industry.
- **Food and beverage companies are growing anxious as demand softens for snacks and sugary drinks.** Executives and analysts are openly discussing a potential "Ozempic effect" on sales. For example, PepsiCo has been singled out as especially exposed - analysts call the shift away from soda and chips "structural" rather than cyclical. Even a 13-year-old on a recent Pepsi earnings call asked what the CEO is doing "to stop Ozempic from hurting your snack sales," underscoring investor jitters (\*The Best One Yet - "End the \$1K Baby Tax...", Apr 29, 2025\*).
- **Restaurants are adapting with smaller portions and "Ozempic-friendly" menu options.** Numerous hospitality insiders say eateries have begun offering downsized meals to cater to patrons on GLP-1 drugs who fill up fast. In New York, a burger chain rolled out a mini-meal (at one-third the usual size and price) explicitly targeting the "growing number of GLP-1 users," and it "is catching fire" with customers. Across the country, from fast-food to fine dining, operators report people requesting half-orders and "Ozempic menus" of bite-sized items (\*Arch Eats - "St. Louis Dining Trends to Watch in 2026"\*, Jan 21, 2026).
- **Consumers on GLP-1 are shifting toward healthier, higher-protein choices - and away from empty calories.** Podcast discussions describe a marked change in **what** people eat. GLP-1 users "just aren't interested" in ultra-processed foods or alcohol like they used to be. Surveys show they're buying far fewer chips, sweets and sugary drinks, while seeking out more protein-rich, nutrient-dense foods. Some food brands have even started labeling products as "GLP-1 friendly" (high-protein, no added sugar) to claw back "shrinking stomach share".
- **Analysts warn the impact could snowball as more people go on these drugs.** Several guests likened GLP-1 medications to a disruptive tech: a "seminal" innovation poised to upend entrenched industries. One agribusiness expert calculated that if 20% of Americans adopt GLP-1s, annual food spending might drop by

**\$15-20 billion** (and double that if 40% use them) - equivalent to wiping out the revenues of major food companies. In other words, what was once thought impossible - Americans collectively eating substantially less - is suddenly on the table, forcing the sector to brace for long-term change.

## Key Findings

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**1. GLP-1 drugs are suppressing appetite and reducing overall food consumption, especially of snacks and sweets.** Across many podcasts, there's consensus that people on GLP-1 agonists eat markedly less. The basic science (slowed gastric emptying and enhanced satiety) is translating into real-world behavior: **fewer calories purchased and consumed.** For example, a Cornell/Numerator study cited on one show noted households with a GLP-1 user spent ~6% less on groceries within 6 months, including an **11% drop in savory snack sales and 9% drop in sweet baked goods.** Another source reported a similar ~5-10% decline in food purchases by GLP-1 users according to early retail data. Multiple podcasts - from health-focused shows to investor roundtables - repeat these statistics, indicating broad agreement that **snack, candy and soda consumption is trending down** among the growing GLP-1 user base. There's little disagreement on this point; even observers surprised by the speed of the shift acknowledge it is happening. The **only debate** is how far-reaching it will become (limited to heavy users vs. bleeding into general consumer habits as the drugs' popularity grows).

**2. Major food and beverage companies are sounding the alarm - though some insist it's too early to tell.** A recurring theme is worry at the corporate level, especially among makers of indulgent, high-calorie fare. Podcasts frequently mention recent earnings calls and interviews where **executives get pressed about GLP-1.** An amusing but telling anecdote came from a markets podcast: during a PepsiCo earnings call, a \*13-year-old\* (invited for "bring your child to work day") bluntly asked the CEO how he'll prevent Ozempic from hurting snack sales - a question that got attention because Pepsi's stock had slid afterward (\*The Best One Yet\*, Apr 29, 2025). Analysts on financial podcasts argue companies like **Pepsi, Coca-Cola, Mondelez, and fast-food chains** are directly in the crosshairs of this weight-loss trend. On Schwab Network's "**Ca\$htag\$**" segment, an analyst warned investors not to view the Ozempic effect as a short-term blip: "We see it as structural...Pepsi's entire product line is in the crosshairs... core brands are bleeding pretty badly".

However, **opinions diverge** on whether the impact is material yet. Some industry insiders admit they \*haven't\* observed a major sales hit \*so far\*. In a Reuters Viewsroom episode, a journalist noted that executives at big drink and snack companies say investors call them constantly asking if they "see it yet," and "honestly they can't really see it yet" in the numbers. In other words, there's an undercurrent of \*"Is this for real or just hype?"\* in boardrooms. Several sources frame it as a classic uncertainty: the **market is skittish** (witness the stock dips and anxious questions), but concrete data is limited with only ~10% of Americans having tried GLP-1s by 2025. Still, the **sentiment leans cautious** - many companies are hedging their bets, investing in healthier product lines or marketing, just in case this isn't a fad. The **consensus** among analysts and commentators is that big food firms would be wise to monitor this closely and plan for a sustained shift, even as a few CEOs publicly downplay any immediate effect.

**3. Restaurants are responding by offering smaller portions and "Ozempic-friendly" menu options.** On the front lines of food service, operators already see changes in customer behavior. Podcast after podcast - from NPR call-in shows to local dining news - recounts how **diners on GLP-1 drugs are ordering less** and even asking for tiny portions. On WNYC's \*Brian Lehrer Show\*, which took calls from New York restaurateurs, the host noted an article about many restaurants now providing **small-portion alternatives because so many people are on Ozempic.** Callers confirmed this, and anecdotes were shared of guests saying \*"I'm on Ozempic, do you have a smaller size?"\* One NYC beer-and-burger chain, Clinton Hall, made headlines by

launching a "**teeny-weeny mini meal**" - a downsized burger, fries and mini beer for \$8 - explicitly \*"targeting the growing number of GLP-1 users,"\* according to its owner. He reported that customers "are coming in specifically for it," and that it's driving incremental visits. Likewise, a Manhattan fine-dining spot now offers its meatballs and arancini in bite-size portions, informally dubbed the "**Ozempic menu**," to accommodate patrons who can't finish a normal plate.

This trend isn't just anecdotal. A food industry podcast in St. Louis noted that "**Ozempic menus**" with half-sized entrees at lower prices are popping up "all over the West Coast" as well. Fast-casual and chain restaurants are following suit: Panera Bread's mix-and-match small combos, Subway's slider sandwiches, and McDonald's resurrecting snack wraps all cater to an appetite for less. Several sources even pointed out that **Gen Z and younger diners were already leaning toward smaller, frequent meals** - so the GLP-1 wave accelerates an existing mini-meal trend. There is broad **agreement** that the restaurant industry is adapting swiftly. Importantly, this adaptation seems to be cushioning the blow for restaurants: despite fears that appetite-curbing drugs would be a \*"death knell"\* for dining out, so far restaurants are finding ways to keep customers coming, just with lighter fare (often at lighter prices). No podcast source reported any evidence of widespread restaurant closures or revenue collapse due to GLP-1 - instead the vibe is \*"evolve or lose out"\*. The only note of caution is on profitability: if diners order less per visit, restaurants might need to adjust pricing or rely on higher traffic to compensate, an angle not deeply covered in the discussions. Overall, though, the **consensus** is that savvy operators can remain competitive by recalibrating portion sizes and menu structure to suit the new normal of smaller appetites.

**4. GLP-1 users are not just eating less** - they're eating \*differently\*, gravitating toward higher-quality, healthier foods. A striking finding across several podcasts is that these drugs don't merely shrink portions across the board; they specifically dampen cravings for the \*least nutritious\* options. As one wine-and-food show guest put it, patients on Ozempic find their desire for "junk" just switched off - \*"they're simply not interested in drinking... the drug has fundamentally altered their cravings"\*. A survey discussed on \*The Hub\* found GLP-1 users dramatically cut back on snacks, alcohol and high-carb staples, while boosting their consumption of protein-rich and nutrient-dense foods. In fact, one EY (Ernst & Young) report estimates a potential \$12 billion hit to snack sales over the next decade due to this behavior shift, with users reporting 40-60% fewer snack occasions and a 50% increase in their intake of health foods. Multiple sources noted increases in demand for lean proteins, fiber, and produce: e.g. sales of yogurt and fresh fruit even rose modestly among GLP-1 users in the Cornell study.

This has not gone unnoticed by the food industry. From packaged goods to cafes, companies are tweaking product offerings toward a "health halo." On a morning radio show, hosts pointed out that even Starbucks is now touting cold brew with extra protein added - essentially trying to turn a coffee into a protein shake - because "people want more protein" and are counting grams of it each day. Fast-casual chains like Chipotle have introduced \*high-protein bowls\*, and snack brands are launching high-protein, low-sugar versions of products to appeal to the Ozempic crowd. One analyst observed that consumers are "avoiding the middle of the grocery store" (where processed carbs dominate) and instead shopping the perimeter for **meat, dairy, eggs, and vegetables**, accelerating a pre-existing trend toward whole foods. There's a general **consensus** that GLP-1 drugs are nudging diets in a healthier direction - effectively achieving via chemistry what public health campaigns often couldn't. That said, a few voices urge caution before declaring victory in the nutrition wars: the \*Viewsroom\* podcast noted that because only about 1 in 10 people were on these meds as of 2025, the **overall market impact on "unhealthy" food categories was still limited** - traditional eating patterns remain the norm for the other ~90%. Nonetheless, among those taking GLP-1s, the shift in food preferences is profound and consistently reported.

**5. The potential long-term impact on the food economy is enormous - entire business models may need to**

**adapt.** Podcasts often framed GLP-1 drugs as a \*truly disruptive force\* for the food sector, with comparisons to other landmark trends. Prof. Scott Galloway quipped that GLP-1 is a more consequential technology for markets than generative AI, given the size of the "obesity economy" at stake. He and others noted that the fortunes of Big Food have long been tied to rising obesity - \*"if you look at McDonald's, PepsiCo, Coca-Cola, they're literally obesity indices"\* that grew as waistlines grew. Now the reverse could hold: if Americans consume fewer empty calories, these companies' growth could stall. Morgan Stanley analysts forecast a **4-5% decline in overall sales of chips, cookies and soda by 2035** due to GLP-1 adoption - which in a multi-billion dollar industry represents a major loss of revenue. That kind of drop might sound modest, but as commentators pointed out, food manufacturers are not accustomed to shrinking demand. \*"In the way the U.S. investment system works, you're not allowed to lose sales,"\* Marion Nestle observed wryly. Even a 5% dip drives consolidation, cost-cutting, and frantic efforts to reignite growth.

**Several sources emphasize that this change, if sustained, forces a rethinking of strategy.** Companies might need to diversify portfolios (for instance, cola brands pushing zero-sugar drinks or protein beverages) and invest in **"healthier indulgences"** to stay relevant. There's also speculation about upstream effects: if millions eat less, farmers might eventually plant less grain for processed foods, and packaging firms might sell more small, resealable packs instead of family-size bags. These second-order impacts haven't been measured yet, but the narrative is that GLP-1 drugs could \*reshape the entire food ecosystem\* from farm to table. Crucially, many podcasts note this isn't just theoretical - it's starting now. They cite the urgency felt in boardrooms and investment circles. The fact that **an obesity-treatment drug is moving stock prices** (e.g. shares of snack and soda producers lagging while weight-loss pharma soars) is often mentioned as a sign that the market believes this trend has legs. While there's some debate on **how fast or far-reaching** the effect will be (see Finding #2), virtually no one dismisses it outright. The **overall consensus** is that GLP-1 medications represent a new kind of demand-side shock to the food and beverage industry - one that executives ignore at their peril.

## Notable Quotes & Insights

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**\*\*"If you have 20 percent penetration in the U.S. ... that's \$15 to \$20 billion a year less. And if you go up to 40 percent, that's \$30 or \$40 billion a year less spending - and that's basically a Kellanova plus a General Mills."\*\***

**\*\*Source:\*\* \*Agtech - So What?\*, "How GLP-1 Drugs are Reshaping the Food and Ag Landscape" (May 14, 2025)**

**\*\*Why it matters:\*\*** This quote from agribusiness expert **Mary Shelman** quantifies the seismic financial hit the food industry could face. In simple terms, widespread GLP-1 use might effectively erase the annual revenue of two Fortune 500 food companies. It's a wake-up call: what seems like a small change in individual diets scales up to **\*tens of billions\*** in lost consumer spending. Shelman's assessment was cited in multiple discussions as a startling illustration of why food executives are on high alert.

**\*\*"We think it's a mistake... to think of this shift as cyclical. We see it as structural. There is a profound shift starting to occur and Pepsi's entire product line is in the crosshairs... The core Pepsi brands are bleeding pretty badly... People are avoiding the middle of the grocery store. They're going for protein and... shifting away from carbs... We've talked about never betting against the American eater, but... it might be time to start."\*\***

**\*\*Source:\*\* \*Schwab Network\*, "Ca\$htag\$: PepsiCo (PEP) Squarely in GLP-1 Crosshairs" (July 16, 2025)**

**\*\*Why it matters:\*\*** This blunt assessment by analyst **Andy Swan** encapsulates the prevailing concern on Wall Street. He argues that Ozempic and its peers are fundamentally changing consumer behavior - not as a passing diet fad, but as a lasting "structural" change. Notably, he highlights how PepsiCo's staple products (sodas, chips, etc.) are losing appeal while shoppers gravitate to proteins on the store perimeter. His quip about "betting against the American eater" marks a dramatic shift in mindset; for decades, investors assumed Americans' appetite for junk food would keep expanding. Now, even a seasoned market watcher is suggesting that assumption no longer holds. This quote was referenced in various forms across finance podcasts as a sign of an emerging consensus that big food/bev

*companies face a new, obesity-drug-driven paradigm.*

**\*\*"People were coming in and they were not shy about saying, 'I'm on Ozempic, do you have any smaller portions?"\*\***

**\*\*Source:\*\*** \*The Brian Lehrer Show\*, "How Economic Trends Are Reshaping Restaurants" (Sept 12, 2025)

**\*\*Why it matters:\*\*** This quote - from a New York City restaurant operator speaking on a live call-in show - illustrates how directly GLP-1 users are influencing front-line hospitality. Rather than a subtle shift in orders, customers are explicitly announcing their Ozempic use and asking for accommodated portion sizes. It doesn't get more clear-cut than that. The fact that patrons openly request "Ozempic portions" shows a level of normalization (and pride) around these medications, and it validates why so many restaurants are racing to redesign menus. This first-hand insight, echoed by others on the program, puts a human face on the statistical trend: it's not just numbers in a report, but Jean or Joe on Ozempic sitting at table 5 asking for a half-meal. For readers, it's a surprising peek at how quickly eateries must pivot to satisfy a new type of customer.

**\*\*"The drugs shut off the food noise...they just shut it off, and not only that, they shut off their desire for junk foods... Food companies and retailers are reporting that people on these drugs have reduced their food purchases by 5 to 10 percent."\*\***

**\*\*Source:\*\*** \*Public Health On Call\*, "Marion Nestle and Food Politics" (Feb 10, 2025)

**\*\*Why it matters:\*\*** Nutrition scholar **Marion Nestle** offers an especially insightful observation here. She introduces the concept of **"food noise"** - the constant urge to eat when tempting food is around - and notes that GLP-1 meds seem to mute it entirely. This goes a step beyond clinical descriptions by linking it to industry impact: if people aren't tempted by chips and cookies anymore, they simply leave them on the shelf. Nestle then cites early data (5-10% sales reductions) that corroborate those personal accounts. Coming from a prominent food policy expert, this quote carries weight because it bridges the gap between **individual experience** (cravings gone) and **aggregate outcome** (lower sales for food retailers). It also subtly points out why this is such a **"shock"** for food companies - their business for years relied on that irresistible food noise, and now a pill is turning it off.

**\*\*"A 13-year-old girl... asked the CEO of Pepsi, 'What are you doing to stop Ozempic from hurting your snack sales?"\*\***

**\*\*Source:\*\*** \*The Best One Yet\*, "End the \$1K Baby Tax" - Tariffs...UNC's D1 ath-fluencer class." (Apr 29, 2025)

**\*\*Why it matters:\*\*** This almost hard-to-believe moment (reported on a popular business podcast) underscores how the GLP-1 phenomenon has permeated even the c-suites of Big Food. During an earnings call Q&A, a child - given the chance to quiz PepsiCo's CEO - zeroed in on Ozempic's threat to snacks. It's insightful on two levels: first, it shows that awareness of this issue extends beyond analysts to the general public (if a teenager knows about Ozempic's impact on eating, it's truly mainstream). Second, the podcast hosts noted Pepsi's stock price **fell after that call**, suggesting investors were unnerved by the exchange. Hearing a CEO publicly acknowledge the issue (and likely struggle to answer) was a "wow" moment for many following the industry. This quote captures the surreal and newsworthy nature of that encounter. It matters because it vividly illustrates the pressure on food executives - when even kids are asking, you know it's serious - and it validates that GLP-1's impact is not just media hype but a real concern filtering up to earnings discussions.

**\*\*"These drugs don't entirely stop appetites. They just stop appetites for things that people used to find, well, irresistible... People start eating other things instead. Things that are actually good for us. Salads, carrots, Swiss chard, radicchio."\*\***

**\*\*Source:\*\*** \*The Daily\* (cited on Later with Mo Kelly, KFI AM640) - news clip about Ozempic menus (July 2025)\*

**\*\*Why it matters:\*\*** This quote (from a news segment played on talk radio) highlights an unexpected silver lining: GLP-1 users still eat, but their tastes seem to shift toward healthier foods. It paints a vivid picture of formerly "irresistible" treats being passed over in favor of vegetables. The notion that a drug can change not just how **\*much\*** we eat but **\*what\*** we crave is powerful. For the food and beverage industry, it suggests that dollars aren't necessarily leaving the food sector entirely - they might be moving from, say, candy bars to carrots. The quote resonates because

*it's phrased in an almost astonished tone, as if even the reporter can't believe people are voluntarily choosing radicchio over chips. It matters in our context by reinforcing that companies who \*offer\* the "salads and carrots" (literally or figuratively) could benefit, whereas those tied to the old cravings might lose out. It's an insight into changing consumer psychology that complements the hard sales numbers elsewhere.*

\*(Above: Notable quotes from various podcast episodes, illustrating key perspectives. Podcast name, episode title, and date are indicated for each.)\*

## Sentiment & Consensus

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**General agreement:** The sources broadly agree that **GLP-1 drugs are a game-changer for consumer eating habits**. Nearly every podcast, whether focused on health, finance, or food, acknowledges the core fact that these medications significantly suppress appetite. There is a **positive consensus** that the drugs "work" for weight loss - people truly are eating less, and that's translating into measurable changes like lower snack sales and smaller restaurant orders. In general, commentators seem **somewhat astonished** at how quickly this trend emerged ("I did not see it coming," admitted one industry analyst on air) and at the sheer number of people trying the drugs. By late 2025, estimates of U.S. adoption ranged from about 1 in 10 adults having at least tried a GLP-1 to forecasts of much higher uptake in coming years, so most sources agree this is **\*not\*** a fringe phenomenon. There's also a shared sentiment that **healthier eating patterns** (more protein, fewer empty calories) are a likely net outcome - a point viewed favorably by doctors and public health voices. In short, across the spectrum there's agreement that Ozempic and its peers are **\*materially affecting consumer behavior\***, and thus the food industry cannot ignore them.

**Areas of debate or uncertainty:** Where sources **differ** is in the **\*scale and permanence\*** of the impact. Some, especially on financial and industry podcasts, are almost alarmist - using terms like "profound" and "structural" change (as in **Finding #2** above) and drawing parallels to other disruptive technologies. They see the GLP-1 trend as essentially **permanent as long as the drugs remain popular**, and perhaps even growing (as new drugs like oral pills make this weight-loss method more accessible). These voices, which include market analysts and occasionally enthusiastic healthcare investors, tend to assume penetration will keep rising and the hit to traditional food sales will snowball. On the **other side**, a few analysts and executives strike a more cautious tone: they point out that GLP-1 usage is still relatively low as a percentage of the total population, and they question whether the effect on sales is yet distinguishable from other factors (like post-COVID diet shifts or inflation making people cut grocery bills). For instance, one journalist noted that **no major soda or snack company had publicly issued a profit warning blaming Ozempic** - implying we should wait for harder evidence. Some company CEOs, when asked, have downplayed the impact ("We really haven't seen anything substantial yet"). So there's a bit of a split: **everyone agrees GLP-1 is a trend worth watching, but not everyone is convinced it's a multi-billion-dollar problem (yet)**. Additionally, a contrarian viewpoint raised in one radio segment is the economic cyclical: if an Ozempic user stops the drug (due to cost or loss of access), their appetite might roar back - meaning food spending could bounce back. That host half-jokingly suggested a recession could knock people off pricey weight-loss meds, sending them back to comfort eating (and "restaurants would get their best customers back"). While said tongue-in-cheek, it underscores uncertainty about **long-term adherence** - something a few health experts also note (many patients regain weight if they discontinue the drug, which could put "food noise" back in their lives). In summary, the consensus on **\*direction\*** is clear (people eat less junk on these drugs), but there's healthy debate on **magnitude and durability**.

**Overall sentiment tone:** The tone varies by the stakeholder group, but it's fair to say **anxiety prevails in the food industry**, whereas **optimism prevails in health circles**. Food and beverage operators often sound worried

or defensive - e.g. executives being peppered with Ozempic questions, an analyst saying we may need to "bet against" America's eating habits. The mood in those discussions is somewhat tense, as if a long-stable paradigm is being upended. In contrast, doctors, public health commentators, and even some financial pundits speak of GLP-1 drugs in positive or even celebratory terms, not because they want snack companies to suffer, but because these drugs are seen as finally moving the needle on America's obesity and diabetes problems. For instance, Prof. Galloway on one podcast called GLP-1s "the biggest thing we could do to bring down death and disease" and lauded the potential health benefits. So while he acknowledged Coke and McDonald's might take a hit, the sentiment was that society wins overall. **Investors** seem split between fearing short-term hits to food stocks and excitement about the booming revenues of pharma companies producing GLP-1s. It's notable that some consumer advocates and nutritionists exhibit a bit of *\*schadenfreude\** toward Big Food - after years of soda and snack makers profiting from unhealthy diets, the reversal in fortunes (via better health outcomes) is viewed with a hint of "serves them right." But even those experts often caveat that they're *\*not\** sure how food companies will adapt - there's a mix of hope (that industry will turn toward healthier offerings) and concern (that they might double down on marketing to keep people snacking). By and large, the **sentiment** in these podcasts is **curious and watchful**: there's a sense of witnessing a pivotal change in real time. Many hosts and guests sound intrigued - often noting how they "had no idea" this weight-loss drug trend would ripple out to **grocery carts and restaurant tables** like it has. The tone is less argumentative and more exploratory: everyone's trying to gauge just how big this is, and there's an underlying agreement that we're only seeing the beginning.

**Notable contrarian or nuanced views:** Only a few sources cast doubt or added nuance about the straight "less eating = bad for food business" narrative. One such nuance, touched on above, is that **companies can adapt** - a point illustrated by the restaurant examples and by some food execs arguing they'll shift portfolios to healthier foods rather than lose share. There's a hint of *"maybe this is like the rise of diet sodas or vegan alternatives - a challenge but also an opportunity"*\*. For instance, a beverage industry insider mentioned on a podcast that while soda sales might dip, **bottled water and zero-sugar drink sales are climbing**, implying companies like Coca-Cola are hedging with their own better-for-you products. Another contrarian angle is the **effect of economic and policy factors**: one guest noted that government actions (like potential sugar taxes or FDA regs on weight-loss drugs) and the broader economy could modulate the Ozempic trend's impact. If, say, insurance stops covering these drugs widely or cheaper generics don't come through, fewer people might stay on them, muting the long-term effect on food consumption. This wasn't a major focus in most podcasts, but it's an undercurrent - the idea that **external factors (cost, access, new competitors)** could swing the pendulum. Finally, it's worth noting a contrarian sentiment from the **fitness/wellness** community present in one or two podcasts: some trainers and doctors expressed concern that people might use GLP-1s as a crutch and neglect nutrition, potentially leading to malnutrition or muscle loss if they just stop eating (one said "people forget to eat for 12 hours and that's not necessarily good"). That viewpoint doesn't deny the immediate impact on eating habits, but it suggests the *\*long-term\** outcome might not be rosy if individuals don't also learn to eat healthfully. It's a minority perspective in these conversations, but it highlights that not everyone sees Ozempic's effect on diet as uniformly positive. Still, in terms of **impact on the industry**, even these voices agree that less overall food is being consumed - their debate is more about health outcomes than about whether snack sales are down.

## Information Gaps

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**- Hard sales data vs. anecdotes:** While many podcasts cite surveys and early indicators (like the Cornell study or comments from CEOs), we lack definitive, publicly released sales data attributing declines to GLP-1. For example, no major food company has broken out "Ozempic effect" in earnings reports yet - it's mostly analysts speculating or reading between the lines. The podcasts heavily relay qualitative observations

(customers ordering less, web traffic down, etc.), but **exact figures on revenue impact are scarce**. As this trend continues, we'd need more concrete reporting - e.g. quarterly same-store sales or grocery volume data - to confirm the scale of change. The source material doesn't cover, say, **which brands or product lines are hit worst** beyond general categories. Further research might include looking at scanner data or company financials over the next few quarters to quantify the downturn in "indulgent" food sales.

- **Long-term consumer behavior unknowns:** The sources rarely discuss what happens \*beyond\* the short-term weight-loss phase. A big open question is **sustainability** - will people stay on GLP-1 drugs indefinitely (which means permanently lower food intake), or are many using them temporarily and then returning to old eating habits? If a significant number cycle off due to side effects, cost, or reaching goals, the food industry might see a rebound in consumption. None of the podcasts offered data on drop-off rates in a way that tied to food sales (though one mentioned ~80% gain weight back within a year of stopping the drug, which implies their eating increases again). More research - potentially combining medical adherence data with consumer spending - is needed to map the full trajectory of a GLP-1 user's impact on the market (initial drop, partial rebound, etc.). This is a gap: **we don't know if the "suppressed appetite" effect is lifelong or more transient across a population.**

- **Impact on specific sub-sectors:** The discussion has been quite broad (snacks, beverages, restaurants as a whole). Missing are finer details - for instance, how are **fast-food chains vs. coffee shops vs. bars** each faring? There were hints (like fast-food spending down ~8% in one study, or anecdotes about alcohol sales dropping), but no deep dive into, say, \*the alcohol industry's response\*, or how **food delivery services** are affected (one Iowa podcast mention suggested people on GLP-1 order less takeout, but details were sparse). Are convenience stores selling fewer late-night munchies? Are dessert-focused businesses seeing cancellations? These niche impacts weren't well covered. Future investigation could look at segment-specific data - for example, do "all-you-can-eat buffet" restaurants or dessert chains see a sharper decline than health-food outlets? The podcasts aggregated here didn't break it down to that level.

- **Geographical and demographic nuances:** Most source discussions focus on the U.S. (and a bit of Canada) and often on adults generally. There's a gap in understanding **which consumer groups are driving the change**. Are the dietary shifts mostly among wealthier urban professionals (who have high GLP-1 adoption rates), or are they broad-based? One could hypothesize regional differences - e.g., Ozempic uptake might be higher in some states, potentially leading to local dips in restaurant traffic that national stats would blur out. The current sources don't address this. Similarly, how are global markets reacting? Novo Nordisk's drugs are now worldwide, but we heard little about Europe or Asia. It would be useful to research whether, for instance, **European food retailers or beverage companies** are flagging any trends. This international angle is absent in the podcasts provided, representing a gap for someone truly assessing the global food & bev industry effect.

- **Food industry response strategies:** While we heard about portion sizes and product reformulation at a high level, there wasn't much detail on **corporate strategy beyond that**. What about marketing? Pricing? Could companies bundle foods with other benefits or invest in appetite-stimulant products (that sounds far-fetched, but who knows)? The sources mention a few isolated tactics (like "GLP-1 friendly" labels), but a systematic look at how companies are repositioning themselves was missing. For example, if PepsiCo is worried, how is it reallocating R&D or ad budgets? There's a story to be told about **innovation pipelines** - are food companies acquiring healthy snack startups or protein shake makers? The podcasts didn't delve into specific corporate moves, aside from noting Pepsi's cost-cutting and automation (to offset volume losses). So, further research could involve listening to earnings calls or reading investor reports to see explicit strategies companies deploy in response to GLP-1 (if any have been announced beyond generic statements like "focusing on growth categories").

- **Consumer sentiment and psychological aspect:** We got a taste of how GLP-1 users feel (e.g. Oprah's personal account of "food noise" disappearing and the emotional relief that brought). But we don't know much about how non-users perceive this shift - are there social or cultural changes afoot, like less social eating or stigma around ordering big meals? The provided sources didn't explore whether restaurants find diners talking about their Ozempic openly (aside from asking for portions), or if there's any backlash (e.g., friends teasing each other about eating like a "Wegovy patient"). Additionally, **nothing in the sources addresses potential regulatory or ethical issues** - for instance, if the food lobby will push back or if governments might celebrate reduced obesity via these drugs. Those angles would require further journalistic digging or expert commentary beyond what the indexed podcasts covered.

**In summary**, the podcast data gives us a strong initial picture of the GLP-1 impact on food consumption and industry reactions, but it's early days. Key gaps include **granular data** (by product, company, region), the **long-term outlook** if drug usage changes, and detailed insights into **how companies plan to innovate** in response. Filling these gaps might involve obtaining retail sales datasets, interviewing industry executives about their contingency plans, and watching the space over the next year or two as trends solidify. The current narrative is very much "in progress," and both the media and the market are still digesting (pun intended) what GLP-1 weight-loss drugs mean for the future of eating.

## Part 2: All Analyzed Mentions

Sorted by relevance score. 1590 mentions total.

### 1. Let Freedom: Political News, Un-Biased, Lex Fridman, Joe Rogan, CNN, Fox News

Episode: US Employers Boost GLP-1 Coverage, Budgets Strain

Date: 2025-10-23 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses increasing US employer coverage of GLP-1 weight loss drugs and how the food and beverage industry is rapidly adapting to this shift with product changes. It highlights budget strains for employers and raises concerns about cultural and economic impacts, incentives, and the long-term effectiveness of GLP-1s.

*"More US employers are covering high cost weight loss drugs, particularly the class known as GLP-1 agonists. And they're feeling the budget strain."*

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### 2. FoodNavigator-USA Podcast

Episode: The GLP-1 effect: How 2026 will look for food and beverage

Date: 2025-12-15 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 weight loss drugs and their impact on the food and beverage industry, highlighting that while obesity rates are declining, industry sales concerns were alleviated as spending shifted rather than declined. Industry insights from Sorkana reveal adaptations in product selection and marketing to cater to health-conscious consumers influenced by GLP-1 usage demographics and motivations.

*"The number of US adults taking GLP-1 drugs surged in 2025... their impact on food and beverage sales hasn't been as bad as the industry once feared."*

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### 3. America's Healthcare Challenge

Episode: The Ozempic Effect

Date: 2025-10-04 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the explosive growth of GLP-1 drugs like Ozempic and Wegovy, their financial impact, and the implications for both pharmaceutical companies and the food and beverage industry as changing consumer behavior affects demand for snack foods. It highlights the cultural, economic, and healthcare system effects of these drugs, including concerns about sustainability and costs to insurers.

*"Snack food companies like Pepsi, Hershey, even McDonald's have seen investor jitters because some early studies suggest people on these drugs buy less junk food. The ripple effect is real."*

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### 4. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Breakthrough: Oral Pill, Lower Costs, and Shifting Perceptions Revolutionize Weight Loss Treatment

Date: 2025-11-15 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the clinical impacts, cost reductions, and growing demand for GLP-1 weight loss drugs like Ozempic, while also addressing concerns about side effects, muscle loss, and bone health. It includes commentary on changing consumer behaviors and cultural perceptions influenced by celebrity narratives.

*"According to comments from Kim Fisher at the UC Davis Innovation Institute for Food and Health, these price adjustments are expected to drive a swift increase in demand and medication use, with around 1 in 8 adult Americans having already tried some form of GLP-1 therapy."*

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### 5. Wegovy

Episode: Wegovy Dominates Weight Loss Market: Novo Nordisk Tackles Compounded Drugs and Launches Oral Pill in Breakthrough Obesity Treatment

Date: 2025-08-09 | Relevance: 95/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast offers an in-depth look at Novo Nordisk's GLP-1 drug Wegovy, its market dominance over competitors like Eli Lilly, ongoing legal battles against compounded versions, and upcoming innovations including an oral form. It highlights significant sales performance, regulatory challenges, and evolving consumer access in the weight loss drug segment.

*"Dave Moore remarked that patient referrals to Wegovy are now matching their expectations."*

## 6. Wegovy

Episode: Wegovy Weight Loss Drug: Breakthrough Medication Reshapes Obesity Treatment Amid Challenges of Access, Cost, and Long Term Success

Date: 2025-08-02 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast deeply explores Wegovy, a GLP-1 weight loss drug from Novo Nordisk, discussing its effectiveness, challenges with access and cost, concerns over long-term weight regain, and the wider industry and policy implications. It also covers emerging competition and skepticism within the pharmaceutical sector regarding new drugs in this class.

*"The review data shows that within weeks, patients regain weight they lost, reminding us that these drugs demand a long-term relationship."*

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## 7. Wegovy

Episode: Wegovy: The Revolutionary Weight Loss Drug Transforming Healthcare, Economy, and Society Beyond Expectations

Date: 2025-06-21 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact and evolving role of GLP-1 drugs, particularly Wegovy, highlighting its medical benefits, market success, FDA approvals, supply issues, counterfeit risks, and ongoing innovations including an upcoming oral formulation. It also briefly touches on emerging legal concerns related to potential rare adverse effects.

*"Dr John Sharritz from the FDA described this as a major public health victory, especially considering that almost 70% of American adults fall into categories of obesity or overweight."*

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## 8. Wegovy

Episode: Wegovy: Breakthrough Weight Loss Drug Sparks Medical Revolution Amid Safety Concerns and Breakthrough Innovations

Date: 2025-10-25 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 drug, highlighting its rapid market uptake, significant financial success for Novo Nordisk, and widespread consumer demand, while also addressing safety concerns, side effects, and related legal actions. The conversation details the impact on healthcare and touches on evolving consumer behavior toward weight loss drugs.

*"The allure of quick substantial weight loss coupled with expanded market reach through retail pharmacies has proven irresistible for many."*

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## 9. Wegovy

Episode: Wegovy Dominates Weight Loss Market: Novo Nordisk Tackles Compounded Drugs and Launches Oral Pill in Breakthrough Obesity Treatment

Date: 2025-08-09 | Relevance: 95/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's dominant position in the GLP-1 weight loss drug market with Wegovy, addressing competition, legal challenges against compounded versions, FDA guidance, and the launch of an oral form of Wegovy as a breakthrough in obesity treatment. It highlights changing consumer behavior and industry dynamics driven by these developments.

*"Dave Moore remarked that patient referrals to Wegovy are now matching their expectations."*

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## 10. Wegovy

Episode: Wegovy Revolution: Breakthrough Weight Loss Drug Sparks Controversy with High Doses, Legal Battles, and Economic Impact

Date: 2025-04-12 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the development and impact of Wegovy, a GLP-1 weight loss drug by Novo Nordisk, highlighting significant clinical trial data, economic implications, pricing controversies, legal challenges, and efforts to improve drug affordability. It covers how the drug is transforming patient outcomes while also raising concerns about high doses, side effects, and accessibility.

*"Novo Nordisk's recent Phase III trial of a higher 7.2mg dose achieved an average 18.7% body weight reduction over 72 weeks, but raises questions about tolerability and long-term effects."*

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## 11. Wegovy

Episode: Oral Wegovy Breakthrough: Novo Nordisk Revolutionizes Weight Loss with Pill Form Semaglutide Sparking Market Surge

Date: 2026-01-24 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion of the oral Wegovy GLP-1 drug, highlighting its FDA approval, clinical trial results, pricing strategies, competition with Eli Lilly, and its impact on consumer accessibility and market dynamics. It examines how the pill form could influence the obesity treatment landscape and potentially shift prescribing and consumption behaviors in the weight loss drug market.

*"The pill is flipping the script. B&O Capital Markets call the approval a much-needed boost amid share loss woes."*

## 12. Wegovy

Episode: Wegovy Oral Weight Loss Pill Launches Nationwide Sparking Medical Revolution and Market Transformation

Date: 2026-01-31 | Relevance: 95/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the launch and market impact of the oral GLP-1 drug Wegovy, highlighting its rapid prescription growth, clinical effectiveness, and implications for healthcare and the weight loss market. It also covers regulatory updates, safety considerations, and patent issues affecting pricing and generic competition.

*"Mike Dastar, Novo's president and chief executive officer, called it a milestone, offering patients a needle-free path to sustained rate loss and even slashing risks of major cardiovascular events like HL, airtacks and strokes in qualifying folks."*

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## 13. Wegovy

Episode: FDA Approves First Oral Wegovy Pill for Weight Loss: Novo Nordisk Breakthrough Offers Convenient Obesity Treatment Option

Date: 2025-12-27 | Relevance: 95/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast discusses Novo Nordisk's FDA approval of the first oral Wegovy pill containing semaglutide, highlighting its convenience over injectable forms, clinical trial results showing significant weight loss and health benefits, pricing strategies, market competition, and potential impacts on obesity treatment accessibility in the US.

*"Dave Moore, executive vice president of Novo Nordisk United States Operations, declaring this a potential game-changer for millions of Americans who dread injections or stretch."*

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## 14. The Future of Commerce Podcast

Episode: Crunch, crunch: Snack food sales drop as consumers cut back; CP industry eyes Ozempic effect

Date: 2025-03-29 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the increasing use of GLP-1 weight loss drugs like Ozempic and Wegovy is significantly reducing snack food consumption due to appetite suppression, leading to a potential \$12 billion decline in snack sales and shifts in consumer food preferences towards healthier options.

*"This EY report suggests that the rapid adoption of GLP-1 drugs could have a massive impact on snack food sales. They're talking about a potential \$12 billion hit over the next decade."*

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## 15. Hub Podcasts

Episode: The government's climate policies are threatening Alberta's economy

Date: 2025-08-11 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs impact consumer behavior by reducing calorie intake, leading to decreased spending on snacks and sugary foods, thereby affecting the food and beverage industry's sales and prompting shifts in product offerings and restaurant strategies.

*"Early evidence suggests that they buy less food, particularly processed snacks and sugary treats."*

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## 16. 6Pages Market Shifts

Episode: 3 Shifts Edition (Sep 19 2025): Google's Gemini edges ahead, GLP-1 drugs in pill form, TV ads become like digital ads

Date: 2025-09-19 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses upcoming price competition and product developments in GLP-1 weight loss drugs, focusing on Eli Lilly and Novo Nordisk's strategies with oral pills versus injections, payer considerations centered on durability of weight loss, and potential for wider mainstream adoption in primary care.

*"You could turn this high-priced, specialist-prescribed injected therapy into a mass market medicine."*

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## 17. Oprah's Weight Loss Dilemma: The Ozempic

Episode: GLP-1 Weight Loss Drugs Cut Grocery Spending 5 Percent, Oprah Shares Personal Experience

Date: 2026-01-14 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic and Wegovy are significantly reducing grocery and fast food spending among Americans, with specific data from Cornell research illustrating these trends. Oprah Winfrey shares personal testimonials on the benefits and challenges of these drugs in managing obesity.

*"The 71-year-old media icon regrets not discovering these drugs earlier, calling them a vital tool for managing obesity as a chronic disease."*

## 18. The Exam Room by the Physicians Committee

Episode: GLP-1 Drugs Explained: Ozempic, Wegovy, Side Effects, Cost & Risks

Date: 2025-12-16 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion about the rapid increase in use of GLP-1 drugs such as Ozempic, Wegovy, and ZepBound, including data on user growth, persistence rates, and cost implications. It features expert insights into the trends, usage patterns, and medical guidance affecting patient adherence.

*""We are seeing the use of these products explode... an enormous increase in a short period of time. ""*

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## 19. The Zero100 Podcast

Episode: Novo Nordisk & Eli Lilly: Manufacturing Lessons from the GLP-1 Giants

Date: 2025-07-14 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant growth and impact of GLP-1 drugs like Ozempic and Wegovy on the pharmaceutical industry, highlighting the ramped-up production efforts by major players like Novo Nordisk and Eli Lilly. The conversation emphasizes the proven effectiveness of these drugs in obesity and diabetes management and their rapid market adoption, as well as their revenues representing a major share for manufacturers.

*"The GLP-1 products in our portfolio represent over 50% of revenue for 2024. These are blockbuster products for these companies."*

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## 20. the Joshua Schall Audio Experience

Episode: GLP-1 Market Future: Why "Quality" (and Muscle Health) Matters!

Date: 2025-12-09 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion centers on the evolving GLP-1 drug market focusing on the emerging 'quality paradigm,' which prioritizes preserving lean muscle mass alongside fat loss. It highlights industry shifts in clinical research, physician guidance, patient expectations, and consumer packaged goods adapting to support the changing nutritional needs of GLP-1 medication users.

*""This concern has catalyzed the move towards a next wave in the GLP-1 market, which I'm dubbing the quality paradigm, where the focus is on what kind of weight is being lost. ""*

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## 21. GLP-1 Tribe

Episode: The Rise of GLP-1 Medications in the United States: Adoption, Usage, and Economic Impact

Date: 2025-04-05 | Relevance: 95/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a comprehensive analysis of the rise, adoption, and demographics of GLP-1 drug usage, especially focusing on their use for weight loss beyond diabetes treatment, with data points on usage rates and potential barriers like cost and side effects.

*"Almost like it's the main driver. Yeah. It's certainly changing the treatment landscape."*

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## 22. Food Matters Live Podcast

Episode: 574: The GLP-1 challenge and opportunity

Date: 2025-09-01 | Relevance: 95/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features two executives from IFF discussing the impact of GLP-1 drugs on consumer behavior and the challenges and opportunities faced by food manufacturers in reformulating products to meet changing nutritional preferences and satiety demands.

*""GLP-1, it is a real game changer. And we're helping the brands to rise to this challenge with specially developed formulations."*

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## 23. Food Matters Live Podcast

Episode: 586: GLP-1 - How should the food industry respond?

Date: 2025-11-24 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode deeply explores the impact of GLP-1 weight loss drugs on the food and beverage industry, highlighting changing consumer behaviors, adoption differences between the US and Europe, and how industry players should navigate this shift. An analyst from Rabobank emphasizes the disruptive influence of GLP-1s and their growing market potential, especially in the US, while noting regional caveats in Europe.

*""What happens when more than a tenth of adults start using weight loss medication that suppresses their appetite? And how should the food and drink industry respond?"*

## 24. Fork U with Dr. Terry Simpson

Episode: GLP-1 Drugs, the Mediterranean Diet, and the Science of Living Longer

Date: 2025-12-18 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonists in depth, focusing on their role not only in weight loss but also in improving health span, reducing inflammation, and potentially resetting biological aging. It highlights recent positive clinical trial data and explores broader health benefits beyond diabetes and obesity treatment.

*"The biggest anti-aging story isn't in a pill or a cold plunge or a fasting app. It's in your metabolism. And it starts with a class of drugs we once thought were just for diabetes. The GLP-1 receptor agonists."*

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## 25. The Journal.

Episode: Ozempic Is a Hit. So Why Is the Drugmaker's CEO Out?

Date: 2025-05-21 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 drugs like Ozempic and Wegovy and their significant impact on weight loss treatments. It highlights competition between Novo Nordisk and Eli Lilly, with Lilly releasing potentially more effective weight loss drugs, and touches on industry dynamics including supply challenges and leadership changes.

*"That while Ozempic was the gorilla of GLP-1s, that what Eli Lilly is doing is the King Kong of GLP-1s."*

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## 26. Navigating Ozempic-#Ozempic

Episode: Headline: Ozempic Revolutionizes Health: Generic Alternatives, Breakthrough Research, and Global Impact Emerging in 2025

Date: 2025-09-06 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread impact of Ozempic and other GLP-1 drugs on health, highlighting their expanding approved uses, side effects, and emerging better access through generic options. It references changes in consumer health outcomes and societal implications but does not deeply analyze effects specifically on the food and beverage industry or operators' reactions.

*"Some clinicians privately call these drugs, everything drugs. Although Fitch cautions that they should not be seen as miracle cures and that comprehensive medical supervision, diet, exercise, and behavioral changes remain crucial for lasting results."*

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## 27. Ozempic Weightloss Unlocked

Episode: Ozempic Revealed: Revolutionary Weight Loss Breakthrough Transforming Health Forever

Date: 2025-11-25 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a comprehensive overview of GLP-1 drugs, focusing on Ozempic and similar medications' effectiveness and growing usage for weight loss. It highlights both clinical trial and real-world data while touching on safety concerns and regulatory responses related to compounded semaglutide medications.

*"According to the Creo Clinic, around 12% of adults in the United States have now used a GLP-1 medication like Ozempic or Wegovy."*

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## 28. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Revolutionizes Weight Loss: Celebrities, Experts Reveal Transformative Impact on Health and Lifestyle Trends

Date: 2025-08-30 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic are significantly changing consumer eating behaviors, leading to reduced dining out and altered restaurant menus, while also highlighting medical expert caution about side effects and the necessity of lifestyle changes to sustain benefits.

*"Recent reporting from Fox News details how Ozempic, part of the GLP-1 class of drugs, has led users to eat less, with over half saying they now dine out less often and cook more meals at home."*

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## 29. Wegovy

Episode: Wegovy: Breakthrough Weight Loss Drug Sparks Medical Revolution Amid Safety Concerns and Breakthrough Innovations

Date: 2025-10-25 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 drug, focusing on its rising accessibility and sales, significant financial impact for Novo Nordisk, and increasing reports of severe side effects including vision loss and kidney injuries, leading to a wave of lawsuits. It highlights the drug's profound impact on consumers and the healthcare system alongside legal and safety concerns.

*"Novo Nordisk's controlling shareholder, Movo Holdings, mainly doubled its income in 2024 to a staggering \$8.66 billion, much of that fueled by the booming sales of Wegovy and its diabetes sibling, Ozempic."*

### 30. Wegovy

Episode: Wegovy: Weight Loss Drug Transforms Healthcare with Breakthrough Treatment Amid Market Challenges and Patient Hope

Date: 2025-05-17 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape between GLP-1 drugs Wegovy and Eli Lilly's Zepbound, pricing and insurance challenges in the US market, and Novo Nordisk's efforts to expand access through telehealth despite high costs. It also touches on potential policy changes impacting patient access and the drugs' cardiovascular benefits.

*"Participants in the Zepbound trial lost over 20% of their body weight on average, compared to just under 14% for Wegovy."*

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### 31. Wegovy

Episode: Wegovy Revolutionizes Weight Management with Price Cuts, New Approvals, and Promising Research in Obesity Treatment

Date: 2025-11-24 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 drug, highlighting its upcoming price cuts, FDA approval efforts for an oral version, resolved supply issues, partnerships to improve access, ongoing clinical research for expanded uses, and competitive market developments globally. It emphasizes how these factors could transform weight management and broaden GLP-1 drug applications.

*"Novo Nordisk, the Danish maker of Wegovy, announced just last week that the out-of-pocket cost for self-pay patients in the United States will drop by 30%, from \$499 to \$349 per month at over 70,000 pharmacies."*

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### 32. Wegovy

Episode: Wegovy Revolutionizes Metabolic Health with FDA Approval for Fatty Liver Disease and Expanding Treatment Horizons

Date: 2025-09-13 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rapid innovation and market competition surrounding GLP-1 weight loss drugs like Wegovy, including Novo Nordisk's workforce reductions amid competitive pressures, advancements in new molecules, as well as growing legal challenges regarding patient safety concerns. The discussion highlights both the commercial potential and emerging risks associated with GLP-1 receptor agonists in the obesity treatment market.

*"The drug has been celebrated in magazine covers for transforming waistlines. Yet, underneath the euphoria, lawsuits are mounting at speed."*

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### 33. Wegovy

Episode: Wegovy Revolutionizes Weight Management with Price Cuts, New Approvals, and Promising Research in Obesity Treatment

Date: 2025-11-24 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses recent developments related to Wegovy, a GLP-1 drug for weight management, including FDA approval prospects for an oral semaglutide formulation, price cuts, supply stability, partnerships for distribution, and ongoing clinical trials exploring broader applications of GLP-1 drugs. It highlights the significant impact these drugs are having on treatment accessibility and the global obesity medication market.

*"The company's leadership openly acknowledges the challenge of counterfeits and compounded variants, emphasizing that only FDA-approved Wegovy obtained through verified channels should be trusted for authenticity and safety."*

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### 34. Wegovy

Episode: Wegovy Revolutionizes Weight Loss: Breakthrough Medication Sparks Medical, Legal, and Social Transformation in 2025

Date: 2025-07-05 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy (semaglutide), a GLP-1 drug revolutionizing weight loss by reshaping medical treatment and social perceptions of obesity. It covers increased prescriptions in the NHS, medical endorsements, lifestyle integration, and concerns about misuse and long-term risks.

*"It is not hyperbole to say that semaglutide is considered by many doctors and health leaders to be nothing less than a game changer for people struggling with obesity and its cascading complications."*

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### 35. Wegovy

Episode: Wegovy Oral Pill Approved: Breakthrough Weight Loss Drug Offers Hope and Challenges for Obesity Treatment

Date: 2026-01-10 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the approval of the oral Wegovy pill, a GLP-1 drug, highlighting Novo Nordisk's aggressive marketing approach and pricing strategies, while addressing challenges such as insurance coverage, weight regain after stopping treatment, and the sustainability of long-term therapy. It covers the effects of GLP-1 drugs on patient behavior and industry implications.

*"Novo Nordisk executive Dave Moore described the pill lodge as something the company has never done before, essentially flooding every channel at once."*

## 36. Feuds: Power, Pride, and Payback

Episode: Lilly vs Novo - "The Trillion Dollar Shot: Big Pharma's War for America's Waistline"

Date: 2025-09-14 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast details the discovery and development of GLP-1 drugs by Novo Nordisk and the subsequent competitive response by Eli Lilly, highlighting their transformative impact on diabetes treatment and weight loss. It discusses strategic business maneuvers and the evolution of GLP-1 drugs into significant weight loss medications.

*"We didn't realize we'd discovered the holy grail of pharma, a safe, effective weight loss medication."*

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## 37. The Gemini Brief - Investment Deep Dives

Episode: Novo Nordisk A/S (NVO) Investment Research Analysis

Date: 2025-08-10 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers on Novo Nordisk's leadership in GLP-1 drugs, highlighting its strategic use of the semaglutide molecule across multiple blockbuster brands addressing diabetes, weight loss, and cardiometabolic health. The conversation highlights market shifts toward therapies offering weight loss and cardiovascular benefits, noting significant demand for their weight management products and their transformative impact on patient treatment.

*"They've gone from just treating diabetes symptoms to managing a whole spectrum of cardiometabolic health conditions, addressing the underlying issues more comprehensively."*

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## 38. Barron's Streetwise

Episode: Deep Dive on Garbage

Date: 2025-07-18 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape of GLP-1 weight loss drugs, focusing on Novo Nordisk's Wegovy and Eli Lilly's ZepBound, their efficacy, market share, and insurance coverage decisions affecting patients and investors. It highlights the impact of these drugs on market dynamics with specific data points on weight loss percentages and patient adoption rates.

*"Caremark has made the decision to change its formulary. It's now preferring Wegovy, the weight loss drug from Novo Nordisk."*

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## 39. the Joshua Schall Audio Experience

Episode: Oral GLP-1 Drugs Could Reshape the CPG Industry

Date: 2025-09-29 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the anticipated FDA approval of oral GLP-1 weight loss drugs in late 2025 and their transformative impact on the consumer packaged goods (CPG) industry, highlighting the advantages of oral formulations over injectables and the surge in demand for GLP-1 drugs like Ozempic and Wegovy. It provides context on how these drugs are revolutionizing weight loss trends and the potential shift in manufacturing and distribution dynamics.

*"The news has been nearly impossible to miss with a tidal wave of interest in medications that are revolutionizing an innovative approach to weight loss is swiftly evolving."*

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## 40. Agtech - So What?

Episode: How GLP-1 Drugs are Reshaping the Food and Ag Landscape with Mary Shelman

Date: 2025-05-14 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features Mary Shelman discussing the transformative impact of GLP-1 drugs like Ozempic and Wegovy on food consumption patterns and the food and agriculture industry, with emphasis on significant reductions in consumer food spending and the challenges these pose for the industry.

*"If you have 20 percent penetration in the U.S. at this \$600 to \$800-a-year level, that's \$15 to \$20 billion a year less. And if you go up to 40 percent, that's \$30 or \$40 billion a year less spending and that's basically a Kelenova plus a General Mills."*

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## 41. Investment Insights

Episode: Talking Heads - What has been happening in the food and agriculture sector?

Date: 2025-09-18 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers on how GLP-1 weight loss drugs are rapidly influencing consumer eating habits and the food and agriculture value chain, highlighting significant shifts in calorie intake and food choices, as well as potential industry impacts and global adoption trends.

*"GLP-1 users cut their daily calorie intake by 500 to 700 calories, and their choices tend to shift towards healthier, less processed foods. The categories that we see most at risk are snacks, both sweet and salty, frozen meals, soft drinks, as well as alcohol."*

## 42. Rural Focus

Episode: Weight Loss Medications and the Future of Food

Date: 2025-12-02 | Relevance: 95/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a detailed discussion with Rabo Research Australia's General Manager about the rapid rise of GLP-1 weight loss drugs in Australia and globally, and their significant impact on food demand, highlighting reduced consumption and alterations in consumer buying behavior such as smaller supermarket basket sizes and a shift towards higher protein and healthier foods.

*"If you think about the demand for protein, high protein products is actually already one of the key food trends. And it is definitely further enhanced now by this drug."*

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## 43. The Rice Stuff

Episode: #108 AI on the Menu: Reshaping the Food Industry With Andreas Duess

Date: 2025-02-25 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Zempick are significantly changing the food and beverage industry by reducing consumer spending, particularly on candy and other sugary products, causing companies like Weight Watchers to lose substantial market value. The speaker highlights the wide adoption of the drugs and their disruptive impact on traditional food consumption behaviors.

*"Walmart has reported that Zempick patients, they spent 30% less money at Walmart than people who are not on Zempick. That is significant, right?"*

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## 44. The Repertoire Podcast

Episode: How Ozempic is Reshaping and Changing the Way We Eat

Date: 2025-09-04 | Relevance: 95/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs, such as Ozempic, are significantly impacting consumer behavior in the food and beverage industry by reducing appetite and food consumption, leading restaurants to adapt with smaller portion offerings. Data from multiple reports highlights that a growing percentage of Americans use GLP-1 drugs, which affects dining frequency and order sizes, suggesting a notable shift in the market.

*"8-10% of Americans are now taking GLP-1s and 30-35% have expressed interest in taking them, according to an October 2024 report published by the consulting firm PricewaterhouseCoopers."*

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## 45. Daybreak

Episode: Why VLCC is still opening weight-loss clinics in the Ozempic era

Date: 2025-11-11 | Relevance: 92/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on the Indian weight loss industry, particularly how VLCC and its private equity backers view these drugs not as threats but as entry points into longer beauty and wellness journeys for consumers. It highlights industry adaptation strategies, the upcoming generic drug market, and changing consumer behavior driving demand for complementary procedures.

*"A Carlyle executive even told my colleague, the Ken reporter Nuha, that it's basically a gravy train. He said that people never stop at one procedure. After all, it's human desire to look young and attractive. So, it's never just a one-time thing."*

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## 46. On The Pen GLP-1 News

Episode: Once A Month GLP-1

Date: 2026-02-03 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Pfizer's acquisition of MetSara and their development of GLP-1 and amylin agonists as obesity medicines, highlighting promising data on weight loss efficacy at 28 weeks and potential future treatment combinations. There is a focus on drug performance metrics and industry implications during earnings week, providing substantive insights into GLP-1 medications and their market position.

*"Pfizer spent \$10 billion on a ticket to this obesity medicine party. They fought out Novo Nordisk for a company called MetSara, and today we got the first real test as to whether or not this was a good acquisition by Pfizer or whether this thing will be a huge bust."*

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## 47. WHOOP Podcast

Episode: Understanding GLP-1: The Latest Research from WHOOP with Dr. Greg Grosicki

Date: 2025-03-12 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 drugs, particularly for weight loss, highlighting their high cost and significant discontinuation rates despite being intended for longer-term use. It also outlines eligibility criteria and touches on their metabolic and cardiovascular benefits.

*"A study published by the KFF polls showed that one in eight US adults have taken a GLP-1 at some point, and in adults told by a doctor they have overweight or obesity that goes up to 20%."*

## 48. GI Insights

Episode: Navigating Gastrointestinal Impacts of GLP-1 Receptor Agonists

Date: 2025-06-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a detailed clinical discussion led by Dr. Michael Camilleri about managing gastrointestinal side effects of GLP-1 receptor agonists, focusing on dosage titration to mitigate nausea and vomiting while maintaining effective weight loss. The conversation also touches on the potential risks of pancreatitis associated with these drugs, reflecting ongoing clinical considerations.

*"The best way to minimize the GI adverse effects in patients taking GLP-1 receptor agonists is to reduce the dose to a level that is tolerated."*

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## 49. On The Pen GLP-1 News

Episode: Is Wegovy Better Than Zepbound? Plus the First Obesity GLP-1 Generic is Here!

Date: 2025-09-02 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the pricing and efficacy of generic and branded GLP-1 drugs for obesity and diabetes, highlighting the high cost of generics like liraglutide and comparing their effectiveness to other drugs such as Zetbound and Wegovy. It conveys skepticism about the accessibility and pricing but also notes lifestyle programs combining these drugs can lead to significant weight loss.

*"I don't expect the cost of this medication to come down in a meaningful way, and I really don't expect anybody to be on it. But how they're selling over \$100 million worth of this stuff a year now in a world where Wigovi and Ozempic and Manjaro and Zetbound exist, frankly, is crazy to me."*

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## 50. Fork U with Dr. Terry Simpson

Episode: How GLP-1 Quiets Food Noise

Date: 2026-01-29 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses how GLP-1 receptor agonists affect the brain's reward circuitry related to food, alcohol, and tobacco consumption, reducing hunger and compulsive behaviors, which alters consumer behavior in eating and drinking habits.

*"GLP-1 receptor agonists work on all three. In the hypothalamus, they activate satiety-promoting neurons and suppress hunger-promoting ones, a two-handed maneuver that diet alone cannot replicate. ... GLP-1s don't just reduce hunger. They reduce compulsion."*

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## 51. Chasing Clarity: Health & Fitness Podcast

Episode: LYLE MCDONALD GLP-1 MASTERCLASS: A DEEP DIVE INTO ANTI-OBESITY DRUGS | EP. 156

Date: 2025-04-03 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast deeply explores GLP-1 drugs, specifically focusing on their mechanisms, personalized application based on patient phenotypes, and the promising future of targeted obesity treatments with drugs like liraglutide and semaglutide. It provides a detailed discussion of different drug types, efficacy, and personalized treatment approaches.

*"And what they found was that with the phenotype specific drug they got like 50% more total weight loss. So. And again. This is the future to me. The future will be personalized. Not only personalized nutrition. But there are different. Paths to overweight."*

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## 52. The Model Health Show

Episode: TMHS 873: The Truth About GLP-1: Foods That Increase It, What Blocks It, & More - With Dr. Taz

Date: 2025-02-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features an in-depth discussion on GLP-1 drugs like semaglutide, addressing their significant impact on society, their efficacy in weight loss and cardiometabolic improvements, but also highlighting concerns such as weight regain after stopping the drugs. The focus also includes questions about the long-term health and societal costs of GLP-1 drugs.

*"GLP-1 drugs have hit our society harder than just about anything we've ever seen. ... participants regained two-thirds of their prior weight loss with similar negative changes in their cardiometabolic variables."*

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## 53. The Kris Gethin Podcast

Episode: 229: The New GLP-1 Pill That Could Replace Injections

Date: 2025-10-16 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses emerging GLP-1 drugs, especially the first oral non-peptide GLP-1 receptor agonist, highlighting its advantages over injectable forms and promising clinical trial results showing significant weight loss. The episode also explores how these drugs function and their impact on health and longevity, focusing on convenience and improved compliance potential.

*"Because it's the first oral non-peptide GLP-1 receptor agonist. Pause and think about that for the second. Because until now, GLP-1 drugs like your semaglutide or your tizapatide or redditruotide require shots."*

#### 54. The Metabolic Classroom with Dr. Ben Bikman

Episode: Could We Use GLP-1 Drugs like Ozempic & Mounjaro Better? A Smarter Weight Loss Strategy

Date: 2025-03-06 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a detailed scientific overview of GLP-1 drugs like Ozempic and Mounjaro, explaining their mechanism, benefits, and potential downsides, aiming to present a smarter strategy for their use in weight loss. It discusses how these drugs work in the body and raises considerations around mental health risks and diminishing effects, though it does not directly address impacts on the food and beverage industry or executive perspectives.

*"These are drugs that have doctors and dieters who are interested in weight loss buzzing about their ability to promote remarkable weight loss, and they are everywhere. But are we moving too fast? Is there a better way to use them?"*

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#### 55. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Revolutionary Weight Loss Breakthrough Explained

Date: 2025-07-12 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed overview of Ozempic, a GLP-1 drug, highlighting its weight loss potential, clinical trial results, and broader health benefits, while also discussing common side effects and its off-label use for weight management.

*"According to Yale University, Ozempic helps regulate blood sugar and curbs hunger by mimicking a hormone called GLP-1, suppressing appetite and slowing stomach emptying, leading to substantial weight loss over time."*

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#### 56. Navigating Ozempic-#Ozempic

Episode: "Ozempic Breakthrough: Higher Doses, Cardiovascular Benefits, and Emerging Challenges Revealed"

Date: 2025-09-20 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the usage patterns, effectiveness based on eating behaviors, medical expert cautions, and emerging legal challenges related to GLP-1 drug Ozempic. The impact on patient compliance, health risks, and the need for specialized support are highlighted, reflecting both benefits and concerns associated with GLP-1 treatments.

*"A study from Denmark found that about half of the people prescribed Ozempic for weight loss stop using it within one year due to the high cost, leading to concerns about sustained effectiveness."*

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#### 57. Robert Sapolsky | Father-Offspring Interviews

Episode: #56: Ozempic, Inbreeding | Robert Sapolsky Father-Offspring Interviews

Date: 2025-03-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion of GLP-1 drugs like Ozempic, focusing on their appetite-suppressing effects, potential for weight loss, and emerging research into broader therapeutic uses such as addiction treatment. The speaker explains the biological basis of how these drugs affect appetite regulation in the brain and highlights their growing significance beyond initial expectations.

*"As of about three years ago, Ozempic and related semaglutides were without question the most exciting molecules in the universe. And then, inconceivably now, a few years later, they've become even more exciting because of findings alluded to in those questions."*

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#### 58. Navigating Ozempic-#Ozempic

Episode: Ozempic Revolution: Price Cuts, Research Breakthroughs, and Potential Alzheimer's Hope Emerge

Date: 2025-11-24 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses major recent developments in GLP-1 drugs like Ozempic, including a notable price cut by Novo Nordisk and a new study investigating lifestyle changes associated with GLP-1 usage. It highlights the potential real-world impacts on patients and the broader healthcare and pharmaceutical industries.

*"Novo Nordisk, the maker of Ozempic, announced it has officially reduced the monthly self-pay price for most doses of Ozempic to \$349, down from \$499."*

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#### 59. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Breakthrough Weight Loss Drug's Risks, Rewards, and Future

Date: 2025-09-06 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion of GLP-1 drugs like Ozempic, covering their effectiveness for weight loss, side effects, potential risks, and future developments. It also touches on consumer behavior issues like off-label use and challenges for sustained weight management, highlighting scientific and medical insights.

*"Ozempic has opened a new chapter in metabolic medicine, but there are still risks, unanswered questions, and an ever-changing landscape as science races forward."*

## 60. Navigating Ozempic-#Ozempic

Episode: Ozempic Price Drops, Lawsuits Rise: A Groundbreaking Look at the Drug Transforming Diabetes and Weight Loss

Date: 2025-08-23 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the price reduction of semaglutide-based GLP-1 drugs like Ozempic and Wadi, highlighting their dual role in diabetes management and weight loss, ongoing research into delivery methods, and the impact on patient accessibility and health outcomes. It also touches on the growing role of these drugs in obesity treatment and personalized healthcare choices.

*""From consumer testimonials to open-label clinical trials, the evidence shows that Ozempic can be a critical tool in the fight against obesity, which continues to be a major public health challenge.("")*

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## 61. Ozempic Weightloss Unlocked

Episode: "Ozempic Unveiled: Revolutionary Weight Loss Breakthrough in 2025"

Date: 2025-07-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonist drugs like Ozempic and Wegovy, focusing on their off-label use for weight loss, presenting studies on long-term weight loss maintenance and the common issue of weight regain after stopping treatment. It highlights medical and lifestyle factors influencing effectiveness, signaling both benefits and challenges of these drugs in real-world applications.

*""According to Buckhead Primary Care Clinic, a recent 2024 study found that people who used Ozempic for four straight years maintained an average 10% weight loss, but many regain weight after stopping the drug.("")*

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## 62. Fork U with Dr. Terry Simpson

Episode: How Ozempic Works and Why Diets Still Matter

Date: 2025-06-20 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses how GLP-1 weight loss drugs like Ozempic and ZepBound work by affecting brain mechanisms that control hunger, satiety, and emotional eating, explaining their efficacy beyond just being diet pills. It highlights the neurochemical basis behind changes in food cravings and behavior observed in users.

*""These are not diet pills. These are precision metabolic therapies. And no, the real magic is not in your gut. The real magic is in your brain."")*

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## 63. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Breakthrough Weight Loss Science and What You Need to Know

Date: 2025-09-13 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed discussion on GLP-1 drugs Ozempic and Wegovy, focusing on their mechanisms, clinical effectiveness in weight loss, widespread popularity due to celebrity endorsement, and ongoing research into next-generation compounds aiming for even greater efficacy.

*""Many patients taking Ozempic weekly have seen impressive reductions in body weight, up to 16%, according to data highlighted by the American Journal of Managed Care."")*

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## 64. Washington DC News Today | 2 Min News | The Daily News Now!

Episode: Costco's Discount Ozempic: Savings and Accessibility

Date: 2025-10-04 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Costco's new partnership with Novo Nordisk to offer discounted GLP-1 drugs like Ozempic and Wagovi to members, emphasizing improved accessibility and affordability of these medications for weight loss and diabetes management. The mention highlights positive consumer response and the potential impact on healthcare access and treatment adherence.

*""This latest member perk offers popular GLP-1 medications like Wagovi and Ozempic at a significant discount members can now get these medications for about half the usual cost."")*

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## 65. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Revolutionary Weight Loss Science and Real-World Results

Date: 2025-12-30 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast provides a comprehensive overview of Ozempic and related GLP-1 drugs, discussing their medical benefits, including weight loss and relief for osteoarthritis patients, alongside real-world challenges such as side effects, emotional impacts, social media influence, drug shortages, and weight regain in older adults. It highlights both the positive medical breakthroughs and the complex behavioral and market-related consequences.

*""Users feel normal and happier post-loss, but face emotional hits from past stigma."")*

## 66. Kurzgesagt Podcast: Science Revealed

Episode: The Ozempic Effect: How a Diabetes Drug Became a Global Weight-Loss Craze

Date: 2025-10-06 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed explanation of GLP-1 drugs like semaglutide and tirzepatide, outlining their biological mechanism, differences, and significant impact on weight loss. It highlights the science behind the drugs, their extended efficacy compared to natural hormones, and the impressive clinical results driving their popularity.

*"What makes these synthetic GLP-1 drugs, like semaglutide, so revolutionary, is how they're built... They stick around in the body for much, much longer. For semaglutide, it's a whole week from one injection."*

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## 67. Ozempic Weightloss Unlocked

Episode: Ozempic Revealed: Groundbreaking Weight Loss Insights and Future Medical Innovations

Date: 2025-10-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses semaglutide-based GLP-1 drugs like Ozempic and Wegovy, their effects on weight loss and health markers, financial implications, dosing practices including microdosing, and recent research on mitigating muscle loss as a side effect. It offers a comprehensive overview but also highlights concerns about increased healthcare costs and unapproved dosing methods.

*"Abeluk emphasizes these are miraculous medications that should be widely prescribed, but policymakers need to plan for increased costs rather than expecting immediate savings."*

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## 68.

Episode: Ozempic : || ( No 15)

Date: 2025-09-21 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the widespread adoption of GLP-1 drugs like Ozempic and similar medications (VEGOVY, Maungaro, The Bound) and how they are influencing various industries including food and beverages, fashion, and the wedding industry by changing consumer behavior and economic trends in multiple countries.

*"" , , , Ozempic , 2023 .""*

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## 69. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Novo Nordisk CagriSema Outperforms Ozempic in Phase III Trial for Type 2 Diabetes and Weight Loss

Date: 2026-02-04 | Relevance: 90/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drug CagriSema outperforming Ozempic in weight loss and diabetes control, explores challenges such as nutrient deficiencies and access issues, and shares Oprah Winfrey's personal experiences with GLP-1 medications. It highlights evolving treatment options, benefits, and cautions around weight loss drugs impacting consumer behavior and treatment approaches.

*"Oprah Winfrey ... said they silenced the food noise in her head and helped her view obesity as a disease, not a personal failure."*

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## 70. Wegovy

Episode: Wegovy Breakthrough: Novo Nordisk Unveils Higher Dose Medication Offering Significant Weight Loss and Health Improvements

Date: 2025-07-12 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the new 7.2mg higher dose of Novo Nordisk's GLP-1 drug Wegovy, highlighting its significant weight loss efficacy from recent clinical trials and potential health benefits beyond weight management. It emphasizes the drug's impact on obesity treatment and its implications for patients not achieving results with previous doses.

*"This new dose could offer new hope for patients who have not reached their goals with existing treatments and represent a tailored option for those with severe obesity who are often facing a constellation of other health concerns."*

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## 71. La Story

Episode: Novo Nordisk, la pilule du coupe-faim Wegovy ne passe plus en Bourse

Date: 2025-11-24 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape of GLP-1 weight loss drugs, focusing on Novo Nordisk's Wegovy pricing strategies in the US under pressure from Donald Trump, significant price drops, and the impact on new market entrants. It highlights how pricing dynamics may affect demand and market competition rather than directly addressing consumer behavior or food and beverage operators' responses.

*"To cut prices, Donald Trump pressures labs, leading Novo Nordisk's Wegovy price to fall from \$1,350 to \$245 per month for vulnerable US populations starting March 2026."*

## 72. Wegovy

Episode: Wegovy Weight Loss Drug Faces Legal Challenges and Market Shifts as Oral Version Promises Revolutionary Obesity Treatment

Date: 2025-10-04 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The episode discusses the legal challenges, competition, and market dynamics surrounding Wegovy, a GLP-1 drug for weight loss, including patient lawsuits, FDA regulatory decisions, and competitive pressure from other drugs like Eli Lilly's tirzepatide. It highlights both the effectiveness and risks of these drugs, as well as shifts in consumer access and industry competition.

*"According to Oberheiden Law Group, by May of 2025, there were more than 1,800 lawsuits pending across the United States, naming GLP-1 drugs like Wegovy."*

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## 73. On The Pen GLP-1 News

Episode: Zepbound vs. Wegovy, CVS vs. Patients, and the Executive Order That Changes Everything

Date: 2025-05-13 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion focuses on a head-to-head comparison between two GLP-1 weight loss drugs, Zepbound and Wegovy, highlighting Zepbound's superior efficacy and better tolerability. This has implications for patient adherence and treatment outcomes in GLP-1 medication use.

*"Patients on Zepbound lost 20.2% of their body weight and patients on Wegovy lost 13.7%, a 47% more weight loss on Zepbound."*

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## 74. Effective Solutions for Weight Loss

Episode: get mounjaro for weight loss

Date: 2025-02-15 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of newer GLP-1 drugs, specifically Mounjaro, which acts as a dual GLP-1 and GIP agonist offering enhanced weight loss and metabolic benefits compared to earlier drugs like Ozempic and Wegovy. It emphasizes the biological mechanisms and superior outcomes of dual agonism in combating obesity's rising prevalence.

*"The newest option, Mounjaro, dual activates both GIP and GLP-1 pathways, outperforming its predecessors."*

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## 75. My Life On GLP1

Episode: S15.E2: My Life on GLP1 - Starting a GLP-1 This Year? A Beginner's Guide No One Gives You

Date: 2026-01-20 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth beginner's guide and practical advice for individuals starting GLP-1 medications, focusing on user experience, behavioral changes, and managing eating habits during the early stages of treatment.

*"Field manual rule number one, prepare for the silence. When food noise goes quiet, it's going to feel weird. You know that constant mental chatter about what to eat, when to eat, what's in the fridge? That radio in your head just gets turned off."*

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## 76. Daybreak

Episode: The price drop in weight-loss drugs Indian pharma can't handle

Date: 2025-08-25 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing market for GLP-1 weight-loss drugs in India, focusing on upcoming patent expirations that will lead to significant price drops and increased accessibility. It highlights the business opportunities for Indian pharma companies and the broader impact of GLP-1 drugs beyond weight loss.

*"Now, GLP-1 drugs are coming to India in a much bigger and much cheaper way."*

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## 77. Wegovy

Episode: Wegovy Revolution: Higher Doses, Oral Pills, and the Future of Obesity Treatment Spark Medical Breakthrough

Date: 2025-12-20 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the new higher dose of the GLP-1 drug Wegovy (7.2 mg) and its significant weight loss effectiveness in clinical trials, including regulatory progress toward approval in Europe and the U.S. This reflects advancements in obesity treatment with GLP-1 drugs.

*"In the step-up trial, adults with obesity but without diabetes on this higher dose lost on average 20.7% of their body weight over 72 weeks, compared with 17.5% on the current 2.4 milligram dose and just 2.4% on placebo."*

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## 78. Wegovy

Episode: Wegovy: Revolutionizing Weight Loss and Addiction Treatment with Groundbreaking Medical Breakthrough

Date: 2025-07-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed discussion on Wegovy, a GLP-1 drug, covering its effectiveness in weight loss, challenges such as rebound weight gain after stopping treatment, and emerging potential uses in addiction therapy. It highlights clinical trial results, the

drug's impact on obesity treatment, and cautionary advice for patients.

*"The primary clinical trial showed adults without diabetes who injected semaglutide, the key ingredient in Wegovy, lost nearly 15% of their body weight over about 16 months."*

## 79. Wegovy

Episode: Wegovy Weight Loss Drug Sparks Legal Battles, Pricing Debates, and Medical Innovation Amid Pharmaceutical Breakthrough

Date: 2025-04-19 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the safety concerns, legal battles, and clinical trial results of GLP-1 weight loss drugs like Wegovy, as well as industry competition and regulatory challenges affecting availability. It highlights both the promising efficacy of higher doses and rival drugs and the negative issues such as lawsuits, FDA halts on compounded versions, and pricing controversies.

*"The number of lawsuits is expected to grow, and the outcome could reshape how pharmaceutical companies communicate risk in an era of mass medication for lifestyle diseases."*

## 80. Wegovy

Episode: Wegovy: The Weight Loss Drug Transforming Healthcare, Sparking Debate on Access, Pricing, and Future Medical Innovation

Date: 2025-07-19 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 weight loss drug by Novo Nordisk, highlighting its rapid sales growth, regulatory challenges, supply shortages, pricing debates, and industry competition. It touches on changes in healthcare and public policy, while noting the impact on medical innovation and future uses of GLP-1 drugs.

*"Wegovy posted sales of nearly \$1.9 billion in the United States alone, a staggering 83% increase over the previous year, with some 200,000 weekly prescriptions in the US."*

## 81. Wegovy

Episode: Wegovy Breakthrough: FDA Approves First GLP-1 Treatment for Liver Disease, Expanding Hope for Metabolic Health

Date: 2025-08-30 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the recent FDA accelerated approval of Wegovy (semaglutide), a GLP-1 drug, for treating Metabolic Dysfunction Associated Steatohepatitis (MASH), highlighting its significant effectiveness and expanded patient access. It emphasizes the medical breakthrough and potential impact on metabolic health management.

*"One leading researcher, Arun Sanyal... called this expansion for Wegovy a genuinely pivotal milestone for the MASH community, and a significant stepping stone toward more comprehensive metabolic care."*

## 82. Wegovy

Episode: Wegovy: The Weight Loss Drug Transforming Healthcare, Sparking Debate on Access, Pricing, and Future Medical Innovation

Date: 2025-07-19 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 weight loss drug by Novo Nordisk, highlighting its rapid sales growth, supply challenges, regulatory issues, and its impact on healthcare debates. It covers shortages, pricing controversies, and evolving access strategies, but does not deeply analyze food and beverage industry effects or direct operator commentary on changing consumer behavior.

*"Wegovy posted sales of nearly \$1.9 billion in the United States alone, a staggering 83% increase over the previous year, with some 200,000 weekly prescriptions in the US."*

## 83. Wegovy

Episode: Wegovy Breakthrough: FDA Approves First GLP-1 Treatment for Liver Disease, Expanding Hope for Metabolic Health

Date: 2025-08-30 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the FDA's accelerated approval of Wegovy (semaglutide), a GLP-1 drug, for treating MASH, highlighting its clinical trial success and potential to expand access and insurance coverage. It emphasizes the drug's medical breakthrough and increasing recognition in metabolic health.

*"One leading researcher, Arun Sanyal, who directs the Stravitz-Sanyal Institute for Liver Disease at Virginia Commonwealth, called this expansion for Wegovy a genuinely pivotal milestone for the MASH community, and a significant stepping stone toward more comprehensive metabolic care."*

## 84. Wegovy

Episode: Wegovy Breakthrough: FDA Approval for Liver Disease Sparks Controversy Amid Lawsuits and Vision Loss Claims

Date: 2025-09-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the FDA approval of Wegovy, a GLP-1 drug, for fatty liver disease amidst controversies including lawsuits over side effects such as vision loss, gastroparesis, and blood clots. Despite these issues, demand for the drug is rapidly increasing, causing supply shortages and high costs that affect patient access, with implications for consumer behavior and the food and beverage industry.

*""Even in the face of mounting controversies, Wegevy's demand is skyrocketing. ""*

## 85. Wegovy

Episode: Wegovy Pill Breakthrough: Novo Nordisk Seeks FDA Approval for Groundbreaking Obesity Treatment Amidst Lawsuits and Market Excitement

Date: 2025-09-21 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the groundbreaking oral form of the GLP-1 drug Wegovy, highlighting its significant weight loss results and potential to transform obesity treatment, but also covers serious health risks and ongoing lawsuits related to adverse effects.

*""Novo Nordisk, the Danish pharmaceutical powerhouse behind Wegovy, has filed for FDA approval of an oral version of this much-discussed drug, and the anticipation is mounting with bated breath. ""*

## 86. GLP-1 Tribe

Episode: What the Data Shows - Massive Benefits of GLP-1s of Wegovy, Zepbound and Ozempic. Weight Loss Results and other Major Health Wins

Date: 2025-05-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on GLP-1 drugs, highlighting their significant and sustained weight loss effects, cardiovascular health benefits, and potential impacts on addiction and sleep apnea. It explores the mechanisms behind these effects, citing various trials and meta-analyses that show promising health improvements beyond just weight loss.

*""The meta-analyses we looked at show a significant 28% drop in the risk of myocardial infarction, heart attacks. ""*

## 87. Wegovy

Episode: Wegovy Pill Breakthrough: Novo Nordisk Seeks FDA Approval for Groundbreaking Obesity Treatment Amidst Lawsuits and Market Excitement

Date: 2025-09-21 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 weight loss drug by Novo Nordisk, highlighting its promising clinical trial results for significant weight loss and potential health benefits, along with serious safety concerns including lawsuits regarding adverse effects. The discussion reflects both excitement over market potential and caution due to reported risks and ongoing litigation.

*""In a phase 3 trial, participants on oral semaglutide 25mg lost an average of 16.6% of their body weight, compared with just 2.7% for placebo. ""*

## 88. Wegovy

Episode: Wegovy Breakthrough FDA Approves First Treatment for Liver Disease Offering Hope to Millions of Americans

Date: 2025-08-23 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the expanded FDA approval of Wegovy (a GLP-1 drug) for liver disease (MASH), highlighting its market potential, first-mover advantage over competitors like Eli Lilly, challenges around affordability and access, and evolving healthcare system responses to GLP-1 therapies. It also covers patient experiences and implications for the drug's future use and monitoring.

*""Analysts are forecasting that Wegovy, now with the new MASH indication, is set to capture a huge chunk of an emerging multi-billion dollar market, possibly reaching a staggering \$18 billion in revenue by the end of the decade. ""*

## 89. Weight and Healthcare

Episode: GLP-1s and Muscle Loss - Part 2 Wegovy and Zepbound

Date: 2025-11-08 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion on GLP-1 weight loss drugs, specifically Eli Lilly's terzepatide and Novo Nordisk's semaglutide, focusing on recent studies about their effects on body composition including muscle loss and fat reduction. It highlights clinical trial data and conflicts of interest, reflecting both positive body composition changes and concerns about loss of lean body mass.

*""In the Step 1 clinical trial on semaglutide, it was found that nearly 40% of the weight loss came from lean mass. ""*

## 90. Finans Podcast

Episode: Weekend: Pillekrigen raser - hvem vinder kampen om fedmemilliarderne

Date: 2025-03-22 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses extensively on GLP-1 weight loss drugs, particularly highlighting the market potential and financial impact of drugs like Wegovy by Novo Nordisk and products by Eli Lilly. The discussion includes market size estimates for obesity treatment drugs, revenue contributions to Novo Nordisk, and the scientific background of GLP-1 based therapies.

*""Lige nu hedder et estimat 180 milliarder dollar i 2035 ... hvor novonordisk og Eli Lilly ... kommer til at have omkring halvdelen af det der. ""*

## 91. The Rundown

Episode: Deep Dive: How Eli Lilly Became the First \$1 Trillion Healthcare Company

Date: 2025-11-29 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's GLP-1 weight loss drugs Manjaro and Zeppown that have significantly transformed the company's business, dominating U.S. prescriptions versus Novo Nordisk's similar products, and highlights the explosive growth and consumer demand driven by these drugs' effectiveness. It covers sales data, market share, and how GLP-1s have become a cultural phenomenon with viral popularity and celebrity endorsements.

*"In Q3 of this year, Manjaro's sales grew by 109%, while Zeppown's grew by 185%. Combined, Manjaro and Zeppown did over \$10 billion in sales in Q3 alone, and now make up 57% of all of Eli Lilly's revenue."*

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## 92. Pilestrde

Episode: Lyt til Berlingske: Tabletten, der kan knække sprøjte-imperiet

Date: 2025-09-14 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape of GLP-1 weight loss drugs, focusing on market dominance by Novo Nordisk and the rising challenge from Eli Lilly's dual-acting GLP-1 and GIP medication, including sales figures and efficacy data. It highlights market share shifts, production issues, and differences in drug mechanisms affecting consumer weight loss outcomes globally.

*"Nogen Nordisk medicin virker ved at stte gang i produktionen af et bestemt tarmhormon i kroppen, nemlig GLP1. Lili's medicin derimod sletter gang i produktionen af to tarmhormoner pa en gang... Mon Jau giver vgtab pa knap 21% i snit over 72 uger... mens Vigori giver et vgtab i gennemsnit pa 15% over 68 uger."*

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## 93. Becker's Payer Issues Podcast

Episode: Rethinking GLP 1 Coverage Through Transparent, Consumer First Pharmacy Models

Date: 2026-01-23 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on healthcare costs and employer benefit strategies, focusing on cost pressures, utilization management, and partnerships with manufacturers. It highlights financial challenges despite clinical benefits and describes efforts by companies like Centerwell and Humana to manage affordability and access through innovative pharmacy models.

*"A recent Gallagher study showed that GLP-1 drug class spend increased 35% in 2024 and another 25% in 2025. So even with good clinical outcomes, that cost trajectory is truly outpacing the near-term medical savings."*

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## 94. Behind the Money

Episode: Pfizer and Novo Nordisk's \$10bn battle over weight-loss drugs

Date: 2025-11-12 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the intense competition among pharmaceutical companies like Novo Nordisk, Pfizer, and Eli Lilly in the GLP-1 weight loss drug market, highlighting strong sales growth and strategic acquisitions such as the bidding war for biotech startup MetSara. It provides insight into market dynamics and company positions but does not deeply explore effects on the food and beverage industry or direct operator/executive perspectives on consumer behavior.

*"The market's expected to reach sales of at least \$100 billion by 2030... whoever wins MetSara gets the chance of getting a slice of the future of the weight-loss drug market, potentially one of the most lucrative ever."*

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## 95. OHNE AKTIEN WIRD SCHWER - Tagliche Börsen-News

Episode: "Abnehmspritzen-Boom - Novo Nordisk, Eli Lilly & Schaufelverkäufer" - mit Nicolas Schmidlin

Date: 2026-01-24 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast thoroughly discusses the development and market position of GLP-1 drugs, focusing on the innovations by Novo Nordisk and Eli Lilly, including their impact on weight loss treatment approvals and technological advancements such as longer half-life formulations. It touches upon clinical trial outcomes, regulatory milestones, and competitive dynamics in the GLP-1 obesity treatment market.

*"2017 kam dann Ozempic auf den Markt. Das ist also Semaglutin für Typ-2-Diabetes. Und als man dann nochmal die Phase-3-Studien gemacht hat, eben rein mit dem Fokus auf Übergewicht, kam dann eben 2021 im Grunde das gleiche Medikament, aber diesmal dann unter dem Markennamen Vigowi auf den Markt."*

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## 96. Prof G Markets

Episode: Novo Nordisk Tanks 30%, P&G Takes a Tariff Hit & SoFi's Monster Second Quarter

Date: 2025-07-30 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The discussion highlights Novo Nordisk's recent stock decline amid increasing competition in the GLP-1 weight loss drug market, particularly from Eli Lilly's product Zetbound, and addresses issues like market share loss and supply shortages. Analysts suggest Novo Nordisk is focusing on smaller threats like copycat compounded drugs while underestimating the competitive challenge posed by Eli Lilly.

*"So the company seems very focused on this copycat problem, but they seem much less focused on the fact that their biggest competitor, Eli*

*Lilly, has taken the lead in the weight loss drug prescriptions market."*

## 97. Schwab Network

Episode: LLY Gains on NVO Losses & Outlook for Weight Loss Drug Trade

Date: 2026-02-04 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the current landscape of GLP-1 weight loss drugs, focusing on the competitive dynamics between Eli Lilly and Novo Nordisk, pricing pressures, ongoing usage requirements, and market implications. Analysts note Eli Lilly's gains and Novo Nordisk's challenges, including margin pressures and leadership changes, affecting investor sentiment.

*"But right now, Lilly's definitely the play. You know, I also think about the fact that, you know, at this point, the GLP-1's it was supposed to help you lose weight. But now everybody's realizing they have to micro dose or else probably for the rest of their lives."*

## 98. Schwab Network

Episode: LLY Plunges on Earnings & Weight Loss Drug Disappointment, Outlook Still Holds Optimism

Date: 2025-08-07 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent trial results of Eli Lilly's oral GLP-1 weight loss drug candidate, highlighting efficacy setbacks compared to Novo Nordisk's oral semaglutide candidate, investor reactions, and competitive pressures in the GLP-1 market, with a focus on drug performance and market implications. It also touches on challenges related to drug compounding and market share dynamics between injectables and orals.

*"Investors were hoping for weight loss numbers north of 15%, maybe even 17%. What they got was 12.4%, which is still solid, but not the best in class they were hoping for."*

## 99. Schwab Network

Episode: GLP-1s Have 'Wind at Their Back'

Date: 2025-02-27 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an equity research director discussing the strong outlook and market dynamics for GLP-1 drugs, including market leadership by Novo Nordisk and Eli Lilly, FDA resolution of drug shortages, and implications of Medicare spending audits related to weight loss use. The discussion highlights favorable industry conditions and substantial growth projections through 2030.

*"Generally, we think that the wind is still at the back of the GLP-1 class of drugs, and we actually recently raised our estimates for 2030 sales globally of GLP-1s to about \$139 billion across both diabetes and obesity."*

## 100. Breaking News To Trading Moves

Episode: Eli Lilly 2026 Outlook Tops Estimates on Hot Obesity-Drug Demand

Date: 2026-02-05 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong market growth and revenue potential of GLP-1 weight loss drugs led by Eli Lilly and Novo Nordisk, highlighting not only drug sales but also the wider impact on manufacturing and supply chain companies benefiting from increased drug production demand.

*"If the market for these drugs is expanding to the point where LLY thinks they can do \$80 billion in sales, it implies a massive total addressable market that Novo is also capturing a very large piece of."*

## 101. The Business

Episode: The battle of the fat jabs

Date: 2025-12-18 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of GLP-1 weight loss drugs on various industries including healthcare, gyms, and restaurants, highlighting substantial market value shifts among pharmaceutical companies like Novo Nordisk and Eli Lilly, and changes in consumer behavior such as smaller restaurant portions and gym equipment changes.

*"We've seen the rise of this sort of ozempic menu in restaurants where they've offered smaller, more sort of nutrient-dense portions. ""*

## 102. Schwab Network

Episode: "Reassessment" of LLY & NVO GLP-1 Projections Set New Guidance Tone

Date: 2025-09-16 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion provides a detailed analysis of Eli Lilly's GLP-1 weight loss drugs, focusing on updated financial projections, market share, pricing strategies, and their potential impact on the company's growth through 2030. It highlights market dynamics, competitive landscape, and the growing opportunity as more consumers adopt GLP-1 therapies.

*"Right now, they seem very reasonable. Manjaro's 2025 through 2030 CAGR is about 11%. That seems very realistic given the opportunity ahead of it."*

### 103. Here's Why

Episode: Here's Why Obesity Drugs Are Changing the Food We Buy

Date: 2025-05-23 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 weight loss drugs and their significant impact on consumer eating behaviors, with food and beverage companies adapting by offering products that cater to the changed dietary preferences of users. The discussion includes market size, popular drugs by name, and observable changes in food consumption patterns among GLP-1 users.

*"The demand for obesity drugs like Ozempic and Zepbound, collectively known as GLP-1, has skyrocketed. As that's likely to rise, food companies have been taking notice of shifting eating habits and making changes too."*

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### 104. RaboResearch Food & Agribusiness Australia/NZ

Episode: How weight loss drugs drive change in the food and agriculture sector

Date: 2025-12-14 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a significant development initially for diabetes treatment, now impacting weight management with potential game-changing effects on obesity. It highlights how these drugs reduce appetite and food consumption, thereby influencing consumer behavior and the food industry globally.

*"In fact, studies show that on average people lose around 15 to even 20% of their body weight while on these drugs. So that really is quite significant."*

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### 105. The Food Is Health Revolution

Episode: Future Cast: The Last Prescription

Date: 2025-08-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are significantly suppressing appetite, affecting food consumption and commodity prices in the food industry, and how retailers are responding by integrating health-focused food and pharmaceutical offerings. It highlights the challenges and opportunities caused by changing consumer behavior due to these drugs.

*"The nation's largest retailer was watching its food sales plummet as GLP-1 drugs suppressed appetites, while its pharmacy revenues were being squeezed by new direct-to-consumer, most favored nations requirements, undermining the pharmacy benefits manager market."*

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### 106. High Performance Health

Episode: How THIS Peptide Transform Weight Loss, Muscle & Blood Glucose Control | Dr. Rocio Salas-Whalen

Date: 2025-12-29 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features an endocrinologist discussing the effects of GLP-1 drugs on midlife women, specifically how these medications affect weight loss, appetite suppression, muscle mass, and body composition during perimenopause. The conversation highlights both benefits and potential complications of GLP-1 use, emphasizing the need to balance weight loss with muscle preservation.

*"When you add GLP-1s into this picture, which can suppress your appetite by 50%, it can actually become really hard to eat enough protein to maintain or build muscle."*

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### 107. Everybody's Business

Episode: How Venezuela Hit Rock Bottom

Date: 2026-01-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the significant rise in GLP-1 weight loss drug usage and how these drugs are transforming consumer behavior in the food and beverage industry. It highlights that while grocery stores face challenges due to reduced impulse purchases, restaurants are adapting differently, and industry executives are actively addressing the impact in earnings calls.

*"More than 10% of Americans now use GLP-1s, and that has doubled from last year."*

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### 108. Podcasts & RealAgriculture

Episode: How GLP-1s will shift consumer food habits and why it matters for agriculture

Date: 2026-01-05 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the increasing awareness and usage of GLP-1 drugs, their origins as diabetes medications, their expansion into weight loss for both obesity and minor weight loss, and the potential impact on consumer food habits and household consumption patterns. Data points include usage rates in North America and the recent approval of daily pills enhancing accessibility.

*"Today the number is 12 and you're 12% are, have used or are using these drugs. If you look at about households, which is a big deal as well... 23% of households are, have people using these drugs."*

## 109. Lift Free And Diet Hard with Andrew Coates

Episode: #407 Sam Miller - GLP-1 Agonist Drugs, Reverse Dieting, and Ultra Processed Foods

Date: 2025-10-14 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise in GLP-1 agonist drug use for weight loss, the medical basis and mechanism of these drugs, as well as the expanding consumer base including those seeking casual weight management. It highlights the physiological action of GLP-1s and the growing spending trends without delving deeply into the food and beverage industry's reaction.

*"GLP-1 medication use from compounds like Ozempic, Wegovy, and Manjaro skyrocketed over 300% since 2020. US spending on GLP-1 is projected to surpass 100 billion annually by 2030."*

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## 110. !15

Episode: Weight-Loss Drugs: From Shrinking Waistlines to Shrinking Plates

Date: 2026-01-30 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 weight loss drugs such as Ozempic and Wegovy and their impact on the restaurant and food service industry, including changes in consumer behavior like reduced portion sizes and fewer dining occasions, especially among middle and high-income groups who are primary restaurant customers.

*"The growing use of weight loss drugs such as Ozempic, Wegovy, and Manjaro is starting to change the restaurant business."*

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## 111. The Smerconish Podcast

Episode: The Hidden Consequences of America's Weight Loss Drug Boom

Date: 2026-01-16 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of GLP-1 weight loss drugs on consumer behavior and various industries such as food, beverage, casinos, alcohol, and tobacco. It highlights increased casual dining spend, potential addiction treatment applications, and improving drug accessibility leading to widespread consumer adoption and profound economic impacts.

*"Well when your doctor says, hey, would you like a once-a-year shot for weight management? I mean, we're sitting in a situation where 10 years from now, 50% to 75% of the U.S. adult population could be on this drug."*

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## 112. Decoding the Shopper

Episode: The Future of Food and Health: Gut Microbiomes, GLP-1 Agonists, and Beyond

Date: 2025-02-21 | Relevance: 90/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rising impact of GLP-1 weight loss drugs like Ozempic and Wegovy on consumer behavior and the food industry, highlighting increased household usage, governmental partnerships, and the need for brands to adapt to a changing health landscape. It emphasizes potential disruption to food categories and shifting nutrient priorities such as increased protein demand due to muscle loss concerns with drug use.

*"I've heard that GLP-1 drugs have been likened to the iPhone, even the contraceptive pills. So a lot of scholars out there thinking that there's going to be big things for this drug."*

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## 113. Smerconish on CNN

Episode: Predictive Markets and Political Shifts: The Rise of Independents

Date: 2026-01-17 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 weight loss drugs and their significant impact on consumer behavior, fitness industry adaptations, and the broader food and retail sectors. It highlights how gyms and retailers are adjusting strategies to accommodate changes driven by GLP-1 users' consumption and lifestyle patterns.

*"Weight loss drugs. They may begin as a health story, but they're quickly becoming a consumer story and possibly a societal one. According to Axios and data from KFF, about one in eight U.S. adults now taking a GLP-1 drug."*

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## 114. Hub Podcasts

Episode: The government's climate policies are threatening Alberta's economy

Date: 2025-08-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are reducing consumer appetite, leading to significant shifts in grocery and restaurant spending, particularly affecting snack, confectionery, and beverage sectors. Early data reveals reductions in calorie consumption and changes in purchasing behavior, prompting industry adjustments like product reformulation and marketing shifts toward health-centric offerings.

*"If even a modest share of Canada's adult population adopts GLP-1 drugs, grocery retailers could see noticeable declines in revenue."*

## 115. Hub Podcasts

Episode: The government's climate policies are threatening Alberta's economy

Date: 2025-08-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the economic impact of GLP-1 weight loss drugs on the food and beverage industry, highlighting changing consumer behavior such as reduced purchasing of snacks, sugary treats, and alcohol, which could lead to significant revenue declines for grocery retailers and restaurants. It also covers potential shifts in product formulation and marketing strategies to adapt to these changes.

*"Remarkably, 43.1 percent of users expected major changes in Americans' dietary preferences and purchasing habits, compared with 14.3 percent of non-users."*

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## 116. Retail Daily Minute

Episode: Walton's Weekly Wramblings | The Five Trends From FMI 2026 That Actually Matter (And What The Merchants Were Really Saying)

Date: 2026-01-30 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant and accelerating impact of GLP-1 weight loss drugs on American obesity rates and consumer health behavior, highlighting how grocery operators are rapidly adapting product assortments and space allocations to meet changing consumer needs. Executives from major grocery chains confirm a strong industry response to the trend, seeing it as a transformative force in health and wellness retail.

*"It's a race to figure out how we can get as much space as quickly as we can."*

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## 117. Mind & Matter

Episode: Genetics & Neurobiology of Obesity: Hypothalamus, Leptin, Gut Hormones, Weight Loss Drugs | Giles Yeo | 222

Date: 2025-04-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an in-depth explanation of how GLP-1 weight loss drugs work biologically, discusses their effectiveness with significant weight loss data, and touches on common side effects and the importance of monitoring long-term effects.

*"We never would have thought this possible five years ago, but here we are. Okay. So they're very effective. Okay. Extremely effective."*

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## 118. Bloomberg Intelligence

Episode: BI Weekend: Nvidia, Retail Earnings, Anthropic Investment

Date: 2025-11-21 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a thorough discussion on GLP-1 weight loss drugs, focusing on pricing strategies by Novo Nordisk and Lilly, market penetration rates, and implications of new pricing deals on Medicare and Medicaid access. It highlights competitive dynamics between drugmakers and emerging impact on patient access and adoption rates.

*"The White House pricing deal on GLP-1 drugs supports use of these GLP-1 drugs in Medicare, unlocking 7 to 8 million patients, with 10% of Medicare beneficiaries becoming eligible based on the pilot program."*

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## 119. Astral Codex Ten Podcast

Episode: The Ozempocalypse Is Nigh

Date: 2025-03-21 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the availability, cost, and regulatory challenges surrounding GLP-1 drugs for weight loss, focusing on the impact of drug shortages and the FDA's decisions on compounding pharmacies. It examines how patients access these drugs despite high costs and regulatory hurdles but does not deeply explore effects on the food and beverage industry or operator perspectives.

*"Over 2 million Americans have made use of this loophole to get weight loss drugs for cheap."*

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## 120. GI Insights

Episode: Navigating Gastrointestinal Impacts of GLP-1 Receptor Agonists

Date: 2025-06-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features an expert discussing the gastrointestinal side effects of GLP-1 receptor agonists, strategies to minimize them, and addressing concerns about increased pancreatitis risk. The focus is on clinical impacts and patient management rather than consumer behavior or the food and beverage industry.

*"The best way to minimize the GI adverse effects in patients taking GLP-1 receptor agonists is to reduce the dose to a level that is tolerated."*

## 121. Mikkipedia

Episode: Mini Mikkipedia - Food Noise Fixes? GLP-1, Calocurb, and the Patch Problem  
Date: 2025-10-05 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the cultural phenomenon of GLP-1 drugs in weight loss, their physiological effects, and the growing popularity impacting consumer behavior. It also touches on new imitation products and the broader appetite-regulating effects of GLP-1 drugs beyond just food cravings.

*""GLP-1 receptors exist both in the gut and in the brain. And when they're activated, people feel fuller, more satisfied, and maybe most importantly, their cravings drop dramatically.""*

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## 122. Navigating Ozempic-#Ozempic

Episode: Ozempic Unfolded: Lawsuits, Market Shifts, and Medical Breakthroughs Reshape Weight Loss Treatment Landscape  
Date: 2025-10-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses significant developments around GLP-1 weight loss drugs, notably Ozempic, including market challenges with counterfeit products, upcoming pill formulations to improve accessibility, and medical research on managing side effects. It highlights both the benefits and risks impacting public health and regulatory responses.

*""The advice stemming from regulators is unequivocal. Stick to the official Food and Drug Administration-approved pathways, and avoid cut-rate or compounded versions offered outside the traditional health system."""*

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## 123. Navigating Ozempic-#Ozempic

Episode: Ozempic Unveiled: Breakthrough Medication Revolutionizing Health, Weight Loss, and Medical Treatment  
Date: 2025-12-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, highlighting its health benefits in weight loss and medical treatment as well as its economic impact on reducing food bills. It also addresses challenges such as black market proliferation, safety concerns, and medical diagnostic complications.

*""SciTech Daily from Cornell University reveals that Ozempic is not just shrinking waistlines, it is slashing Americans' food bills."""*

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## 124. AI Article Readings

Episode: What if Ozempic doesn't fix literally everything? - By Jerusalem Demas  
Date: 2026-01-23 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 drugs like Ozempic, Mounjaro, and newer alternatives in assisting weight loss and their health benefits beyond weight reduction. It highlights that while these drugs are effective helpers, they require ongoing diet and exercise, and positively impact obesity-related health risks, addressing common misconceptions.

*""The GLP-1 revolution is not a miracle. It's a helper."""*

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## 125. Digest & Invest by eToro | Insights on Trading, Markets, Investing & Finance

Episode: SB037: Analysing Novo Nordisk: The Healthcare Giant Behind Ozempic  
Date: 2025-03-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast episode provides a detailed analysis of Novo Nordisk, the key player behind GLP-1 drugs like Ozempic and Wegovy, highlighting their market performance, growth prospects in weight loss drugs, and competitive landscape. It emphasizes the booming obesity drug market and the significant revenue growth of GLP-1 weight loss treatments, underscoring their impact on the healthcare industry.

*""Wegovy alone has saw an 85 percent revenue jump in 2024 with further growth projected at 55 percent in 2025."""*

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## 126. Navigating Ozempic-#Ozempic

Episode: "Ozempic Revolutionizes Diabetes and Weight Loss Treatment in 2025: Breakthrough Medication Transforms Healthcare"  
Date: 2025-07-05 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast explores how Ozempic and similar semaglutide-based GLP-1 drugs are revolutionizing treatment for type 2 diabetes and obesity in 2025, highlighting a substantial increase in prescriptions and their transformation of healthcare approaches. However, it also notes concerns over off-label use, ongoing emphasis on lifestyle changes, and cautious monitoring of potential long-term risks.

*""In 2025, Ozempic and its higher-dose sister drug, Wegevi, are fundamentally reshaping how health services, like the National Health Service, approach treatment for both type 2 diabetes and obesity."""*

## 127. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Revolutionizes Weight Loss: Oprah Leads Compassionate Approach to Health and Medical Transformation

Date: 2025-10-18 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the widespread impact of the GLP-1 drug Ozempic (semaglutide) on weight loss and health, including its medical benefits, cost implications, safety concerns, and social influence driven by celebrities like Oprah. It highlights changing consumer behavior and public perception surrounding prescription weight loss therapies, while addressing both positive health outcomes and potential risks.

*"The true transformation did not come from a miracle drug, a crash diet, or punishing exercise, but rather a holistic overhaul fueled by compassion and science."*

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## 128. Daybreak

Episode: Mounjaro gains on other weight-loss drugs, becoming India's second best-selling drug

Date: 2025-10-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing GLP-1 drug market in India, highlighting the launch and rising sales of Mounjaro and Ozempic, Eli Lilly's investments, and the impact of patent expiration on GLP-1 drug pricing and availability. It addresses how these weight-loss drugs are influencing the pharmaceutical landscape amid increasing obesity and diabetes rates in India.

*"The market in India for this particular category of weight-loss drugs, or GLP-1 drugs, ballooned by almost 100 crore rupees. Now, it stands at a whopping Rs. 600 crore plus opportunity."*

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## 129. PROFE CLAUDIO NIETO

Episode: 214. OZEMPIC, WEGOVY Y MOUNJARO: LA VERDAD INCOMODA DETRAS DEL 'MILAGRO' DE LAS ESTRELLAS con ALFREDO ANDREU

Date: 2025-03-01 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the physiological mechanisms behind GLP-1 drugs such as Ozempic, Wegovy, and Mounjaro, explaining their development and their unexpected weight loss effects beyond treating type 2 diabetes. The conversation aims to clarify common misconceptions and educate the audience about how these drugs function as appetite suppressants impacting obesity treatment.

*"No, yo no, nada de eso, es un analogo de GLP-1. Y dices, otras, estamos todos hablando de lo mismo practicamente muy parecido, pero nos volvemos locos."*

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## 130. Wegovy

Episode: Wegovy: Revolutionizing Weight Loss and Addiction Treatment with Groundbreaking Medical Breakthrough

Date: 2025-07-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 weight loss drug, highlighting its clinical effectiveness, challenges such as weight regain after stopping treatment, and emerging research on its potential use in addiction therapy. It underscores Wegovy's significant impact on obesity treatment and hints at broader implications for GLP-1 drugs in metabolic medicine.

*"Recent peer-reviewed research... showed adults who injected semaglutide lost nearly 15% of their body weight over about 16 months, setting a new bar for non-surgical interventions."*

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## 131. Wegovy

Episode: Wegovy Weight Loss Drug: Breakthrough Medication Reshapes Obesity Treatment Amid Challenges of Access, Cost, and Long Term Success

Date: 2025-08-02 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread impact and challenges of GLP-1 drugs like Wegovy on obesity treatment, highlighting issues such as weight regain after stopping medication, high pricing, insurance hurdles, ongoing Congressional debates, and emerging competition from new drugs. It outlines the evolving landscape of GLP-1 therapies and their complex implications for patients and healthcare systems.

*"As soon as patients stop taking semaglutide or other anti-obesity medications, the pounds start coming back."*

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## 132. Wegovy

Episode: Wegovy Weight Loss Drug Faces Legal Challenges, Supply Breakthrough, and Potential Oral Formulation in Ongoing Medical Revolution

Date: 2025-04-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses Wegovy, a GLP-1 weight loss drug, focusing on regulatory challenges, supply issues, and medical advancements related to its usage. It highlights FDA crackdowns on generic versions, improved supply availability, and ongoing research into improving health outcomes with combination therapies.

*"Only days ago the United States Food and Drug Administration effectively pulled the plug on the sale of generic or compounded versions of Wegovy and its sibling drug Ozempic."*

### 133. Wegovy

Episode: Wegovy Breakthrough: FDA Approves Groundbreaking Liver Disease Treatment Expanding Hope for Millions with Metabolic Conditions

Date: 2025-08-16 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drugs like Wegovy and Ozempic, highlighting regulatory approvals, expanding indications, competitive landscape, and pricing strategies. It emphasizes the broadening impact of these drugs on metabolic disease management and patient access.

*"Novo Nordisk's business strategy is textbook aggressive. After first launching Wegovy for obesity in 2021... each approval brings with it a wave of new insurance coverage decisions and a rush of patients clamouring for access."*

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### 134. Finans Podcast

Episode: Lyn-analyse Novo Nordisk kan vre pa vej med en reel gamechanger

Date: 2025-10-20 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's upcoming oral GLP-1 weight loss drug as a potential gamechanger in the US market, which could help the company regain investor confidence after losing market share to Eli Lilly. The discussion analyzes market opportunities for the new pill in reaching customers who are reluctant to use injections.

*"If one raises it to the highest level, it is potentially a question of the stock price. Novo has lost about 60% of its market value since last summer. The hope is that with growth from this pill and execution, they can regain investor trust."*

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### 135. Bloomberg Talks

Episode: Novo Nordisk President and CEO Talks Wegovy Pill

Date: 2025-12-23 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Novo Nordisk's CEO discusses the launch of the oral GLP-1 pill version of Wegovy, highlighting its efficacy, pricing strategy, and the company's leadership ambitions in the obesity and diabetes market. The discussion includes market positioning against Eli Lilly and outlines plans for growth and affordability to drive consumer interest.

*"For the first time, we are having a pill that has an efficacy of some 17 percent if you take the pill regularly. And one in three people are going to actually reduce up to 20 percent weight loss."*

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### 136. The Top Line

Episode: The battle of the obesity drug heavyweights

Date: 2025-08-15 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive dynamics in the GLP-1 weight loss drug market, focusing on Novo Nordisk and Eli Lilly's market positions, sales performance, supply challenges, and the impact of compounding pharmacies and insurance coverage on adoption. It highlights investor pressures and shifting momentum in the obesity drug space.

*"Novo has encountered repeated struggles in the space, and now, at least in the U.S., is well and truly behind Eli Lilly on both the obesity and the diabetes front as far as sales are concerned."*

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### 137. Forklart

Episode: Slankeeventyr i motvind

Date: 2025-07-14 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the discovery and impact of GLP-1 drugs like Osemepic and VEGOV on weight loss and diabetes treatment, highlighting their revolutionary role in the pharmaceutical industry, especially through Novo Nordisk's growth and influence on the Danish economy and consumer behavior in Norway.

*"Vegov and Osemepic contain the GLP-1 hormone that regulates appetite by sending satiety signals to the brain, enabling significant weight loss even without eating large amounts."*

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### 138. Finans Podcast

Episode: Lyn-analyse: Novo banker prisen i bund pa sit slankemiddel - hvorfor?

Date: 2025-03-05 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's significant price cut on its GLP-1 weight loss drug in the U.S. market as a strategic response to competitive pressure from rival Illa Lillie, highlighting competitive dynamics and pricing strategies in the GLP-1 drug market.

*"Novo Nordisk has reduced the price from around 1350 dollars to about 500 dollars, and it is the list price."*

## 139. Conversations on Health Care

Episode: Can You Have a 'Healthy' Thanksgiving? How the Food Industry Conspires Against Us

Date: 2025-11-24 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs reduce food cravings, leading to a 5-10% decrease in food purchases as seen by supermarkets and restaurants. It highlights how food companies are responding by creating products targeted at GLP-1 users with higher protein and lower sugar content, but also notes the challenge of rising food prices complicating these trends.

*"People who are taking the drugs tell me that they just don't hear the food noise anymore... The result of it is not that people don't want to eat. They still want to eat. They still like the foods they liked. They just don't want to eat as much of them."*

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## 140. Pop Health Podcast

Episode: Beyond the Hype: What GLP-1s Mean for Policy and Employers

Date: 2025-09-23 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the complexities around GLP-1 drugs, including coverage disparities, direct-to-consumer sales, compounding policies, and employer considerations for equitable access and behavioral support programs. It highlights evolving policy and market responses impacting patient populations and employer health management.

*"With how this area is unfolding and the high cost of GLP-1s, there's uneven coverage across payers in terms of what's available for patients."*

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## 141. Nutrition Connection by Dr. Kristen Hicks-Roof

Episode: Episode 14: Dr. Michelle Cardel PhD, MS, RD, FTOS- WEIGHT MANAGEMENT/ RESEARCH

Date: 2026-01-28 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing impact of GLP-1 and incretin-based medications on weight management, highlighting their effectiveness and widespread adoption. It emphasizes the need for dietitians and nutrition professionals to adapt to this trend to remain relevant, given the significant weight loss results and changing patient behaviors.

*"One in eight people have tried these medications... the ratatatride results that just came out showed almost 29% body weight loss in about a year, an average of 71 pounds lost from Eli Lilly's top line results."*

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## 142. Welcome to the Arena from ICR - Conversations with Today's Innovators & Business Leaders

Episode: Tara Comonte, President and CEO, WeightWatchers - The Future of Weight Loss: Embracing medical innovation while maintaining personal connection

Date: 2026-01-28 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features Tara Comonte, CEO of WeightWatchers, discussing the integration of GLP-1 weight loss drugs with WeightWatchers' programs, highlighting collaborations with Novo Nordisk and Eli Lilly to facilitate medication delivery and the impact of GLP-1s on evolving consumer behavior towards long-term health. The development of oral GLP-1 medications is seen as an important innovation likely to expand the market.

*"Nine out of 10 users of GLP1s express an interest in joining a community support program, showing that healthy habits alongside medication are essential, and that the pill form of GLP1s will likely expand the market."*

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## 143. Outcomes Rocket

Episode: Pioneering Obesity Treatment with Medication and Lifestyle Transformation with Rob MacNaughton, CEO of Calibrate

Date: 2025-04-29 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Rob MacNaughton, CEO of Calibrate, discusses how GLP-1 drugs are a key component of weight loss treatment but emphasizes that these medications must be combined with clinician-led lifestyle interventions to ensure sustainable outcomes. Calibrate has been pioneering this approach for five years, showing notable weight loss results for members.

*"There's a lot of chatter today about GLP-1s, which are absolutely very powerful drug therapies, but they're literally and figuratively not the magic pill."*

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## 144. The Metabolic Classroom with Dr. Ben Bikman

Episode: Natural Ways to Boost GLP-1

Date: 2025-02-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses natural ways to boost GLP-1 and raises concerns about GLP-1 drugs such as semaglutide, highlighting potential negative effects on lean mass and mental health. While acknowledging weight loss benefits, it emphasizes caution due to side effects.

*"One concern is what happens with lean mass, a paper that was published that indicated that the use of semaglutide resulted in 40% of the weight loss coming from fat-free mass or lean mass."*

## 145. The Peptide Podcast

Episode: GLP-1's & Addiction

Date: 2025-10-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, including investigational treatments like retitrutide, focusing on their mechanisms related to weight loss and metabolic improvement. It also explores emerging research on how GLP-1 drugs may reduce addictive behaviors, such as alcoholism and nicotine use, through effects on brain reward pathways, highlighting potential implications for changing consumer habits.

*"More recently, studies in rats showed that semaglutide, terzepatide, and even retitrutide reduced alcohol discrimination, meaning the internal sensations of alcohol were blunted, like what you feel after you drink a glass of alcohol."*

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## 146. On The Pen GLP-1 News

Episode: SHOCKING: How GLP-1 Protects the Heart Beyond Weight Loss // OTP TWD 7.25.25

Date: 2025-07-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Connecticut's new law allowing it to bypass drug patents for GLP-1 drugs to increase affordability, highlighting the potential impact on drug pricing and access but does not directly address effects on the food and beverage industry or consumer behavior.

*"Connecticut as a state pays over one hundred and fifty million dollars a year for Ozempic alone."*

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## 147. The Mind Muscle Connection

Episode: GLP-1 Receptor Agonists Explained: A Deep Dive with Calvin Scheller | Ep 578

Date: 2025-04-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed explanation of GLP-1 receptor agonists like semaglutide, focusing on their mechanism of suppressing appetite and effects on caloric intake and weight loss. It discusses medication history, effectiveness compared to older drugs, and physiological impacts like reduced gastric motility.

*"These medications can suppress appetite such that participants are consuming seven to 800 calories in a given day and feeling radically satiated. And they lose weight very rapidly simply because they're almost so full that they don't want to eat anything."*

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## 148. DarshanTalks Podcast

Episode: Buying a Med Spa? GLP-1 Compliance Can Kill the Deal

Date: 2026-01-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode focuses on the regulatory and compliance challenges faced by med spas and compounding pharmacies offering GLP-1 drugs, especially in the context of M&A due diligence. It highlights legal risks tied to compounding practices and deceptive trade issues that operators and lawyers need to consider.

*"If your client needs a deeper legal review, reach out now to the Kulkarni Law Firm. This is one area where guessing wrong is really, really expensive."*

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## 149. Future of Fitness

Episode: Dr. Bob Gabbay - The Future of GLP-1s

Date: 2025-05-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed overview of GLP-1 drugs, their evolution from twice-daily to once-weekly injections, and their significant impact on weight loss efficacy and cardiovascular benefits. It highlights the growth of the market, with numerous variants in development and the drugs' potential as a trillion-dollar industry.

*"The early GLP-1s probably gave about a 7% weight loss. And now the newer ones are anywhere from 15% to 22% weight loss. So much more effective. And more effective than, honestly, any treatment we've ever had for obesity with the exception of surgery."*

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## 150. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Why GLP-1 coverage is moving backwards with Joseph Zucchi, PA-C

Date: 2025-12-01 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The guest, an obesity medicine practitioner, discusses the evolution and benefits of GLP-1 drugs in treating obesity and related comorbidities, highlighting significant patient outcomes and the need for better insurance coverage. Improvements in various health markers and sustained weight loss with these medications are emphasized.

*"We have 42,000 pounds of weight loss here since we started. That's what's amazing."*

## 151. Endocrine Matters

Episode: GLP-1 Price Cuts: What Lower Costs, Transparent Pricing, and Big Pharma Deals Mean for Patients

Date: 2025-12-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses recent significant price reductions for GLP-1 weight loss drugs by major pharmaceutical companies, the resulting increased patient access, and the broader economic and political implications. It highlights the positive impact of these changes on affordability and access, as well as the strategic benefits for the pharma companies involved.

*"Recently, Eli Lilly and Novo Nordisk struck agreements with the Trump administration that significantly reduced the cost of GLP-1 medications for millions of people."*

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## 152. Your Gym Big Sister Podcast

Episode: Ep. 136 | GLP-1's in bodybuilding | my experience

Date: 2025-09-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed overview of the evolution and efficacy of GLP-1 weight loss drugs, highlighting their progression from early diabetes treatments to highly effective weight management therapies like semaglutide and terzepatide. It discusses drug mechanisms, clinical trial weight loss results, and improvements in glycemic control, emphasizing their significance in addressing obesity and diabetes.

*"Trials with Wagozi demonstrated an average weight reduction of 15% body weight, which was far beyond what was previously seen with any weight loss drug."*

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## 153. The Excerpt

Episode: Lawsuits raise new safety questions about GLP-1 drugs

Date: 2026-01-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses lawsuits alleging serious safety concerns and adverse effects from GLP-1 weight loss drugs like Ozempic, including stomach paralysis and neurological damage, with drug makers denying claims but updating warnings as science evolves.

*"Since 2023, roughly 4,200 patients have filed lawsuits challenging the safety of GLP-1s."*

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## 154. Managed Care Cast

Episode: The Emerging Landscape of GLP-1 RA Therapies: Gen Li, PhD, MBA

Date: 2025-10-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion on the evolving landscape of GLP-1 receptor agonist therapies, particularly their expanding applications beyond obesity and diabetes into over 100 diseases, supported by real-world clinical trial data. It highlights the impact of GLP-1 drugs on clinical trial duration and the need for systemic treatment approaches due to overlapping conditions.

*"A recent Feezy analysis found more than 100 diseases currently being studied across 583 clinical trials using glucagon-like peptide-1 receptor agonist therapies, or GLP-1-RAs."*

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## 155. Ozempic Diaries

Episode: 1 week on Ozempic and SIDE EFFECTS

Date: 2025-02-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This podcast episode discusses various alleged side effects of Ozempic, a GLP-1 drug, presenting scientific studies and evidence to assess risks related to pancreatitis, thyroid cancer, and bone density loss, emphasizing that most significant risks apply only to high-risk individuals.

*"The bottom line here is that the strongest evidence suggests that Ozempic does not directly cause pancreatitis, but may contribute in certain high-risk individuals."*

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## 156. Under The Scrubs

Episode: 4. Oh Oh Ozempic

Date: 2025-02-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs such as semaglutide and Ozempic, explaining their mechanism, benefits for weight loss, and associated risks and side effects. The host weighs the pros and cons, noting the drugs' popularity and effectiveness while also highlighting significant potential adverse effects.

*"Are the risks worth the benefit? But like, God, you got to commit lifelong to this."*

## 157. Interesting Things with JC

Episode: 1348: "Ozempic Venom"

Date: 2025-07-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the origin and development of GLP-1 drugs, notably semaglutide (Ozempic), derived from Gila monster venom, highlighting its evolution from a diabetes medication to a weight loss solution impacting medicine and culture. The mention covers scientific background and commercial success but does not directly address effects on the food and beverage industry or operator/executive commentary on consumer behavior.

*"Ozempic was approved by the FDA in 2017 for type 2 diabetes. But one side effect caught public attention. Weight loss. A typical patient may lose 12-15% of their body weight over time. That helped turn it from a diabetes medication into a cultural phenomenon."*

---

## 158. Primary Care Voice

Episode: Ozempic and Your Gut: Exploring Constipation and Remedies

Date: 2025-10-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion on how the GLP-1 drug Ozempic (Semiglutide) affects gut function by slowing digestion, causing constipation and other GI side effects. It outlines physiological mechanisms, clinical trial data on incidence rates, and practical advice for managing these side effects.

*"Ozempic or Semiglutide mimic a natural hormone called GLP-1, glucagon-like peptide-1. Its job is to slow down digestion, reduce appetite and help your body use insulin more effectively."*

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## 159. Navigating Ozempic-#Ozempic

Episode: Ozempic Unveiled: Breakthrough Weight Loss Drug Reveals Surprising Health Risks and Cultural Impact

Date: 2025-07-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the recent large-scale study on Ozempic and similar GLP-1 drugs, highlighting both their effectiveness for weight loss and diabetes as well as emerging risks such as pancreatitis and other adverse health effects. It provides an analytical overview of medical findings, including reported severe side effects and fatalities linked to long-term use.

*"According to Discover magazine, the researchers found not only confirmed benefits for diabetes and obesity, but also unattested risks, especially with long-term use."*

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## 160. Primary Care Voice

Episode: Ozempic and Your Eyes: What the Data Really Shows

Date: 2025-08-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 receptor agonist used for diabetes and weight loss, focusing on emerging reports of rare eye-related side effects such as NAION, analyzing current scientific evidence and what it means for patients and doctors.

*"Ozempic or semaglutide is a GLP-1 receptor agonist... Millions of people worldwide are now using this drug for good reason. They lower blood sugar, they reduce cardiovascular risk, they are able to lose substantial weight loss first time in their life."*

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## 161. Navigating Ozempic-#Ozempic

Episode: Ozempic: Breakthrough Drug Reshaping Diabetes, Weight Loss, and Potential Alcohol Use Treatment

Date: 2025-10-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic beyond diabetes and weight loss, particularly focusing on their potential to reduce alcohol cravings by slowing alcohol absorption and intoxication effects, as well as emerging research into other possible therapeutic uses. It also touches on safety concerns and access issues.

*"In their small but revealing study, individuals taking Ozempic showed a slower rise in both breath alcohol concentration and how intoxicated they felt after drinking, compared to those not on the drug."*

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## 162. Navigating Ozempic-#Ozempic

Episode: Ozempic Lawsuits Surge: Vision Loss, Gastrointestinal Risks, and Cancer Concerns Spark Legal Battle

Date: 2025-11-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses legal challenges around GLP-1 drugs like Ozempic, including lawsuits over vision loss and possible cancer risks, alongside regulatory updates and new medical approvals for conditions like fatty liver disease. It highlights both safety concerns and positive medical uses of semaglutide-based therapies.

*"Researchers theorize that semaglutide's effects on vascular and inflammatory pathways may trigger disease, and the results add another layer of complexity to ongoing litigation over vision loss."*

### 163. Navigating Ozempic-#Ozempic

Episode: Ozempic Breakthrough: Transforming Heart Health, Aging, and Weight Loss Beyond Expectations

Date: 2025-11-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the broad health benefits of Ozempic (semaglutide), a GLP-1 drug, including significant cardiovascular protection independent of weight loss, potential reversal of biological aging, and the impact of rising GLP-1 drug use on reducing obesity rates in the U.S., while also noting increasing diabetes diagnosis rates.

*"Ozempic is being recognized for direct heart protection, not just as a tool for weight loss."*

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### 164. Navigating Ozempic-#Ozempic

Episode: Ozempic: Revolutionary Weight Loss Medication Reveals Promising Benefits and Complex Challenges for Patient Health

Date: 2025-12-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the role of GLP-1 drugs like Ozempic in long-term weight management, highlighting new research that compares these medications with bariatric surgery. It emphasizes that while GLP-1 drugs can lead to significant early weight loss, their effects may plateau or reverse, suggesting that these drugs are part of a continuum of obesity care rather than a standalone cure.

*"Clinicians quoted in coverage of the findings emphasize that medications like Ozempic may be best understood as part of a continuum of obesity care rather than a cure on their own."*

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### 165. Ozempic Weightloss Unlocked

Episode: "Ozempic Decoded: Revolutionary Weight Loss, Science, and What You Need to Know"

Date: 2025-10-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides a detailed discussion on GLP-1 weight loss drugs like Ozempic, covering clinical trial results, side effects, emerging research, and long-term considerations. However, it does not explicitly address impacts on the food and beverage industry or operator/executive perspectives on changing consumer behavior.

*"These numbers put Ozempic and its peers at the center of conversation around obesity and metabolic health."*

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### 166. Ozempic Weightloss Unlocked

Episode: Ozempic Revealed: Revolutionary Weight Loss Drug's Secrets and Risks Exposed

Date: 2025-10-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast extensively discusses Ozempic, a GLP-1 drug originally for type 2 diabetes and later for weight management, highlighting its significant weight loss effects and additional health benefits. It cites medical experts and research data supporting the drug's impact on appetite suppression and chronic disease improvements, positioning it as a revolutionary weight loss treatment.

*"Ozempic often results in an average weight loss of 15-20% of someone's starting body weight over a little more than a year, which is a level of weight loss thought possible only through weight loss surgery until recently."*

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### 167. Ozempic Weightloss Unlocked

Episode: "Ozempic Breakthrough: Triple Dose Reveals Dramatic Weight Loss Potential"

Date: 2025-09-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses new clinical trial data on higher doses of Ozempic, a GLP-1 drug, showing substantial weight loss and health benefits, but also highlights challenges like discontinuation rates due to cost, side effects, and adherence issues impacting long-term efficacy. It touches on lifestyle impacts and demographic differences in usage patterns.

*"According to The Lancet Diabetes and Endocrinology, new clinical trial data shows that a triple dose of Ozempic, meaning 7.2mg weekly, resulted in almost 19% average weight loss in adults without diabetes."*

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### 168. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Weight Loss Trend Reveals Complex Health Challenges Amid Celebrity Endorsements and Medical Concerns

Date: 2025-07-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity of GLP-1 drugs like Ozempic for weight loss, highlighting scientific studies on weight regain after discontinuation, increasing use among non-diabetic individuals, concerns about eating disorders, and cultural impact influenced by celebrities such as Oprah Winfrey. It underscores both the promising weight loss effects and the complex health and psychological challenges accompanying these medications.

*"Ozempic has dominated headlines once again this week as new research and high-profile celebrity discussions underscore its impact on the weight loss landscape in 2025."*

## 169. Navigating Ozempic-#Ozempic

Episode: "Oral Ozempic Breakthrough: Groundbreaking Pill Delivers Major Weight Loss Without Injections"

Date: 2025-09-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the breakthrough clinical trial of oral Ozempic (semaglutide), highlighting its weight loss efficacy comparable to injectable forms and potential to broaden patient adoption. It underscores significant advancements in GLP-1 drugs making weight loss medicines more accessible and tolerable.

*"After 64 weeks, those who took the active pill lost on average nearly 14% of their body weight, compared to just 2% in the placebo group. When trial participants were analyzed strictly on those who stuck to the plan, average weight loss was an astonishing 16.6%. This result closely matches the efficacy seen with injectable Ozempic."*

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## 170. Ozempic Weightloss Unlocked

Episode: Ozempic Secrets: Breakthrough Weight Loss Science Unveiled in 60 Seconds

Date: 2025-12-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a comprehensive overview of GLP-1 drugs like Ozempic and oral semaglutide, discussing their significant weight loss benefits, FDA approvals, broader health impacts, and the importance of long-term use alongside healthy lifestyle habits. It includes data from clinical trials and research studies highlighting effectiveness and emerging benefits.

*"Ozempic, a glucagon-like peptide 1 receptor agonist, mimics a hormone that curbs appetite, slows stomach emptying and boosts insulin, leading to significant weight loss."*

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## 171. On The Pen GLP-1 News

Episode: Lilly Could Lose Their Tirzepatide Patent! Plus ADA Coverage // OTP TWD 06.24.25

Date: 2025-06-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Maritide, a GLP-1 receptor agonist with a unique monthly dosing and GIP blocking mechanism, highlighting its weight loss efficacy but significant side effects like high vomiting rates that may limit its use. It compares Maritide to other GLP-1 drugs like Tirzepatide and addresses tolerability issues affecting patient experience.

*"At the high doses, patients did lose quite a reasonable amount of weight, about 20% for people without diabetes and 17% for people with type 2 diabetes, but vomiting rates were as close to 90% in some arms of the trial."*

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## 172. Wegovy

Episode: Wegovy Weight Loss Drug Faces Legal Challenges and Market Shifts as Oral Version Promises Revolutionary Obesity Treatment

Date: 2025-10-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the GLP-1 weight loss drug Wegovy, highlighting its legal challenges due to serious side effects, competitive pressures from rival drugs like Eli Lilly's tirzepatide, and regulatory developments affecting its market access. It covers the shifting landscape for GLP-1 drugs with detailed data on clinical results and potential impacts on consumers and the pharmaceutical industry.

*"According to Oberheiden Law Group, by May of 2025, there were more than 1,800 lawsuits pending across the United States, naming GLP-1 drugs like Wegovy. These suits may soon number in the thousands, prompting a level of legal coordination that rivals cases involving tobacco or opioids."*

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## 173. ThePrint

Episode: ThePrintPod: Mounjaro vs Wegovy: Guess which obesity drug outperformed the other by a mile in head-to-head trial

Date: 2025-05-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses a head-to-head clinical trial comparing two GLP-1 obesity drugs, Tirzepatide (Mounjaro) and Semaglutide (Wegovy), highlighting Tirzepatide's significantly greater weight loss efficacy over 72 weeks for obese or overweight adults. It includes detailed trial results and commentary from a Lilly executive on the drug's impact in obesity management in India.

*"Participants administered Tirzepatide saw an average weight reduction of 20.2% while those on Semaglutide experienced a 13.7% loss indicating a 47% greater relative weight loss for the former based on the treatment regimen estimated at 72 weeks."*

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## 174. Feed Completo

Episode: Desvendando a Tecnologia das Canetas Emagrecedoras

Date: 2025-07-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the dual GLP-1 and GIP hormone drugs, highlighting the impressive weight loss results comparable to bariatric surgery while also addressing side effects and the necessity of long-term treatment. It reflects on the significant impact and challenges of GLP-1 drugs, including cost and chronic usage, with implications for obesity treatment paradigms.

*"A perda de peso media de ate 22,5% do peso corporal em 72 semanas. Isso se aproxima do que se ve com cirurgia bariatrica, nao?"*

### 175. 3 Things

Episode: Mounjaro hits India, Bengal's Diamond Harbour Model, and Waqf Bill faces heat

Date: 2025-04-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, especially Mounjaro (terzapatide), focusing on their mechanism of action in reducing cravings for addictive processed foods and their significant effects on weight loss and improvement of obesity-related conditions. It highlights the drugs' evolution from diabetes treatment to powerful weight loss medications that change consumer food preferences.

*"These drugs... steer you away from these high-carb, high-fat, salt, sugary foods, which are quite addictive... so, you're not craving these very, you know, calorie-dense foods. You're much more likely to prefer salads, vegetables, fresh foods."*

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### 176. Wegovy

Episode: Wegovy Weight Loss Drug Faces Legal Challenges and Medical Scrutiny Amid Rising Popularity and Emerging Alternatives

Date: 2025-10-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 drug (semaglutide) used for weight management, highlighting both its medical benefits and significant legal challenges related to serious health side effects. The episode covers regulatory updates, scientific debates, and lawsuits impacting public perception and the drug's landscape.

*"One case out of Pennsylvania gripped headlines. A woman named Juanita Gantt underwent removal of her large intestine, now living with an ostomy bag after developing ischemic colitis, allegedly linked to her Wegovy prescription."*

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### 177. Wegovy

Episode: Wegovy Oral Medication Breakthrough: FDA Review Signals New Era in Weight Loss Treatment and Obesity Management

Date: 2025-05-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed update on Novo Nordisk's Wegovy oral formulation, emphasizing its potential as the first oral GLP-1 drug for chronic weight management and its additional cardiovascular benefits, supported by promising clinical trial results.

*"If approved, this once daily 25mg oral formulation would become the first oral GLP-1 drug indicated for chronic weight management."*

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### 178. Wegovy

Episode: Wegovy Revolutionizes Metabolic Health with FDA Approval for Fatty Liver Disease and Expanding Treatment Horizons

Date: 2025-09-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rapid innovation and market dynamics surrounding GLP-1 drugs like Wegovy, highlighting both the promising advances in weight loss and metabolic health treatments as well as the rising legal challenges related to patient safety. It touches on Novo Nordisk's restructuring in response to competition and the potential implications for the pharmaceutical and metabolic health industries.

*"The drug has been celebrated in magazine covers for transforming waistlines. Yet, underneath the euphoria, lawsuits are mounting at speed."*

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### 179. Wegovy

Episode: Wegovy Breakthrough: FDA Approval for Liver Disease Sparks Controversy Amid Lawsuits and Vision Loss Claims

Date: 2025-09-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rising demand and controversies surrounding Wegovy, a GLP-1 drug, highlighting its FDA approval for liver disease, increased patient use, legal challenges from serious side effects, supply chain issues, and the high cost driving a black market for alternatives.

*"Even in the face of mounting controversies, Wegovy's demand is skyrocketing."*

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### 180. JR 15 Minutos

Episode: Canetas para emagrecer: moda perigosa?

Date: 2025-06-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise in popularity and consumption of GLP-1 weight loss drugs such as semaglutide and tirzepatide in Brazil, including factors driving this trend, health risks, and medical perspectives on their effects. It explores how these drugs, originally for diabetes, are now widely used for weight loss, with a detailed explanation from a medical endocrinologist on their mechanism and growing demand.

*"Desde 2023, o consumo de medicamentos como semaglutida e tirzepatida explodiu no Brasil. So a semaglutida movimentou quase 3 bilhões e 500 milhões de reais no país. Em um único ano, né?"*

## 181. O Tricologista

Episode: 4- Emagrecedores e Quedas Capilares - Canetas Emagrecedoras

Date: 2025-07-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the physiological effects and side effects of GLP-1 weight loss drugs such as semaglutide (Ozempic) and tirzepatide (Mounjaro), focusing on appetite suppression, rapid weight loss, nutritional deficiencies, and related health concerns like hair loss, muscle loss, and skin changes. It highlights patient behavioral changes around eating and the challenges arising from these effects, though it does not address direct impacts on the food and beverage industry.

*"A supressao extrema do apetite, que e o mecanismo principal de medicacoes de LP1 e GIP, e o retardo do esvaziamento gastrico e a supressao potente do apetite."*

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## 182. Wegovy

Episode: Wegovy Breakthrough FDA Approves First Treatment for Liver Disease Offering Hope to Millions of Americans

Date: 2025-08-23 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the expanded FDA approval of Wegovy, a GLP-1 drug, for treating liver disease (MASH), its market potential, and the implications for Novo Nordisk and the broader healthcare system. It highlights the drug's evolving indications, competitive landscape, affordability, and patient impact, providing a substantive look at GLP-1 therapies' role beyond weight loss.

*"Novo Nordisk's expanded approval is a strategic victory, with implications for its bottom line. Analysts are forecasting that Wegovy, now with the new MASH indication, is set to capture a huge chunk of an emerging multi-billion dollar market, possibly reaching a staggering \$18 billion in revenue by the end of the decade."*

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## 183. Audio Journal Podcasts

Episode: USA Today

Date: 2025-11-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's significant price cuts for GLP-1 weight loss drugs Ozempic and Wegovy amid political pressure and insurance coverage challenges, alongside efforts to increase accessibility through retail partnerships and discount programs. It covers consumer affordability issues and market competition, but does not directly address food and beverage industry impacts or operator opinions on changing consumer behavior.

*"Since we've launched Ozempic and Wegovy, you do see a trend down in price over time, said David Moore, Executive Vice President of U.S. Operations for Novo Nordisk."*

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## 184. Market Mover

Episode: Il business dei farmaci anti-obesita

Date: 2025-10-06 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the revolutionary impact of anti-obesity drugs, including GLP-1 based medications from companies like Eli Lilly and Novo Nordisk. It covers their market performance, the reduction of obesity-related mortality, and the changing healthcare landscape influenced by these drugs.

*"Il tasso di mortalita negli Stati Uniti potrebbe scendere del 6,4% nei prossimi 20 anni... legato alla diffusione dei farmaci anti-obesita, che stanno rivoluzionando il mercato in generale sanitario negli Stati Uniti e non solo."*

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## 185. The Rundown

Episode: Software Stocks Meltdown, Walmart Breaks \$1 Trillion

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on companies Novo Nordisk and Eli Lilly, highlighting market share changes, pricing deals with the government, and the impending release of generics affecting revenue and stock performance. It also contrasts the differing outlooks of the two companies amid evolving market dynamics.

*"Novo Nordisk's stock dropped 10% yesterday and it's down another 5% this morning... Eli Lilly reported blowout results and raised its 2026 outlook saying that it now expects \$80 billion."*

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## 186. Becker's Healthcare Podcast

Episode: Rethinking GLP 1 Coverage Through Transparent, Consumer First Pharmacy Models

Date: 2026-01-24 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on the financial and clinical challenges of GLP-1 weight loss drugs, highlighting increased drug spend, employer concerns about cost management, and innovative pharmacy models aiming to balance affordability with patient outcomes. Partnerships with manufacturers like Eli Lilly and Novo Nordisk and strategic approaches to benefit design are emphasized to control costs while supporting access and quality care.

*"A recent Gallagher study showed that GLP-1 drug class spend increased 35% in 2024 and another 25% in 2025, so even with good clinical outcomes, that cost trajectory is truly outpacing the near-term medical savings."*

## 187. Agent Survival Guide Podcast

Episode: Prescription Drug Pricing: MFN & GENEROUS

Date: 2025-11-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent pricing strategies and deals for GLP-1 drugs by Eli Lilly and Novo Nordisk, including DTC platforms, pricing for self-pay patients, and implications of insurance coverage and government drug pricing models. It provides substantive details on pricing, drug types, and policy impacts but does not deeply explore effects on the food and beverage industry or consumer behavior changes.

*"Eli Lilly announced that upon FDA approval, they hoped to offer ZepBound and its soon-to-be-released Orforglpron, a GLP-1 in pill form, through Lilly Direct, their own DTC drug platform."*

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## 188. Daily Market Download

Episode: Daily Market Recap (February 4th 2026)

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape in the GLP-1 weight loss drug market, focusing on the differing sales forecasts and clinical efficacy between Eli Lilly's tirzepatide and Novo Nordisk's semaglutide drugs, and how Medicare coverage expansion is expected to significantly increase market size.

*"Lilly's bet is we'll take a lower price per pill, but because we have the better, easier pill, we'll capture most of those 40 million people."*

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## 189. Ca\$hMire

Episode: Eli Lilly atteint les 1000 milliards \$ de capitalisation boursiere

Date: 2025-11-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's strong financial performance driven by GLP-1 drugs, competitive pricing dynamics with Novo Nordisk, and the impact of these weight loss medications on consumer behavior, including reduced appetite affecting fast food revenues.

*"Ca a même une incidence sur les revenus de la restauration rapide, puisque les gros mangeurs, avec ces médicaments-là, vont quand même limiter leur appetit."*

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## 190. Wall Street Breakfast

Episode: Eli Lilly shares hammered

Date: 2025-08-07 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's recent Q2 earnings results, highlighting the strong performance of its GLP-1 obesity and weight loss drugs, including data from a late-stage oral GLP-1 drug trial. However, concerns about valuation and market competition, especially with Novo Nordisk, frame a mixed outlook.

*"Despite reporting better-than-expected Q2 results and increasing its 2025 outlook, Eli Lilly is under pressure amid concerns over late-stage trial data for the company's oral weight-loss drug."*

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## 191. Schwab Network

Episode: NVO Weight Loss Drug Disappoints, RDFN Acquisition, Airline Price Targets Slashed

Date: 2025-03-10 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses trial results of Novo Nordisk's next-generation GLP-1 weight loss drug, Cagracemma, noting that weight loss outcomes were below expectations, leading to significant share price declines. The coverage focuses on investor reactions and clinical trial performance rather than consumer behavior or industry impact.

*"They said it's next generation weight loss drug. That's Cagracemma. It did help obese or overweight patients who have type 2 diabetes lose 15.7% after their weight, of their weight rather. But that was after 68 weeks."*

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## 192. Motley Fool Money

Episode: Disney Has Its CEO

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses competitive dynamics between Novo Nordisk and Eli Lilly in the GLP-1 drug market, highlighting pricing pressures, patent expirations, and upcoming products influencing sales and profitability. It also touches on the impact these drugs have within the pharmaceutical industry but offers limited direct discussion on consumer behavior or the food and beverage industry.

*"Pricing headwinds in an increasingly competitive market. How many times was that said? I mean, you talk about the restaurant stocks. How often was GLP-1s set in their calls?"*

### 193. Investor Intelligence

Episode: Ozempic Made Novo Nordisk A Giant. Here's Why It's Stock Might Be Undervalued  
Date: 2025-06-19 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses the market opportunity for GLP-1 drugs, particularly Novo Nordisk's Ozempic and Wegovy, outlining the obesity and diabetes markets, competitive landscape with Eli Lilly's GLP-1 drugs, pricing strategies, and growth potential. It provides detailed data on patient numbers, market size, and pricing dynamics across regions.

*""Ozempic and Wegovy, which both rely on the key ingredient called semaglutide, can set an American back up to \$1,350 a month. But Novo's recently introduced some discounts, dropping the price of Wegovy to \$499 for uninsured patients and folks paying out of pocket.""*

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### 194. OHNE AKTIEN WIRD SCHWER - Tagliche Borsen-News

Episode: "Zahlen von Alphabet" - Lilly und Chemie top, Uber flop & Trumps Krypto-Verflechtung  
Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the recent financial performance of GLP-1 drug manufacturers Eli Lilly and Novo Nordisk, highlighting Lilly's strong sales growth and increased market share in the U.S. despite price reductions, compared to Novo Nordisk's lowered outlook and upcoming patent expirations. It touches on competitive dynamics in the GLP-1 weight loss drug market and implications for sales volumes and pricing.

*""Der Umsatz ist im letzten Quartal um über 40% gestiegen auf fast 20 Milliarden Dollar. Dabei haben sich die Umsätze mit Munjaro und Zappbound jeweils mehr als verdoppelt.""*

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### 195. Markets & Money Today | 2 Min News | The Daily News Now!

Episode: Eli Lilly Lowers Zepbound Price, Boosts Accessibility  
Date: 2025-12-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's decision to lower the price of its GLP-1 weight loss drug Zepbound to improve accessibility for patients, alongside competitor Novo Nordisk's similar price reductions on obesity and diabetes medications. The focus is on how these price cuts can help more patients, especially those paying out of pocket, access these drugs.

*""Eli Lilly announced it is lowering the cash prices for its popular weight loss drug, Zepbound, aiming to make the medication more accessible to patients.""*

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### 196. Borslunch

Episode: Vardering talar för fallna favoriter  
Date: 2025-05-02 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the GLP-1 weight loss drugs market with a focus on Eli Lilly and Novo Nordisk's performance, including sales growth surpassing forecasts, guidance cuts due to acquisitions, and shifts in preferred drug status by major healthcare service providers like CVS. The conversation touches on competitive pressures, production issues, and possible market maturation affecting profitability.

*""De har obesitas preparaten slog bade Monjar och Zepan prognoserna. Det är ju fantastiskt. Det är ju en tillväxt på 100 plus procent. Men att aktien rasade 13% berorligt på rapporten.""*

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### 197. Weight and Healthcare

Episode: GLP-1s and Muscle Loss - Part 1 The Basics  
Date: 2025-11-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast episode critically discusses the effects of GLP-1 weight loss drugs, focusing on the issue of lean body mass loss during and after treatment, raising concerns especially for seniors and broader populations. It highlights gaps in long-term research and potential unintended consequences on health, while previewing further analysis of newer GLP-1 drugs in a follow-up episode.

*""As GLP-1 drugs get heavily marketed for weight loss, we know that when people stop taking the drugs, they experience rapid weight regain.""*

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### 198. Brsen Morgenbriefing

Episode: Novo Nordisk viser strke resultater, Nemlig stter nye mal, hjemmearbejde pa tilbagetog, Xi og Putin mdtes  
Date: 2025-09-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 weight loss drug Wegovy and its superior cardiovascular benefits compared to Eli Lilly's rival drug, highlighting recent positive clinical trial outcomes that improve the treatment profile for obesity-related heart risks.

*""Det sakalde STIER-studie viser, at Novos vgtabsmedicin Wegovy klarer sig bedre end vgtabsmedicinen fra rivalen Eli Lilly, når det handler om beskyttelse af hjertet.""*

## 199. Bloomberg Talks

Episode: Mike Doustdar Talks Strong Demand for Weight Loss Pills

Date: 2026-01-13 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast features a detailed discussion on the launch and early reception of a new GLP-1 oral obesity pill, highlighting its efficacy equal to existing injection versions and its competitive advantages, including cardiovascular benefits. The speaker explains challenges overcome in drug development and addresses potential market competition and consumer acceptance.

*"We have for the first time the efficacy of our pill at 16.6 percent when you take the drug being exactly equal to the pen version of it."*

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## 200. The Readout Loud

Episode: 387: Challenges for a crucial sickle cell treatment and the latest outlook for GLP-1s

Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the differing financial outlooks for GLP-1 weight loss drugs from Novo Nordisk and Eli Lilly, highlighting Lilly's stronger sales growth and market share gains versus Novo's expected sales decline and pricing pressures. It also covers Novo's rapid launch of a GLP-1 pill at a lower price point to drive demand.

*"Novo forecasted that sales will decline in the range of 5 to 13% this year... Meanwhile, Lilly blew past expectations again and they're forecasting sales to grow 23 to 27% this year."*

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## 201. BizNews Radio

Episode: BN Daybreak Friday 19 Dec: SA's top stocks for 2025; Tech stocks rebound; Trump boosts cannabis; Novo v Eli Lilly

Date: 2025-12-19 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the competitive dynamic between GLP-1 weight loss drugs from Novo Nordisk and Eli Lilly, highlighting Novo's initial lead and Eli Lilly's rapid market penetration with its drug Zebbound, emphasizing the transformative impact on the pharma industry. It touches on the market's rapid growth and the implications for company portfolios and investor interest.

*"In 2023, Eli Lilly launched a rival drug to Novo's called Zebbound. And very quickly, Zebbound reached sales of nearly 5 billion, which is almost three quarters of what Novo had that year."*

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## 202. Buy High. Sell Low. Techaktien und Global.Stock.Flash

Episode: Folge 77: AMD, Novo Nordisk, BYD, Nu, Wahlprogramme SPD & Grüne

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong sales performance and growth of Novo Nordisk's GLP-1 weight loss drugs, highlighting significant revenue increases and market demand. It emphasizes the acceleration in sales of drugs like Ozempic and Wegovy, indicating a positive market reception and increased production meeting high demand.

*"Das Umsatz insgesamt mit der GLP-1-Therapie hat sich somit in den letzten Jahren versehnsftacht."*

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## 203. The Repertoire Podcast

Episode: Repertoire Report: How GLP-1 Is Changing The Food Industry

Date: 2025-07-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are influencing the food industry, highlighting Nissen Foods' launch of the nutrient-dense Kanzin meal line that meets the nutritional needs of GLP-1 users who require smaller portions with high protein, fiber, and vitamins. This demonstrates how food manufacturers are adapting their products in response to changing consumer behaviors driven by GLP-1 drug appetite suppression.

*"Increased usage of GLP-1 weight loss drugs such as Ozempic and Wegovy can suppress appetite, making it more important for these consumers to pack additional nutrients into smaller portions."*

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## 204. Global Intelligence in Food

Episode: Global Intelligence in Food Vol 01 No 18

Date: 2025-06-14 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the impact of GLP-1 weight loss drugs like Ozempic and Wegovy on the food and beverage industry, emphasizing changes in consumer behavior including reduced appetite and altered food preferences, which affect demand especially for calorie-dense products such as beef. It highlights the industry's need to adapt with smaller portions and diversified food offerings rather than viewing the shift as purely negative.

*"The functional food and beverage industries are, quote, falling short for people using these meds."*

## 205. The Diary Of A CEO with Steven Bartlett

Episode: No. 1 Sugar Expert: 17 Seconds Of Pleasure Can Rewire Your Brain!

Date: 2025-10-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the adverse effects and limitations of GLP-1 drugs for weight loss, including side effects, limited efficacy, and the significant cost burden on the healthcare system. It highlights concerns about depression, muscle loss, and financial sustainability related to widespread use of these medications.

*"Now, the good news with these GLP-1 analogs is we've been looking for the suicide signal and haven't seen it. But we're also looking for the depression signal, and we see that a lot."*

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## 206. Prof G Markets

Episode: Liberation Day 2.0 Is Here - When Will We See the Tariff Fallout?

Date: 2025-07-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of GLP-1 drugs on obesity rates and the broader food and beverage industry, highlighting their potential to reduce obesity-related healthcare costs and change consumer behavior. It also addresses the economic implications for major food companies and suggests that wider access to GLP-1 drugs, combined with socioeconomic reforms, could promote healthier eating habits.

*"I think this is going to have all sorts of impact. And the diabetes or the obesity economy is \$1.7 trillion. It's, I mean, what is that? That's like 8% of the economy... As obesity has gone from 30% to 40%, ... these companies' stocks are up 7%, 10%, 20-fold. And when you see a decline in obesity and morbid obesity, I think you're going to see the same type of deceleration in these stock prices."*

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## 207. Healthcare Rap

Episode: Asking the Right Questions About Sleep (#398)

Date: 2025-03-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the integration of GLP-1 medications with fitness and nutrition programs through a partnership between F45 Training and telehealth provider Dr. B, highlighting how these offerings aim to support sustainable health and weight loss. It emphasizes the importance of combining medication with resistance training and nutrition for effective outcomes.

*"Their CEO, Tom Dowd, said that they're dedicated to empowering all people to achieve sustainable health and longevity."*

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## 208. StartUp Health NOW Podcast

Episode: How Thryvly Health Tech Is Unlocking Lasting Wellness Beyond GLP-1s

Date: 2025-05-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on how GLP-1 drugs suppress appetite and hunger, affecting people's eating behaviors and leading to potential malnourishment despite helping with weight loss and some health issues. It highlights both the impact on wellbeing and the opportunity to complement GLP-1 use with sustainable health interventions.

*"So the GLP ones they have, all they do is they, they, they remove the, the, the nervous system signals that, that we've been centered on with regards to hunger and satiety for our entire lives."*

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## 209. the Joshua Schall Audio Experience

Episode: Splenda & SlimFast: The WEIRDEST Acquisition of 2025?

Date: 2025-09-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the advent of GLP-1 drugs is disrupting the weight management category, impacting legacy brands like SlimFast by offering a more effective weight loss experience than traditional diet products. It highlights SlimFast's struggle to compete and the need to realign its offerings and communication in response to the rising influence of GLP-1 pharmaceuticals and changing consumer behavior.

*"The issue stems mostly from the advent of the GLP-1 drugs that have become a major disruptor to this category. These new drugs are providing a customer experience that's closer to that mythical image of a magic pill..."*

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## 210. The Dr. Gabrielle Lyon Show

Episode: Is Ozempic Actually Safe? CEO of Major Pharmacy Speaks Out | Shaun Noorian, CEO

Date: 2025-04-22 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the pricing and accessibility issues surrounding GLP-1 drugs like Ozempic, highlighting concerns over monopolistic pricing, benefits in personalized dosing via compounding pharmacies, side effects management, and regulatory challenges.

*"I mean, it's obvious price fixing. They both come out with a drug at \$1,000 a month, and then they only lower it when they see there is competition."*

## 211. The Bid Picture with Bidemi Ologunde

Episode: 409. Apple Privacy to GLP1 Drugs: The Trust Crisis Explained in Seven Sectors  
Date: 2025-09-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 agonists like semaglutide for weight loss, highlighting both their benefits and significant concerns regarding muscle mass loss alongside fat reduction, and the associated health risks. It emphasizes the paradox of weight loss that might weaken vital musculature, raising caution among medical experts.

*"Studies show that 25-40% of the total pounds shared on GLP-1 therapy are coming from fat-free mass, which includes muscle, far above the approximately 8% lean mass loss per decade that occurs with normal aging."*

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## 212. Rob Black Show

Episode: Strategies For Dealing With The October Markets  
Date: 2025-10-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the pricing, market dynamics, and benefits of GLP-1 drugs, including weight loss effects, potential to reduce addictive behaviors, and cardiovascular risk improvements. It highlights anticipated FDA approvals and the potential for market changes with upcoming pills, while also acknowledging the complex health care and pricing environment.

*"Some of the things I like about GLP-1 benefits, and I do not take them. I lost weight in the last year. I hope to keep it off. And if I don't, I'm going to get the pills."*

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## 213. Rob Black Show

Episode: Strategies For Dealing With The October Markets  
Date: 2025-10-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the current pricing, upcoming oral GLP-1 drug approvals, and the benefits of GLP-1 drugs including weight loss, reduced alcohol and drug cravings, and potential societal health improvements. The speaker reflects on personal weight loss experience and the broader implication of GLP-1 drugs in addiction and cardiometabolic conditions.

*"Some of the benefits of GLP-1s... they reduce subjective intoxication and craving... people are drinking fewer drinks a day. People are eating less junk food. It's getting tied into the compulsive nature of drugs and the compulsive nature of overeating."*

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## 214. Today in Manufacturing

Episode: Jack Daniel's Trade War Fallout; Ford's Door Lawsuit; Honda Moves to Indiana | Today in Manufacturing Ep. 211  
Date: 2025-03-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic and Wegovy are reshaping the snack food and grocery industry by leading to reduced spending and shifting consumer preferences toward healthier snacks. It includes interview insights from a snack company co-owner highlighting changes in product formulations and packaging to meet evolving consumer demand.

*"According to a recent Cornell university study households with at least one patient taking GLP one medication like Ozempic or Wegovy, have cut grocery spending by some 6% within the first six months of starting the drug."*

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## 215. The Lindsey Elmore Show

Episode: The Problem with Drug Pricing | Dr. Lindsey Elmore  
Date: 2025-09-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses significant price hikes for the GLP-1 weight loss drug Monjaro in the UK, highlighting ensuing patient panic buying, supply chain strain, and lack of patient influence on drug pricing. The episode critiques the drug company's pricing adjustments and the broader implications for patients.

*"People started stockpiling Monjaro... One person said that they spent over a thousand pounds in panic buying."*

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## 216. The Fact Hunter

Episode: Episode 362: Semaglutides and Big Pharma  
Date: 2025-08-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses severe side effects and risks associated with GLP-1 drugs like semaglutide and ozempic, including serious health complications and a high number of emergency room visits, questioning their widespread marketing and safety perception.

*"Why is a drug with risks like pancreatitis, gallbladder disease, blindness, and all these serious ER visits being marketed like a diet soda?"*

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## 217. GLP-1 Tribe

Episode: Why are GLP-1 Medications 10X More Expensive in the USA? Who Pays for the Most Prescribed Medications in America?  
Date: 2025-04-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast episode deeply examines the high cost of GLP-1 weight loss drugs in the U.S. compared to other countries, exploring factors influencing pricing such as pharmaceutical company strategies and the U.S. healthcare system. It provides detailed cost

comparisons and discusses potential solutions to address affordability issues.

*"Why are GLP-1 medications... like Wegovy and Ozempic and Zepbound and Monjor, like why are they so expensive here in the U.S.? I mean seriously, often over like \$1,000 a month if you don't have insurance."*

## 218. Nature Podcast

Episode: Audio long read: Will blockbuster obesity drugs revolutionize addiction treatment?

Date: 2025-12-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode examines emerging research showing that GLP-1 drugs, such as semaglutide, not only aid in weight loss but also potentially help treat addiction by altering brain circuits related to craving and reward. Clinical trials support the promising use of these drugs beyond obesity, highlighting significant implications for addiction treatment.

*"No truly new class of addiction medicine has won approval from regulators in decades, says Elisabeth Jorloglom, an addiction biologist at th"*

## 219. The Hunter Williams Podcast

Episode: Stop Doing Weekly GLP-1 Injections! Microdose Instead (Here's Why)

Date: 2025-03-07 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the advantages of microdosing GLP-1 drugs, particularly retinotropide, over the traditional once-weekly injection method, emphasizing better efficacy and reduced side effects for weight loss and metabolic health. The host explains why microdosing is beneficial for long-term use and improved patient experience.

*"The TLDR version of this video is inject your GLP-1 three to four times a week because you're going to have a better response and lower, if any, side effect profile."*

## 220. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The Future of Food in a GLP-1 World with Maha Tahiri

Date: 2026-01-19 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on consumer behavior and food choices, highlighting nutritional challenges for users and industry responses, including the role of dietitians in supporting sustainable eating habits. It also covers how food labeling and product marketing can be misleading for GLP-1 users.

*"One of the biggest myths I hear about GLP-1s is that they just do all the work for you. But here's the truth. The medication can help you start your journey, but it really can't teach you how to eat for your new metabolism or how to build habits that actually last beyond the medication."*

## 221. The MM+M Podcast

Episode: Meet the 'GLP-1 evangelist'

Date: 2025-12-17 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast guest, an industry insider, discusses GLP-1 drugs as a cultural phenomenon affecting various sectors beyond healthcare, including food, fitness, and beauty. They emphasize the importance of educating consumers on GLP-1s' broader health benefits and improving patient adherence to these medications to capitalize on growth opportunities.

*"Right now, Jack, there are more people on GLP-1s for obesity than live in the state of Texas. That's like more than..."*

## 222. When Life Gives You Lemons

Episode: PART 1 - When You're Considering a GLP-1: The Remarkable Benefits & Surprising Risks

Date: 2025-09-17 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the mechanism of GLP-1 drugs such as semaglutides (Ozempic, Wegovy, and Rybelsus), highlighting their appetite-reducing benefits and recent trials of oral versions. It also covers market trends and emerging legal issues, including lawsuits against Novo Nordisk over side effects, providing a comprehensive view of the impact and concerns surrounding GLP-1 drugs.

*"As of September 12, 2025, just days ago, there are over 2,000 lawsuits pending against Novo Nordisk, which is the manufacturer of Ozempic."*

## 223. Smart Weight Loss Coaching | Nutrition, Mindset and Fitness Tips for Women Who Want To Level Up Their Health, Wellness and Longevity

Episode: 138. The First New Generation GLP-1 Weight Loss Pill Has Arrived!

Date: 2026-01-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the arrival of a new oral GLP-1 weight loss pill, focusing on the drug Wagovi and its benefits. It explains the medication's mechanism, dispels stigmas around medical weight loss treatments, and highlights recent FDA approvals expanding Wagovi's uses.

*"Taken appropriately, these meds are as life-saving as blood pressure or diabetes medications, and we shouldn't judge them any more than"*

*we judge someone for using a statin."*

## 224. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Losing 140lbs as a married couple on GLP-1 w/ Jennifer and Scott Pullman

Date: 2026-02-02 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode features a married couple discussing their significant weight loss using GLP-1 drugs semaglutide and tirzepatide, describing both the benefits and lifestyle changes involved. The conversation highlights personal experiences, challenges, and changes in eating behavior, providing insights into how GLP-1 drugs impact consumer habits and family dynamics.

*"Imagine going to Disney and realizing you can't do those family style meals anymore, not because of the cost, because you physically just can't eat that much. That's what happens when you're both on a GLP-1."*

## 225. The Daily

Episode: Ozempic for All?

Date: 2025-11-14 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the evolving accessibility and adoption of GLP-1 drugs such as Ozempic, highlighting their transition to more user-friendly forms like pills and their impact on weight loss outcomes. It emphasizes the potential for broader usage as these drugs become more attainable, reflecting a significant shift in medical treatment of obesity.

*"Ozempic is approved in the U.S. in 2017. It's a weekly injection for starters. ... It also leads to much more weight loss, about 15% in clinical trials."*

## 226. RadioWest

Episode: Lessons from a Year on Ozempic

Date: 2025-03-05 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on individuals, highlighting their significant effectiveness in weight loss and potential health benefits, while also acknowledging concerns about unforeseen consequences and wider societal impacts. The host reflects on personal experiences and observations about changing consumer behavior linked to these drugs.

*"The average person who takes Ozempic or Wigbøt loses about 15% of their body weight. The average person who takes Mounjaro, which is the next in this class of drugs, loses around 21% of their body weight."*

## 227. Goals, Grit, and Some Woo Woo Sh\*t

Episode: The Ozempic Effect with Paul Kemp

Date: 2025-12-02 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the widespread social and cultural impacts of GLP-1 drugs like Ozempic, including implications for restaurants, alcohol companies, and the fashion industry. It provides an accessible overview to educate listeners who may not be familiar with these drugs while exploring broader effects on consumer behavior and healthcare.

*"Today we're talking about what happens when 40% of North Americans are going to be on these drugs, and how they might lower dementia and inflammation independent of any weight loss effects, and why restaurants, alcohol companies, and even the fashion industry are bracing for impact."*

## 228. Nyheter (Podcast)

Episode: Alla pratar om Mounjaro

Date: 2025-05-19 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity and impact of GLP-1 weight loss drugs such as Mounjaro, Ozempic, and Wegovy, highlighting their effects on appetite control, weight loss, and the associated strong sales and production increases by Novo Nordisk. It touches on consumer experiences and the larger implications for public health and the food and beverage industry.

*"De nya karlekerna, alla pratar om Ozempic, Wigbøt, Mounjaro. Vill de forändra gameen på halsobattningen?"*

## 229. Live Long and Well with Dr. Bobby

Episode: #62: GLP-1s: Life-Changing Results... at What Cost?

Date: 2026-02-05 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed discussion on GLP-1 drugs, highlighting their effectiveness in treating obesity and associated conditions, and touches on cost and value aspects. It portrays these drugs as life-changing and significantly better than previous treatments for obesity.

*"These are by and large, amazing drugs. They cause dramatic weight loss, not as much weight loss as surgery as bariatric surgery, but much more weight loss than anything we'd had before."*

## 230. Wegovy

Episode: Novo Nordisk Advances Wegovy with First Oral GLP-1 Weight Loss Treatment Targeting Obesity Management

Date: 2025-05-10 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast discusses Novo Nordisk's GLP-1 weight loss drug Wegovy, covering its FDA approval, resolved supply shortages, potential new medical applications, and the importance of long-term treatment considerations. It highlights the drug's effectiveness and recent developments without detailed discussion of impact on the food and beverage industry or operator/executive opinions on consumer behavior changes.

*"The medication works by activating GLP-1 receptors in the brain that regulate appetite, effectively decreasing caloric intake."*

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## 231. Doorgelicht | BNR

Episode: Novo Nordisk | Doorgelicht

Date: 2025-03-06 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a thorough examination of Novo Nordisk's success with their GLP-1 weight loss drugs Ozempic and Wegovy, discussing their significant profits as well as the challenges like patent expirations and competition. Analysts also detail consumer demand and health impacts related to these medications, relevant to how they are influencing broader industry dynamics.

*"De populariteit van de afslankmedicijnen Ozempic en Wegovy levert fabrikant Novo Nordisk miljarden op."*

---

## 232. Weight and Healthcare

Episode: Weight Loss Drug Cage Match Study - Part 1 The Basics

Date: 2025-07-02 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a recent clinical study comparing two GLP-1 based weight loss drugs, semaglutide and terzepatide, including details about drug approvals and dosages, though it focuses mainly on the medical and pharmaceutical aspects rather than impacts on the food and beverage industry or consumer behavior changes.

*"On May 11, 2025, the study terzepatide as compared with semaglutide for the treatment of, quote, obesity, was published in the New England Journal of Medicine."*

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## 233. Scamfluencers

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-25 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the soaring demand for the GLP-1 weight loss drug Ozempic, supply shortages, the risk of dangerous counterfeit drugs, and the intense competition between pharmaceutical companies Novo Nordisk and Eli Lilly to meet market demand.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 234. Business Wars Daily

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the rapid rise in demand for the GLP-1 weight loss drug Ozempic, the supply challenges faced by manufacturers Novo Nordisk and Eli Lilly, and the resultant influx of dangerous counterfeit products in the market. It highlights the regulatory and supply chain struggles but doesn't deeply explore impacts on the food and beverage industry or operator/executive viewpoints on changing consumer behavior.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 235. Alles auf Aktien - Die taglichen Finanzen-News

Episode: Lilly oder Novo - und was kann das neue ChatGPT-5 wirklich?

Date: 2025-08-08 | Relevance: 90/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly and Novo Nordisk's recent financial performance related to their GLP-1 weight loss drugs, highlighting strong sales but significant market disappointment due to unmet high expectations. Executives and analysts debate the challenges and leadership changes as these companies navigate shifting consumer behavior and competition in the weight loss drug market.

*"Der Pharmakonzern hat im zweiten Quartal 15,6 Milliarden Dollar umgesetzt und Analysten hatten nur mit 14,7 Milliarden gerechnet. ... Aber der Markt hatte dann doch irgendwie mehr auf mehr gehofft."*

## 236. Food Matters Live Podcast

Episode: 582: Managing competing trends in food innovation

Date: 2025-10-27 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a significant trend with potential existential impacts on the food and beverage industry, noting decreased consumer reward from eating and drinking and highlighting both threats and opportunities for industry players. The conversation explores changing consumer behavior, market segmentation for users and non-users, and varying viewpoints on the extent of impact.

*"It's certainly there's a lot of unknowns... it's GLP-1, which is, you know, in some ways a potential existential threat to the food industry as we know it."*

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## 237. The Briefing

Episode: Why your power bill's going up + How Ozempic is changing what we eat

Date: 2025-12-08 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing popularity of GLP-1 weight loss drugs like Ozempic and Monjaro, highlighting how their use is reshaping consumer behavior and the food industry, including changes in household eating patterns. It provides an overview of user adoption rates in Australia and abroad but does not go into detailed data or company-specific insights.

*"Most of the time it's not only the person in the household who's using the drug that's changing, but most of the time think about a dinner table. It's very unlikely that one eats a salad and the rest eats a burger, so everybody has to play a little bit along."*

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## 238. Hot Takes Big Stakes Business

Episode: The Truth About GLP-1s: What No One's Talking About | #22

Date: 2025-12-18 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features an in-depth discussion on GLP-1 drugs, explaining their biological function and expanding beyond weight loss benefits, including metabolism and cognitive health. It highlights the development of an oral GLP-1 supplement by Evolve's founder and touches on market stigma, accessibility, and responsibility related to these drugs.

*"GLP-1 is a hormone that exists in your body. It's a natural biological pathway, and it regulates appetite and gives you a bit of a reset as it relates to metabolic health."*

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## 239. The Pulse by Wharton Digital Health

Episode: Dr. Rekha Kumar, Found, on Scaling Access in the Age of GLP-1s

Date: 2025-05-19 | Relevance: 90/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on the current landscape of GLP-1 drugs, particularly shortages and the role of compounded versions during these shortages. It addresses regulatory concerns about compounded GLP-1s, potential impacts on patient health if compounded drugs lose availability, and the nuanced view of compounded pharmacies versus branded drug manufacturers.

*"Many people, millions and millions, had access to compounded medicine in the setting of the shortage. Many of the people that accessed these meds were not only because of the shortage, it was because the price was better."*

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## 240. HER

Episode: How GLP-1 medications change the way we think about-and treat-obesity

Date: 2025-05-29 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast excerpt provides an informed discussion about GLP-1 drugs, their medical history, evolving pricing, and social narratives around obesity treatment. It highlights how these drugs have shifted understanding and treatment of obesity from ineffective past options to highly effective modern therapies and touches on emerging research and market dynamics, including telehealth distribution and pricing reductions by Novo Nordisk.

*"This class of drugs has been around for quite a while, about 20 years... more recently, they have found forms of these that are very effective for sort of recalibrating how your body stores fat and regulates your weight."*

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## 241. Liquid Assets: A Beverage Industry Podcast

Episode: New dietary guidelines, endless CEO turnover, wholesale upheaval, and the growing threat of GLP-1 usage

Date: 2026-01-26 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising usage and accessibility of the GLP-1 drug Wagovi in pill form, highlighting its potential disruptive impact on the alcohol sector and changes in affordability and availability through Medicaid and Medicare. It notes significant user growth and evolving perceptions about GLP-1 drugs affecting consumer behavior in the beverage industry.

*"Novo Nordisk is now making available in the U.S. as of January this month, the pill form of Wagovi... The number of users is escalating... The current administration has negotiated kind of lower prices and making it more available for, you know, via Medicaid and Medicare this year."*

## 242. On The Pen GLP-1 News

Episode: FDA CRACKDOWN on Compounded GLP-1s | Novo's Gut Hack & Lilly's One-Shot Cure

Date: 2025-09-09 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent FDA scrutiny on compounded GLP-1 medications, the impact on safety, supply, and pricing, and touches on patient advocacy efforts related to insurance denials for GLP-1 drug coverage. It provides patient-centric insights into current regulatory and market developments affecting GLP-1 drugs but does not deeply analyze changes in food and beverage industry behavior.

*"Compounded GLP-1s are under the FDA microscope, and we're breaking down what this means for safety, supply, price, and quality of GLP-1 compounds."*

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## 243. Sound Bites A Nutrition Podcast

Episode: 300: GLP-1 Meds and Then What? Turning Weight Loss into Lifelong Wellness - Dr. Gitanjali Srivastava

Date: 2025-12-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a detailed discussion with Dr. Gitanjali Srivastava on the challenges of maintaining weight loss after using GLP-1 weight loss medications, including clinical perspectives on obesity pharmacotherapy, within the context of nutrition and weight management.

*"Today's episode focuses on weight management in the era of GLP-1 medications. Many GLP-1 users plan to stop taking the medications once they reach their goal weight, but research shows that maintaining weight loss is not easy."*

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## 244. On The Pen GLP-1 News

Episode: Over The Counter GLP-1 Soon?

Date: 2026-01-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses FDA considerations for over-the-counter (OTC) approval of GLP-1 weight loss drugs, including safety, access, and regulatory impacts, citing recent federal initiatives to expand drug access and pricing agreements involving major manufacturers.

*""OTC, over-the-counter access, is literally the most powerful pressure release valve in that entire system.""*

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## 245. JAMA Medical News

Episode: Understanding the World Health Organization's GLP-1 Guidelines

Date: 2026-01-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the World Health Organization's conditional guidelines on GLP-1 drugs for obesity treatment, highlighting their role as part of a comprehensive strategy, challenges with long-term use, global access issues, and potential impact of new oral formulations. It emphasizes that GLP-1 drugs are not a standalone solution and addresses concerns about affordability and equitable access.

*""Still, just as GLP-1 medication use has helped to flip that script, the WHO doesn't want these drugs to be seen as a magic bullet.""*

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## 246. Down to Business English

Episode: GLP-1 Inhibitors

Date: 2025-12-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the GLP-1 weight loss drug market, focusing on major players like Novo Nordisk and Eli Lilly, distinctions between Ozempic and Wegovy, and recent market-moving acquisitions such as Pfizer's purchase of MetSera. It provides an update on the market landscape and emerging competition but does not deeply analyze impacts on the food and beverage industry or operator behavior.

*""Anyone who's familiar with the weight loss drug market... will know that the biggest player in this sector is the Danish pharmaceutical company Novo Nordisk. And they have two different drugs on the market, Ozempic and Wegovy.""*

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## 247. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Breaking Down the new GLP-1 Pill with Dr. William Haas

Date: 2026-01-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the development and administration methods of GLP-1 drugs, particularly the transition from injectable forms to new oral versions like Wagovi and Rebelsis, with an emphasis on effectiveness and patient experience. The speakers detail the molecular challenges involved with oral peptides and analyze clinical trial results showing modest weight loss impacts of oral formulations.

*""When you looked at the original rebelsis trials... you saw very modest weight loss, three to six percent.""*

## 248. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Best foods to eat on GLP-1 Ozempic, Mounjaro, Zepbound, Wegovy Diet

Date: 2025-12-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses dietary and nutritional adjustments needed for effective and healthy use of GLP-1 weight loss drugs like Ozempic, focusing on nutrient density and managing side effects. It highlights challenges in maintaining nutrition due to reduced appetite and slower digestion caused by GLP-1s, and offers food and supplement recommendations for users.

*"When you're on GLP-1 medications like Ozempic, Wagovi, ZepBound, you need to start eating slightly differently to support your goals and your nutrition. And what you eat can make a huge difference in your results."*

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## 249. W Strone Dugowiecznosci

Episode: Agonisci GLP-1

Date: 2025-02-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed overview of GLP-1 agonists as transformative drugs initially developed for type 2 diabetes that have also been found to promote weight loss. It discusses the biological mechanisms behind these drugs, their history, and their impact on insulin secretion, emphasizing their growing popularity and medical promise.

*"Agonisci GLP-1 to grupa lekow, ktore bardzo szybko zrewolucjonizowala leczenie cukrzycy typu drugiego, czyli tej cukrzycy zwiiazanej przede wszystkim z nadwaga, z otyoscia."*

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## 250. General Medicine and Primary Care

Episode: Navigating Gastrointestinal Impacts of GLP-1 Receptor Agonists

Date: 2025-06-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on GLP-1 receptor agonists focusing on minimizing gastrointestinal side effects and ongoing concerns about potential risks such as pancreatitis, emphasizing dose titration for better patient tolerance and adherence.

*"The best way to minimize the GI adverse effects in patients taking GLP-1 receptor agonists is to reduce the dose, to reduce the dose to a level that is tolerated."*

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## 251. The Hunter Williams Podcast

Episode: GLP-1 Diet Disasters: Why Your Gut is Suffering (And How to Fix It!)

Date: 2025-04-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 receptor agonists like semaglutide on gut health, focusing on how these drugs slow gastric emptying to promote satiety but can also cause gastrointestinal issues, especially when combined with high-fat diets like keto or carnivore. It highlights concerns from practitioners and biohackers about diet-induced gut dysregulation and varying responses to GLP-1 treatments.

*"GLP-1 receptor agonists such as semaglutide, terzaptide, and retitritide have obviously revolutionized treatments for obesity... by curbing appetite and slowing gastric emptying... However, the delayed gastric emptying... can create a fertile environment for gastrointestinal dysregulation."*

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## 252. Bariatric Surgery Success

Episode: Inside the GLP-1 Kitchen: Where Science Meets Delicious

Date: 2025-12-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the unique nutritional challenges and dietary considerations for individuals taking GLP-1 weight loss drugs, highlighting recipes designed to address issues like nausea and small meal portions while emphasizing the importance of protein and fiber. The focus is on blending science with delicious food tailored to this population's needs, reflecting positively on GLP-1 treatments' role in weight management.

*"We specifically and intentionally created recipes that are smaller portions, but pack a lot of nutrition. So we want it to be delicious, but not overwhelming."*

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## 253. West Wellness & Longevity

Episode: GLP-1 Without the Needle? Let's Talk Orforglipron

Date: 2026-01-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses Orforglipron, an oral GLP-1 receptor agonist developed by Eli Lilly, highlighting its differences from peptide-based injectable GLP-1 drugs and its potential benefits such as ease of administration and mechanisms of action. The host shares personal experience and explains the scientific background, emphasizing the innovation of a non-peptide oral GLP-1 drug.

*"It is an investigational once a day oral GLP receptor agonist that Eli Lilly has been doing a lot of research on. But here's the thing. It's not a peptide. It's a small molecule. So it's not an injectable peptide."*

## 254. "Earn That Body Podcast" with Kim Eagle

Episode: #413 The QUICK TRUTH About Microdosing GLP 1's!

Date: 2025-11-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise of compounded and microdosed GLP-1 drugs, their lack of FDA approval, safety concerns, regulatory changes ending the compounded drug era, and evolving marketing towards wellness beyond weight loss, highlighting the uncertainty and lack of scientific evidence for some claims.

*"Medscape called this the end of the era of compounded GLP-1 drugs, which again, I think is a good thing. It's the start of much needed regulation around these drugs."*

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## 255. JAMA Network

Episode: JAMA Surgery : Obesity Treatment With Bariatric Surgery vs GLP-1 Receptor Agonists

Date: 2025-09-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode deeply explores the clinical research comparing the efficacy and healthcare outcomes of GLP-1 receptor agonists versus bariatric surgery for obesity treatment, focusing on weight loss and patient health over a follow-up period.

*"Glucagon-like peptide-1 receptor agonists, GLP-1s. I feel like you can't go anywhere anymore without hearing about these drugs."*

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## 256. GLP-1 Studio Podcast

Episode: The Shotsy App: A GLP-1 Tool For Self-Advocacy

Date: 2026-01-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the Shotsy App, a tool designed for users of GLP-1 medications to track their dosages, side effects, and weight loss progress to aid in personalized dosing and doctor communication. It also touches on legislative advocacy affecting access to compounded GLP-1 drugs.

*"It's very special for a couple different reasons. One, I think it was like the first of its kind. And two, it doesn't just track medications, side effects, doses, weight loss. It also helps you actually visualize what the medication levels might be like in your body on any given day."*

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## 257. Charting Pediatrics

Episode: Prescribing GLP-1 Medications in Pediatric Practice

Date: 2026-02-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the clinical use, mechanisms, and ethical considerations of GLP-1 drugs in pediatric medicine, focusing on their role in obesity treatment and diabetes management among children and adolescents.

*"The question isn't if these medications have a place in pediatrics, it's where, when, and how."*

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## 258. pharmaphorum Podcast

Episode: Weighing in on GLP-1 drugs

Date: 2025-08-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges of medication adherence for GLP-1 weight loss drugs, the role of community support groups like Weight Watchers in improving adherence, and the potential interaction of these drugs within the broader weight loss ecosystem. The conversation highlights both the powerful effects of GLP-1 drugs and the difficulties patients face with injections and side effects, emphasizing the need for support structures.

*"The CCO from Weight Watchers... are looking at how they can utilise their community basis... because if you're going home having quite severe or noticeable gastrointestinal side effects, you're less likely to continue taking it, particularly if you consider it to be optional."*

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## 259. The Second Opinion Podcast with Dr. Paul Kolodzik

Episode: The future of GLP-1, whats next and whats being sold on the black market

Date: 2026-01-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses upcoming oral formulations of GLP-1 drugs like semaglutide for weight loss, including dosing, side effects, and the black market use of non-FDA-approved variants. It highlights the potential impact of these medications but also notes increased side effects and challenges.

*"Novo Nordisk... has gone back and done additional research studies at much higher dosages in an attempt to make a pill formulation for weight loss available. And it looks like that's going to be coming out sometime in 2026 or early 2027."*

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## 260. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The Importance of Personalized Care on GLP-1 with Dr. Craig Primack

Date: 2025-10-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses challenges and considerations related to GLP-1 drugs for weight loss, including issues of appetite suppression, muscle loss, dosage adjustments, and the need for adequate protein intake during treatment. It also addresses insurance

coverage hurdles and the complex nature of maintaining weight loss with GLP-1 therapy.

*"We have not seen big studies done in a good fashion saying people keep off their weight when they stop these drugs."*

## 261. Reality Check Podcast

Episode: Ep. 88 Forever Dose of GLP-1

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a mainstream choice for weight loss, emphasizing that they are a tool like any other and stressing the importance of healthy habits and metabolic resilience. They caution against indefinite use without an exit strategy to maintain weight loss healthily.

*"At the end of the day, losing weight with a GLP-1 is the same as losing weight without a GLP-1. Healthy habits have to be in place, protein and muscle maintenance is important, and you can't just live in a deficit until the end of time or your body will pay the price."*

## 262. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Losing 140lbs as a married couple on GLP-1 w/ Jennifer and Scott Pullman

Date: 2026-02-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a married couple discussing their personal experiences with GLP-1 weight loss drugs, including significant weight loss, side effects, and changes in eating habits. It highlights how GLP-1 drugs impact consumer behavior, such as reduced food intake and adjustments in social eating scenarios.

*"Imagine going to Disney and realizing you can't do those family style meals anymore, not because of the cost, because you physically just can't eat that much. That's what happens when you're both on a GLP-1."*

## 263. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: Podcast #55 - The Future of GLP-1: Retatrutide, Revita & Rejuva (with David Knapp)

Date: 2025-11-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers on the advancements in GLP-1 drugs, particularly programs like Revita and Rejuva by Fractal Health, which aim to enhance the body's natural hormone release by restoring duodenum function. The podcast highlights the potential of these treatments in addressing obesity and metabolic health challenges.

*"These programs that Revita looks at is they look at the duodenum...they have found is that restores the sensing capability of those cells to promote the natural release of these nutrient stimulated hormones."*

## 264. GLP-1 Tribe

Episode: GLP-1 Medications like Wegovy and Zepbound - Game-Changers for People at High Risk of a Heart Attack

Date: 2025-03-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion on how GLP-1 drugs like Wegovy and Zepbound work by regulating appetite, digestion, and blood sugar control, leading to substantial weight loss and associated health benefits such as improved heart risk factors. It also touches on emerging research about these drugs possibly changing cravings toward healthier foods.

*"I've also read that these meds might even change which foods we crave. It's not just feeling full. It's like we actually want the healthier stuff more."*

## 265. Science Friday

Episode: How Do GLP-1 Drugs Override Our Biology?

Date: 2025-07-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Wegovy and Ozempic work biologically to aid weight loss, emphasizing that they are a powerful tool and not just a matter of willpower. It covers the science behind metabolism and challenges of sustained weight loss, highlighting changes in appetite and metabolic adaptation.

*"The one thing about these drugs that I think everybody can agree on is that they work through biology. And that means this struggle that many of us have experienced throughout our lives, this struggle with weight, is not willpower."*

## 266. Extend Podcast with Darshan Shah, MD

Episode: 129. Ashley Koff: The GLP-1 Conversation Most People Are Missing

Date: 2026-01-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed exploration of GLP-1 medications, focusing on their role in metabolic healing beyond mere weight loss. The discussion emphasizes the importance of proper use, support, and education around GLP-1s, highlighting their significant impact on health when integrated with personalized nutrition and lifestyle factors.

*"We are living in an age right now where GLP-1s is like 99% of the conversation, right? And rightfully so. They have a major effect. But there's a lot about them that if you're not doing them right, if you don't have the full picture, you're really not going to benefit or you might even have problems, right?"*

## 267. It's Beyond The Food: The Non-Diet Coaching Podcast

Episode: 429-GLP-1: The Non-Diet Coaching Approach When You Feel Like Weight Loss is Everywhere

Date: 2025-07-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides a historical overview and current context of GLP-1 drugs, particularly focusing on their emergence as weight loss drugs and discussing the importance of unbiased research. The speaker approaches the topic from a non-diet coaching perspective, emphasizing cautious awareness of GLP-1 drugs amidst evolving consumer and professional attitudes.

*"Whatever you are for it, against"*

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## 268. Mindfully Integrative Show

Episode: How GLP-1 Medications Transform Your Metabolism, Appetite, and Health

Date: 2025-08-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode offers a detailed discussion on how GLP-1 hormones and related medications affect metabolism, appetite regulation, and weight loss, explaining their role in managing blood sugar and improving metabolic health. The host elaborates on the physiological mechanisms of GLP-1, including its insulin-releasing effects and benefits for diabetic and weight management patients.

*"GLP-1 is a hormone in the gut that plays a crucial role in regulating the appetite, the metabolism, and it is part of the incretin hormone family, meaning that it is insulin releasing from eating."*

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## 269. The Vagina Doctor Podcast w/ Duncan Turner M.D.

Episode: This Might Sting A Little: GLP-1 Agonists Explained: Benefits, Risks, and the Truth About Semaglutide

Date: 2025-09-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses various GLP-1 agonist formulations, comparing effectiveness, bioavailability, and weight loss outcomes, while touching on medication customization and compliance. There is mention of effects on weight loss percentages with different drugs and forms, though with only general insights rather than industry or food sector specifics.

*"The average weight loss with that one is 14%, which is a lot less than you would get with terzepatide... which can make you, on average, lose 23% of your body weight or so."*

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## 270. The Renew Vitality Podcast

Episode: GLP-1 Medications & Sustainable Weight Loss: Preserving Muscle, Maximizing Results | Ep. 002

Date: 2025-07-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs focusing on their effects on metabolism and weight loss, emphasizing the importance of resistance training and protein intake to preserve muscle mass and bone density for sustainable outcomes. The speakers highlight potential negative metabolic effects and side effects of GLP-1 drugs, suggesting a nuanced perspective rather than an outright endorsement.

*"All of the studies associated with GLP-1 drugs talk about a net weight loss. They don't talk about the change in body composition. And when they talk about body fat loss versus lean tissue, lean tissue is not just muscle. It's also a loss of connective tissue and bone density."*

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## 271. On The Pen GLP-1 News

Episode: GLP-1 Access, MariTide Data, and the Oprah Effect on Obesity Care

Date: 2026-01-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the mechanisms, dosing, and tolerability of new GLP-1 and related drugs such as Meritide and terzepatide, highlighting the potential for extended dosing intervals and patient experience with side effects. It also covers industry updates including Eli Lilly's oral GLP-1 drug Orforglapron aiming for regulatory approval in 2026.

*"Lilly's Orforglapron, which is their oral GLP-1 that's supposed to contend with oral Wegovi, is now tracking towards approval as early as quarter two of 2026."*

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## 272. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: #51 - The Truth on Food Noise, Artificial Sweeteners and GLP-1 Muscle Loss (with Dr. Michael Greger)

Date: 2025-09-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features a detailed discussion with Dr. Michael Greger on GLP-1 drugs focusing on their nutritional implications, potential side effects like muscle loss, and natural ways to stimulate GLP-1, with a balanced perspective on benefits and concerns.

*"He cautions about the dangers of artificial sweeteners and the very real concern about losing your lean muscle mass while taking these peptides."*

### 273. But first, Pivot.

Episode: Episode 77: Taking a GLP-1? Don't Skip These 5 Habits!

Date: 2025-07-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed explanation of GLP-1 drugs, their biological mechanism, and their role in supporting weight loss, emphasizing that they are effective when combined with healthy lifestyle changes. It highlights the importance of using these drugs as a tool alongside diet and lifestyle for best outcomes.

*"GLP-1 medications are a game changer for so many people, but on their own, they're not that magical."*

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### 274. The Peptide Podcast

Episode: Muscles, Protein, and Strength Training on GLP-1s

Date: 2025-04-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast deeply explores the effects of GLP-1 weight loss drugs like semaglutide on muscle mass and bone health, clarifying misconceptions about muscle loss and highlighting additional benefits such as improved bone density. It emphasizes that muscle loss seen during treatment is due to rapid weight loss combined with lack of exercise and nutrition, not the medication itself.

*"Here's the truth. GLP-1 medications do not inherently destroy your muscle mass. In fact, clinical studies have shown that GLP-1 medications like semaglutide have osteoblastic effects, meaning they can stimulate bone formation, not bone loss."*

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### 275. Weight Loss Winformation

Episode: Episode 237: GLP-1's, Part 1 with Katie Chapmon, RD

Date: 2025-07-16 | Relevance: 85/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the different types of GLP-1 drugs, particularly semaglutide and tirzepatide, explaining their chemical composition, approval status for diabetes and weight management, and how these drugs function as hormones affecting blood sugar and weight.

*"Ozempic is approved for diabetes. Wagovi, same thing, but that's approved for weight management."*

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### 276. The Beyond Condition Podcast

Episode: GLP-1 Agonists | For BETTER or for WORSE? Guest. Scott Stevenson

Date: 2025-06-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise in prescriptions of GLP-1 weight loss drugs like tirzepatide and semaglutide, noting their chemical mechanism that suppresses appetite without behavioral or cognitive changes. The discussion highlights concerns about people relying solely on the drugs without lifestyle changes and touches on the societal context of obesity and energy conservation tendencies.

*"If you look at like in 2024, the top 10 prescribed, the top 25 prescribed drugs, tirzepatide is in the top 10... Govy was number four in the U.S. ...Ozempic was like 25."*

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### 277. Weight Loss And ...

Episode: How GLP-1 Medications Changed the Science and Art of Sustainable Weight Loss with Arne Astrup

Date: 2026-01-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion covers how GLP-1 drugs are assisting obesity treatment with effective management by physicians and dietitians, notes anticipated price reductions due to patent expirations and market expansion, and highlights challenges regarding proper medical training and social equity in access.

*"I also foresee within a couple of weeks, the pricing issue of the GLP-1 drugs the price is coming down because there will be more on the market and some patents will expire, et cetera."*

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### 278. Fit After 40: the Women's Fitness & Health Revolution Podcast

Episode: Women's Health & The GLP-1 Wake Up Call

Date: 2025-12-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the World Health Organization's new guidance on GLP-1 drugs for obesity treatment, the surge in global demand for GLP-1 therapies, their high cost in the U.S., and their use beyond diabetes, highlighting the medications' impact on health and accessibility issues.

*"The World Health Organization yesterday issued its first ever guidance on treating obesity with glucagon-like peptide-1 therapies, or GLP-1, conditionally recommending the drug class for long-term use in non-pregnant adults alongside a healthy diet, regular exercise, and medical counseling."*

## 279. Science Friday

Episode: 1068: How Do GLP-1 Drugs Override Our Biology?

Date: 2025-07-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a detailed discussion on GLP-1 weight loss drugs, their biological mechanisms, and the science behind weight regain, including metabolic adaptation and the role of addictive food circuits. It touches on how these drugs impact weight management, without deeply focusing on food and beverage industry responses or executive perspectives.

*""The one thing about these drugs that I think everybody can agree on is that they work through biology. And that means this struggle that many of us have experienced throughout our lives, this struggle with weight, is not willpower. """*

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## 280. The Diary Of A CEO

Episode: The Ozempic Expert: Ozempic Transforms Your Gut Microbiome! People Are Being Overdosed On Ozempic!

Date: 2026-01-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the benefits and risks of Ozempic, a GLP-1 drug, covering its potential to heal various conditions beyond weight loss, including impacts on the gut microbiome and chronic diseases. The speaker emphasizes correct dosing and therapeutic potential, while noting some concerns about overdosing and side effects.

*""Everyone's Saying That Ozempic Is Evil, This Is The Worst Thing Ever. But A Lot Of People Are Being Overdosed For Weight Loss And This Leads To A Very High Risk For Side Effects. But Ozempic, Done Correctly Has All These Other Benefits That Have Nothing To Do With Weight Loss And They Are Just Mind Blowing. """*

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## 281. Interesting Things with JC

Episode: 1348: "Ozempic Venom"

Date: 2025-07-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the origin and development of GLP-1 drugs, such as semaglutide and Ozempic, highlighting their medical breakthrough for diabetes treatment and significant impact on weight loss, leading to a cultural phenomenon and substantial market growth.

*""Global sales of semaglutide-based drugs crossed \$10 billion in just a few years. """*

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## 282. The Health Exchange

Episode: Ep 7: Is Everyone Taking Ozempic? | The Health Exchange Podcast

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a popular GLP-1 weight loss drug, focusing on its growing use, effects, and accessibility challenges. Hosts share personal and clinical experiences, noting both enthusiasm and concerns about the drug's adoption and implications.

*""You know, it is and I'm going to be honest. Like when it first came on to the scene... I was like, this is cheating. """*

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## 283. NZZ Akzent

Episode: Ozempic: Nestle und Co. haben ein Problem

Date: 2025-02-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising demand for GLP-1 weight loss drugs like Ozempic, especially in the US, and explores their impact on consumer eating habits and the food industry, with some speculation on how retailers might adapt their product offerings in response.

*""Diese Medikamente, die werden sehr stark nachgefragt, vor allem in den USA. Und die Nachfrage nimmt zu, so stark, dass sie sogar Folgen für die Nahrungsmittelindustrie hat. """*

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## 284. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Revolutionary Weight Loss Insights and Critical Health Considerations

Date: 2025-08-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of Ozempic and other GLP-1 drugs for weight loss, highlighting clinical efficacy, risks like muscle loss and weight regain, FDA warnings about counterfeit drugs, and the importance of medical supervision. It provides a balanced overview including benefits and cautions associated with these medications.

*""Ozempic and its class of GLP-1 drugs are transforming weight loss medicine, but they come with caveats. Possible muscle loss, the potential for weight regain, and uncertainties about long-term impacts beyond the scale, like heart and lung function. """*

## 285. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Breakthrough Weight Loss and Heart Health Secrets Revealed

Date: 2025-10-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion on Ozempic, a GLP-1 drug, focusing on its mechanism, weight loss effects, and clinical study results, highlighting its use beyond diabetes to weight loss applications.

*"Ozempic was originally developed for those managing type 2 diabetes. Its active ingredient is called semaglutide, which mimics a natural hormone in the body known as glucagon-like peptide 1. This hormone helps regulate blood sugar and reduces appetite, making you feel fuller for longer."*

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## 286. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Revolutionary Weight Loss Breakthrough or Risky Solution?

Date: 2025-08-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the medical uses of Ozempic, a GLP-1 drug (semaglutide), focusing on its original role in treating type 2 diabetes and its growing off-label use for weight management, highlighting clinical trial data showing significant weight loss and patient experiences of appetite control. The discussion includes both benefits and side effects, portraying Ozempic as a revolutionary weight loss breakthrough.

*"Many people using Ozempic report feeling fuller after smaller meals and noticing dramatically reduced cravings, especially for snacks and sweets."*

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## 287. Ozempic Weightloss Unlocked

Episode: Ozempic Revealed: Breakthrough Weight Loss, Health Transformation, and Surprising Benefits

Date: 2025-08-30 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, focusing on its mechanism, clinical effectiveness for weight loss, and lifestyle factors that enhance its success. It covers scientific background, user experiences, and emphasizes combined diet and exercise benefits.

*"Ozempic involves its active ingredient semaglutide, which mimics a gut hormone called glucagon-like peptide 1, helping regulate blood sugar, slow digestion, reduce appetite, and make you feel fuller after meals."*

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## 288. Privycast

Episode: Ozempic: The Wight Loss Bathroom Boss

Date: 2025-02-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs focusing on their biochemical properties, development history, and medical applications, especially semaglutide's role in treating type 2 diabetes and obesity. While it covers the drug's pharmacological aspects and weight loss effects, it doesn't delve deeply into impacts on the food and beverage industry or consumer behavior.

*"Nowadays, similar drugs are not only used to treat type 2 diabetes. Semaglutide and other similar drugs began to be explored for their benefits in treating obesity."*

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## 289. Ozempic Weightloss Unlocked

Episode: Ozempic: Breakthrough Weight Loss Science, Risks, and Transformative Potential Revealed

Date: 2025-08-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an in-depth overview of Ozempic, a GLP-1 drug primarily used for diabetes and weight loss. It highlights the drug's mechanism, clinical trial results showing significant weight loss, and addresses emerging safety concerns as usage increases.

*"Clinical trials like the STAT program, published in The Lancet, showed that people taking Ozempic lost an average of nearly 15% of their body weight in a little over a year."*

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## 290. The Pat Kenny Show

Episode: Off the scales: The Inside Story Of Ozempic And The Race To Cure Obesity

Date: 2026-01-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the development and impact of GLP-1 drugs like Ozempic, focusing on Novo Nordisk's journey with the drug, its side effect of weight loss, and the broader implications for industries such as food and beverage. The coverage highlights the long clinical trials and emerging market effects related to obesity treatment.

*"The winners being plastic surgeons, maybe retailers if people lose a lot of weight and buy clothes, and the losers being the food industry, drinks industry, anybody that relies on a steady stream of people with large appetites."*

## 291. Ozempic Weightloss Unlocked

Episode: Ozempic Revolution: Groundbreaking Pills, Genetics, and Weight Loss Breakthroughs  
Date: 2025-09-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses recent research on how genetics influence the effectiveness of GLP-1 drugs like Ozempic for weight loss, safety concerns regarding unapproved versions, ongoing investigations into side effects, and potential future developments such as oral forms and personalized obesity treatment.

*"Dr. Daniel Rotchoff, from the Cleveland Clinic, suggests that in the near future, doctors could combine genetic testing with lifestyle and personal factors to tailor obesity treatment, making these therapies even more effective and personalized."*

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## 292. Nutrition Facts with Dr. Greger

Episode: The Benefits and Side Effects of Ozempic  
Date: 2025-07-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the benefits and risks of GLP-1 drugs like Ozempic, comparing them to bariatric surgery in terms of effectiveness for weight loss and health outcomes. It highlights both the potential serious side effects and the significant health benefits of weight loss from these drugs.

*"Even the drug manufacturers of Ozempic and similar weight loss drugs cop to the long risk of potentially serious side effects."*

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## 293. Fitness Stuff (for normal people)

Episode: #157 // Science of Ozempic: How It Works & Why It Matters  
Date: 2025-02-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the effects and concerns related to GLP-1 drugs like Ozempic, focusing on muscle mass loss, adverse effects from compounded non-FDA approved versions, and issues with dosing. It highlights significant health risks such as gastrointestinal symptoms and concerns over unregulated drug versions being widely used.

*"The FDA has recently highlighted big areas of concern for compounded GLP-1 drugs... dosing issues being the biggest piece is oftentimes they don't have the dose that they say on the label."*

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## 294. Dr. Joseph Mercola - Take Control of Your Health

Episode: Ozempic: The Hidden Costs of a Quick Fix - AI Podcast  
Date: 2025-06-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses the adverse effects and limitations of GLP-1 drugs like Ozempic for weight loss, emphasizing the health risks, weight regain after discontinuation, and high incidence of adverse events. It offers alternative strategies for weight management without GLP-1 drugs and highlights concerns about the drug's safety and long-term efficacy.

*"The short-lived benefits rarely outweigh the cascade of long-term losses we've discussed."*

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## 295. Cork News Today | 2 Min News | The Daily News Now!

Episode: Ozempic: The Perfect Body Drug  
Date: 2026-01-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 weight loss drugs like Ozempic, their origins in diabetes treatment, the societal and health implications of their widespread use, and the connection to changing consumer behaviors influenced by food marketing and media. It highlights both the benefits and risks, including side effects and long-term safety concerns.

*"Today, millions are running a global experiment on these drugs' long-term safety, with side effects still unfolding and black market fakes adding risks."*

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## 296. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Weight Loss Revolution: Oprah's Transformation Sparks Nationwide Conversation About Health and Body Positivity  
Date: 2025-07-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 drugs like Ozempic for weight loss, highlighting both the drug's benefits in appetite suppression and weight management as well as associated health risks and legal concerns. It also contextualizes the impact on individuals by noting the importance of combining medication with lifestyle changes, reflecting a shift in societal views on obesity.

*"Ozempic quiets the constant internal monologue about food and cravings, making it easier to stick with a calorie-restricted diet and adopt healthier habits."*

## 297. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Breakthrough Weight Loss Science and Real-World Insights  
Date: 2026-01-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on Ozempic (semaglutide) and similar GLP-1 weight loss drugs, including their effectiveness, weight regain after discontinuation, and implications for obesity as a chronic condition. It references multiple studies highlighting both benefits and challenges of using these drugs.

*"On average, people lost about 33 pounds while taking the most common glucagon-like peptide 1 drugs, but they gained back about 22 pounds within a year after stopping. Most people were close to their original weight again within about 18 months."*

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## 298. Ozempic Weightloss Unlocked

Episode: Here's a compelling headline under 20 words:

Ozempic: The Revolutionary Weight Loss Drug Transforming Health and Challenging Obesity Myths  
Date: 2025-07-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: This podcast episode explores the impact of Ozempic, a GLP-1 drug originally for type 2 diabetes, on weight loss and obesity treatment, highlighting clinical trial results and personal success stories. It presents GLP-1 drugs as transformative in health management and obesity myths.

*"Major clinical trials, as reported by the New England Journal of Medicine, found that people using Ozempic lost on average 15% of their body weight over a 68-week period."*

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## 299. Ozempic Weightloss Unlocked

Episode: Ozempic Weight Loss: The Truth About Stopping and Regaining Pounds  
Date: 2026-01-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses recent research on the efficacy and challenges of GLP-1 drugs like Ozempic for weight loss, including studies on weight regain after stopping medication. It highlights the medical benefits, limitations, and the importance of lifestyle factors in maintaining weight loss.

*"A new study published in BMC Medicine reveals that people may start regaining weight within weeks of stopping drugs like Ozempic and Wegovy."*

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## 300. Fierce Fatty Podcast

Episode: 199: Ozempic/Wegovy (GLP 1s) - Where Are We Now? (Part 1)  
Date: 2025-08-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast provides an in-depth discussion about GLP-1 drugs, including semaglutide and related brand names like Ozempic and Wegovy. It explains how these drugs work, their regulatory status, and safety concerns, though it does not deeply explore the impact on the food and beverage industry or executive/operator perspectives on changing consumer behavior.

*"GLP-1 is a peptide hormone produced in the gut in response to food intake. GLP-1 receptor agonists, these medications bind to the same receptors as GLP-1, amplifying its effects. Semaglutide is the active ingredient in Ozempic or Wegovy, which is a GLP-1 agonist."*

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## 301. SBS Portuguese - SBS em Português

Episode: Ozempic, porque remedio para diabetes virou febre para emagrecer? Pros e contras  
Date: 2025-09-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the rising popularity of GLP-1 drugs like Ozempic and Monjaro for weight loss, highlighting user experiences, the drugs' effects on appetite regulation, and referencing market data on usage growth. It also addresses the personal and emotional costs associated with these medications.

*"Estudos sobre obesidade, metabolismo e diabetes confirmam que Ozempic ou Monjaro promovem uma perda de peso rápida e significativa."*

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## 302. Navigating Ozempic-#Ozempic

Episode: "Ozempic Revealed: Eye Health Risks, Legal Battles, and Surprising Heart Benefits Shake Up Diabetes Medication Landscape"  
Date: 2025-10-25 | Relevance: 85/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses recent research uncovering serious eye health risks linked to GLP-1 drugs like Ozempic, ongoing legal battles concerning side effects, and the implications for patients and regulators. It provides substantial detail on medical findings, legal developments, and regulatory context regarding GLP-1 medications.

*"According to a study, patients on GLP-1 drugs like Ozempic were up to 68 times more likely to develop a rare but serious eye condition called non-arteritic anterior ischemic optic neuropathy (NAION) compared to those using other treatments."*

### 303. El Paso News Today | 2 Min News | The Daily News Now!

Episode: Ozempic Alternatives: Risky Knockoffs or Affordable Weight Loss?

Date: 2025-10-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity of GLP-1 weight loss drugs like Ozempic and Wagovi, focusing on challenges such as high cost, limited availability, and the emergence of cheaper, unregulated alternatives. Medical experts caution about safety risks, while consumers seek affordable options, leading to federal calls for tighter oversight.

*"Because these brand name drugs are pricey, sometimes costing over \$1,000 for a month's supply, not everyone can afford the real thing."*

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### 304. Navigating Ozempic-#Ozempic

Episode: Ozempic: Revolutionizing Diabetes, Weight Loss, and Health with Breakthrough Research and Affordable Access

Date: 2025-08-30 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses emerging research on GLP-1 drugs like Ozempic, highlighting their potential benefits in reducing alcohol and opioid addiction behaviors, as well as lowering risks for certain obesity-related cancers. Experts note ongoing research needs and emphasize these drugs are not cures, but significant health advancements.

*"These studies mostly follow patients already being treated for diabetes or obesity, and it is unclear whether Ozempic or similar drugs would provide the same benefits for addiction in those without these related conditions."*

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### 305. Foundational Health

Episode: Understanding Ozempic, GLP-1, and Natural Weight Loss Strategies

Date: 2025-02-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides an educational overview of GLP-1 drugs like Ozempic and Wagovi, discussing obesity statistics, potential benefits for weight loss and related conditions, and aiming to present both pros and cons without making usage recommendations.

*"Advocates for Ozempic and other GLP-1 agonist drugs say that they can help fix this problem by helping people lose weight with their weekly injections."*

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### 306. The Science Show - Full Program Podcast

Episode: Lab Notes: How Ozempic stops food cravings

Date: 2025-06-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast explores how GLP-1 agonists like Ozempic, originally developed for diabetes, are effective for weight loss by affecting appetite and fullness signals between the gut and brain. It includes scientific context and personal testimonials highlighting the significant impact on weight loss.

*"These drugs which are called GLP-1 agonists were originally designed to treat type 2 diabetes but it turns out they're really good at helping people lose weight too."*

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### 307. The Ranveer Show

Episode: 2026 FAST Weight Loss Hack - Ozempic & Mounjaro Special With TOP Dr. Ambrish Mital I TRS

Date: 2025-12-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion about GLP-1 weight loss drugs Ozempic and Mounjaro, covering their effectiveness, side effects, treatment duration, and pricing trends. It highlights these drugs as revolutionary in diabetes and weight loss treatment but also warns about rapid weight loss side effects and the need for informed medical supervision.

*"Weight loss drugs could reach 100 billion dollars in the next 8 years. Ozempic & Mounjaro will be known about Ozempic & Mounjaro. It is one of the biggest discoveries in the last 40 years."*

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### 308. Business Wars

Episode: Ozempic Wars | The Next Injection | 2

Date: 2025-11-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the competition between Novo Nordisk and Eli Lilly in the GLP-1 weight loss drug market, highlighting their race to develop effective drugs and expand into new treatments. It also covers Eli Lilly's launch of a direct-to-consumer sales platform to boost sales.

*"Novo Nordisk became the most valuable corporation in all of Europe... Eli Lilly is quickly gaining on them... Both companies are pushing ahead with additional research and development."*

## 309. The Science Show

Episode: Lab Notes: How Ozempic stops food cravings

Date: 2025-03-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode discusses the science behind GLP-1 receptor agonists like Ozempic, explaining their origin, mechanism of action, and their effectiveness in aiding weight loss. The discussion covers how these drugs stimulate fullness and regulate blood sugar, highlighting their impact beyond diabetes treatment.

*"Millions of people around the world have taken Ozempic and similar drugs and report the exact same results."*

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## 310. Navigating Ozempic-#Ozempic

Episode: White House Slashes GLP-1 Drug Costs, Opening Access to Ozempic and Wegovy for Millions

Date: 2025-11-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of GLP-1 drugs like Ozempic and semaglutide, highlighting new medical research demonstrating their efficacy in weight loss, potential to improve transplant eligibility, and promising effects on cancer survival rates and heart health. The lowering of drug costs by the White House could increase accessibility and reshape treatment approaches for metabolic diseases.

*"This new era of effective, well-tolerated weight loss drugs could transform transplant medicine as we know it."*

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## 311. The Science Show - Full Program Podcast

Episode: Lab Notes: How Ozempic stops food cravings

Date: 2025-06-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 receptor agonists, such as Ozempic, originally developed for type 2 diabetes, are effective in weight loss by affecting gut and brain signals related to hunger and fullness. It explains the biological mechanism and shares user results, indicating broad benefits and changing perceptions about weight management.

*"Millions of people around the world have taken Ozempic and similar drugs and report the exact same results these drugs which are called GLP-1 agonists were originally designed to treat type 2 diabetes but it turns out they're really good at helping people lose weight too."*

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## 312. Resilience Unravelled

Episode: The Ozempic Revolution: Unveiling Obesity Science and Solutions with Dr. Alexandra Sowa

Date: 2025-03-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs, like Ozempic, are helping break the cycle of obesity and weight fluctuation by addressing the neurohormonal causes of obesity rather than simplistic calorie counting. It also touches on societal and food industry factors contributing to obesity and notes a recent small downturn in obesity rates likely due to these medications.

*"And then around 1980, it just started skyrocketing and has gone up every year since until very recently we saw a small downturn, likely due to the GLP-1 medications."*

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## 313. Longevity Insights

Episode: Retatrutide Explained: The Triple-Hormone Drug That Could Go Beyond Ozempic

Date: 2026-01-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion on Retatrutide, a triple-agonist drug targeting GLP-1, GIP, and GCG receptors, highlighting its potential to transform weight loss and metabolic health beyond current GLP-1 drugs like Ozempic. It covers clinical trial results, benefits such as muscle preservation, and implications for health, indicating significant advancements in the GLP-1 drug landscape.

*"Retatrutide has delivered weight reductions of up to 24% in participants, significantly outperforming current medications like Ozempic or Mounjaro."*

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## 314.

Episode: Ozempic : || (No 15)

Date: 2025-09-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic and similar medications are affecting various industries including weddings and fashion, highlighting changes in consumer behavior such as reduced fast food and alcohol consumption due to appetite suppression. It mentions economic impacts and evolving trends in bridal preparations where these drugs are increasingly used for rapid weight loss.

*" , , , Ozempic , 2023 ."*

### 315. Legal Wars

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the explosive demand for the GLP-1 weight loss drug Ozempic, focusing on supply challenges and the rise of dangerous counterfeit products in the market. It highlights the high-stakes competition between pharmaceutical giants Novo Nordisk and Eli Lilly to meet consumer needs amid this crisis.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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### 316. Wegovy

Episode: Wegovy Breakthrough: Novo Nordisk Unveils Higher Dose Medication Offering Significant Weight Loss and Health Improvements

Date: 2025-07-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses Novo Nordisk's new higher 7.2mg dose of Wegovy, a GLP-1 drug, highlighting significant weight loss results and potential health benefits from recent clinical trials. It emphasizes the impact of this development on obesity treatment and improved health outcomes.

*"As one Novo Nordisk executive said, this is about empowering people to not only lose weight, but to improve cardiovascular health, kidney function, liver disease"*

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### 317. Weight and Healthcare

Episode: Study Shows Rapid Weight Regain after Ceasing Weight Loss Drugs - Part 3 Media Coverage

Date: 2026-01-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a study and media coverage about rapid weight regain after ceasing GLP-1 weight loss drugs, highlighting the biological mechanisms and comparing drug use to lifestyle changes.

*"Many people who stop using weight loss drugs will return to their previous weight within two years, a new review of existing research has found."*

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### 318. My Life On GLP1

Episode: S14.E8: My Life on GLP1 - Injection Sites: Does Location Impact Your Weight Loss Results?

Date: 2025-12-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the impact of injection site choice on the effectiveness and safety of GLP-1 weight loss drugs, emphasizing that while injection location does not affect drug efficacy, rotating sites is important for skin health and avoiding complications. The conversation includes scientific explanations of drug absorption and addresses common concerns within the GLP-1 user community.

*"Injection sites matter for skin health, comfort, and preventing complications like lipohypertrophy. They do not change your weight loss results or limit medication effectiveness. The science is clear on both points."*

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### 319. My Life On GLP1

Episode: S12.E1: My Life on GLP1 - Did the Meds Stop Working?

Date: 2025-09-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode discusses the experience of using GLP-1 weight loss drugs, focusing on the common weight loss plateau and how it represents metabolic adaptation rather than medication failure. It explains how GLP-1 meds help maintain new lower weight set points and addresses user misconceptions and emotional challenges associated with treatment.

*"Weight loss plateaus aren't medication failure. They're actually a sign that your body is doing exactly what it's supposed to do. It's called metabolic adaptation and it's completely normal."*

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### 320. The You Lounge

Episode: Audience Q&A - Navigating Weight Loss, GLP-1s & the Mindset Shift No One Talks About

Date: 2025-11-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the science behind GLP-1 drugs, specifically comparing semaglutide (Ozempic/WeGovie) and Manjaro, detailing their effects on weight loss and how they mimic the body's GLP-1 hormone. Personal experiences and clinical data highlight significant weight loss outcomes, emphasizing Manjaro's potency.

*"When it comes to Manjaro, Manjaro has been described as the king Kong of weight loss drugs. And this is no, I'm going to say this is no exaggeration."*

### 321. The Get Unstuck Podcast - GLITTERU x HEATHER

Episode: Episode 263: GLP1s: Miracle, Misunderstood, or Misused? The Real Truth About Ozempic, Wegovy & Hormone Hype

Date: 2025-06-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast provides an in-depth and accessible discussion on GLP-1 drugs like Ozempic and Wegovy, covering how they work for weight loss, their pros and cons, side effects, and broader hormone therapy issues. The speaker approaches the topic as a fitness nutritionist, offering a nuanced perspective that includes skepticism about their use while noting their effectiveness in reducing hunger and calorie intake.

*"Most people who are on this drug... they're not hungry, which means the reason you're losing weight is because you're not eating or you've reduced your calorie consumption."*

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### 322. As Noticias Mais Recentes da CBN

Episode: Uso de Mounjaro e Ozempic nao pode ser banalizado

Date: 2025-06-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the recent approval and use of GLP-1 drugs Mounjaro and Ozempic in Brazil for obesity and diabetes treatment, including a medical expert's overview of their differences, indications, and cautious perspective on their impact. The conversation highlights the enthusiasm and medical considerations around these drugs but does not delve deeply into the food and beverage industry or changing consumer behavior.

*"E uma medicacao que sim, tem um impacto grande no tratamento da obesidade, mas e uma medicacao."*

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### 323. Intelligent Medicine

Episode: Intelligent Medicine Radio for January 31, Part 1: Full-Fat Cheese Protective Against Cognitive Decline

Date: 2026-02-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rise in obesity and the impact of GLP-1 drugs like Ozempic, Mounjaro, and Wegovy on weight loss, highlighting both their effectiveness and challenges such as weight regain after stopping medication, side effects, and cost. It includes specific data on obesity prevalence and drug efficacy but notes concerns about long-term use and patient adherence.

*"Headline here, Ozempic Mounjaro Wegovy can help people lose weight fast. But once the drugs stop, the weight often comes rushing back."*

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### 324. Cteme vam Seznam Zpravy

Episode: WHO podporila leky na hubnuti a vyzvala k vyrobe levnych generik

Date: 2025-09-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the World Health Organization's endorsement of GLP-1 weight loss drugs like Ozempic and Mount Jaro, highlighting their fast-growing popularity, health benefits, high cost, and calls for affordable generics globally. It also presents data on obesity and emphasizes the potential impact of increased accessibility due to patent expirations.

*"Svetova zdravotnicka organizace podporila leky na hubnuti jako je Ozempik nebo Mount Jaro, vyzvala vyrabce k tomu, aby vytvorili varianty leku, ktere budou financne dostupne pro vsechny na celem svete."*

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### 325. Effective Solutions for Weight Loss

Episode: get mounjaro for weight loss

Date: 2025-02-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the innovative dual-action GLP-1 and GIP agonist drug Mounjaro, highlighting its superior mechanism and effectiveness for weight loss compared to previous single-pathway drugs such as Ozempic. It provides scientific context around GLP-1 drugs' mechanisms and emphasizes the growing need for effective obesity treatments.

*"But the newest option, Mounjaro, Dual activates both GIP and GLP-1 pathways, outperforming its predecessors."*

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### 326. As Noticias Mais Recentes da CBN

Episode: Uso de Mounjaro e Ozempic nao pode ser banalizado

Date: 2025-06-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the approval and usage of GLP-1 drugs Mounjaro and Ozempic for obesity treatment in Brazil, clarifying differences between the medications and addressing medical considerations and public perceptions.

*"E a primeira vez que a gente ve esse furor, ne? De as pessoas que nao sao da area da saude comemorando e celebrando a chegada de uma medicacao."*

### 327. Doctor Mau Informa

Episode: Lo que sucede cuando te inyectas Mounjaro (Tirzepatida)

Date: 2025-11-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a detailed clinical explanation of the effects of Tirzepatide (Mounjaro), a GLP-1 and GIP receptor agonist, on the body, highlighting its sophisticated hormonal reprogramming, appetite modulation, insulin secretion, and changes in eating behavior beyond just weight loss. The host shares a patient case involving diabetes and obesity treatment using this medication.

*"Mounjaro, o Tirzepatida, como es su verdadero nombre, es el primer medicamento que logra esto activando dos vías incretinas al mismo tiempo, GLP-1 y GIP. Esa combinación, de nuevo, no solo cambia el apetito, cambia la secreción de insulina, la sensibilidad periférica, el vaciamiento gástrico, la oxidación de grasa y hasta tu comportamiento alimentario."*

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### 328. Doctor Mau Informa

Episode: GLP-1: Obten el maximo provecho (sin sufrir efectos secundarios)

Date: 2025-12-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an informative overview of GLP-1 drugs, highlighting their multiple benefits beyond weight loss, including cardiovascular, renal, and metabolic improvements. The speaker, an internal medicine and obesity specialist, educates listeners on how to maximize the benefits of GLP-1s and avoid side effects.

*"Los GLP-1 son medicamentos pleiotropicos, que no solo bajan peso, sino que transforman algunos procesos fundamentales de tu cuerpo."*

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### 329. PROFE CLAUDIO NIETO

Episode: 214. OZEMPIC, WEGOVY Y MOUNJARO: LA VERDAD INCOMODA DETRAS DEL 'MILAGRO' DE LAS ESTRELLAS con ALFREDO ANDREU

Date: 2025-03-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 analog drugs like Ozempic, Wegovy, and Mounjaro, explaining their physiological effects and clarifying common confusions about their active ingredients. The conversation touches on how these medications impact satiety and appetite control but does not directly address their effects on the food and beverage industry or operator sentiments.

*"No, I don't, none of that, it is a GLP-1 analog. And you say, wow, we are all basically talking about the same or very similar thing, but it makes us crazy."*

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### 330. Wegovy

Episode: Wegovy Revolution: How a Weight Loss Drug Is Transforming Healthcare, Pricing, and Patient Access in 2024

Date: 2026-01-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of Wegovy, a GLP-1 weight loss drug, highlighting its game-changing effects on obesity treatment, recent regulatory developments like generic approvals in Canada, and the competitive dynamics faced by Novo Nordisk in the market.

*"Imagine a world where effective obesity drugs are as accessible as statins for cholesterol, says Dr. Elena Vasquez, a Toronto-based endocrinologist."*

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### 331. Wegovy

Episode: Wegovy Weight Loss Drug Faces Legal Challenges and Medical Scrutiny Amid Rising Popularity and Emerging Alternatives

Date: 2025-10-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Wegovy, a GLP-1 weight loss drug containing semaglutide, highlighting its regulatory updates, rising popularity, and emerging legal challenges due to serious health complications. It reflects on the ongoing scientific debate and lawsuits regarding the drug's safety profile, illustrating both its transformative promise and associated controversies.

*"Wegovy, whose active ingredient is pronounced semaglutide, remains a primary option for chronic weight management, especially as obesity rates continue to climb and new pharmaceutical rivals emerge in the landscape."*

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### 332. Never Diet Again with Max Lowery

Episode: The Hidden Costs of Weight Loss Injections

Date: 2025-02-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the popularity of GLP-1 weight loss drugs like Ozempic and Wegovy and highlights the hidden risks such as muscle loss, gut issues, psychological dependence, and the likelihood of regaining weight after stopping usage. The hosts suggest these drugs are a fad and stress the importance of sustainable lifestyle changes over medication.

*"Right now, weight loss drugs are being prescribed like sweets. Celebrities, influencers, and doctors are raving about them. But they don't tell you about these hidden risks."*

### 333. Schwab Network

Episode: LLY Becomes "Dominant" GLP-1 Winner, NVO Growth Turns Anemic  
Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the performance and growth prospects of GLP-1 drugs, particularly Eli Lilly's injectable and pill formulations, noting strong revenue growth, increasing market penetration, and improved reimbursement scenarios including Medicare coverage. The discussion highlights positive industry trends, financial strategies, and potential risks related to M&A activities in the pharma sector.

*"In fact, eight out of ten people are new to the GLP market, which I find is a fascinating trend here."*

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### 334. Wegovy

Episode: Wegovy Breaking News: Safety Updates, Price Cuts, and Cardiovascular Benefits Revealed in Latest Report  
Date: 2025-06-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses recent updates on Wegovy, a GLP-1 receptor agonist, including new safety information, significant price reductions, telehealth availability, and ongoing litigation concerns. It covers the medication's approval and accessibility but does not specifically address effects on the food and beverage industry or perspectives from operators or executives.

*"Novo Nordisk has announced a temporary sale price for Wegovy at \$499 through June 30, 2025, down from over \$1,000 per month without insurance coverage."*

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### 335. Weight Loss Tips

Episode: mounjaro injections for weight loss  
Date: 2025-09-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 receptor agonist injections, specifically Mounjaro, for weight loss, emphasizing the complexities of tracking progress beyond just using a scale due to body composition changes. It highlights how these advanced weight loss drugs affect body fat and muscle changes, suggesting alternate tracking methods, which may influence consumer behavior related to weight management.

*"A 2023 study in the Journal of Obesity Medicine found that patients using GLP-1 receptor agonist injections often experienced significant body composition changes even during periods when their weight remained stable."*

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### 336. O Essencial

Episode: Efeito Mounjaro chega ao fast food  
Date: 2026-02-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Mounjaro are influencing consumer behavior in the fast food and broader food industry, prompting companies to increase protein content in their products to cater to customers taking these medications. It highlights examples from US fast food chains and Brazilian brands repositioning their portfolios accordingly.

*"Aumentar o teor de proteína na comida, essa demanda vem da parcela crescente de usuários de medicamentos anti-obesidade, como o Mounjaro, o Zenpik e o Egozi."*

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### 337. Schwab Network

Episode: SMCI Miss 'Across the Board,' NVO Wegovy Sales Up 85%, ANET Down on Beat  
Date: 2025-05-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drugs, focusing on strong year-over-year sales growth of the weight loss drug Wegovy, tempered by a recent quarterly sales decline and competitive pressure from Eli Lilly. It also touches on the impact of regulatory changes on compounders and Novo Nordisk's telehealth partnerships to deliver the drug.

*"Wegovy sales soared 85 percent year-over-year, but they did decline 13 percent quarter-over-quarter, so that missed consensus."*

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### 338. Back on Track: Achieving Healthy Weight Loss

Episode: Episode 227: The Wegovy Pill: A New Option for Weight Loss Treatment  
Date: 2026-01-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast episode provides an informative overview of the newly FDA-approved oral GLP-1 drug Wegovy Pill as an effective weight loss treatment option, explaining its mechanism, dosing, clinical efficacy data, and side effects. The discussion highlights how this medication expands treatment options beyond injections, potentially benefiting patients who prefer pills.

*"I truly believe Wegovy Pill can be a game changer. Not because it replaces the injectable GLP-1s, but because it expands options."*

### 339. The Sunday Session with Francesca Rudkin

Episode: Francesca Rudkin: Wegovy could change our health system if we let it

Date: 2025-04-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the approval and potential impact of Wegovy, a GLP-1 weight loss drug, highlighting both its promise as a health system game-changer for certain patients and concerns about side effects, long-term use, and broader social implications. It reflects on changing attitudes toward GLP-1 drugs and their complex effects on health and appetite regulation.

*"If you use this drug selectively on people who have exhausted other means of losing weight and are facing serious health issues, it could be a massive game-changer for our health system."*

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### 340. Mayo Clinic Health Matters

Episode: Beyond Ozempic: The GLP-1 Boom

Date: 2025-03-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode explains what GLP-1 drugs are, how they function biologically, differentiates between brand names and uses in diabetes vs. obesity, and discusses their effects on appetite and satiety. It provides a foundational understanding but does not deeply address impacts on the food and beverage industry or executive/operator perspectives.

*"They are helping to decrease our appetite, increase our satiety or feeling of fullness, decrease gut motility, or sometimes we'll say slow gastric emptying, keeping food in the stomach longer, decreasing food noise."*

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### 341. Mayo Clinic Health Matters

Episode: Beyond Ozempic: The GLP-1 Boom

Date: 2025-03-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast is a detailed discussion about GLP-1 drugs, explaining their biological function, different brand names, and how they aid in weight loss and diabetes treatment by affecting appetite and satiety. It clarifies common misconceptions around these drugs and their various formulations.

*"GLP-1s is an acronym for glucagon-like peptide ones, receptor agonists... They are helping to decrease our appetite, increase our satiety or feeling of fullness, decrease gut motility, or sometimes we'll say slow gastric emptying."*

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### 342. High on Life

Episode: 153. All About Zepbound

Date: 2025-10-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion about Terzepatide (branded as Manjaro for diabetes and Zepbound for weight management), a GLP-1 and GIP dual agonist drug effective for blood sugar control and weight loss, including dosing schedules and clinical trial outcomes. It focuses on the medication's efficacy and mechanism but does not specifically address impacts on the food and beverage industry or consumer behavior changes from an operator or executive perspective.

*"Terzepatide is very effective for improving blood sugar control... It is also the most effective medication on the market for weight loss with an average weight reduction at full dose of 21%. This was seen in the Surmount trial program."*

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### 343. San Antonio News Today | 2 Min News | The Daily News Now!

Episode: First Daily Obesity Pill Approved

Date: 2025-12-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the FDA approval of the first daily oral GLP-1 obesity pill from Novo Nordisk, highlighting its mechanism, advantages over injections, pricing, and competition from Eli Lilly, emphasizing increased accessibility and patient preferences.

*"This pill uses semaglutide, the same ingredient as the injectable Wegovy and diabetes drug, Ozempic."*

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### 344. The Body Pod

Episode: Obesity, Hormones & GLP-1s: Dr. Spencer Nadolsky on Ozempic, Wegovy, Mounjaro, and Women's Health

Date: 2025-11-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses the availability and dosing variations of GLP-1 drugs like semaglutide and Wegovy, highlighting issues with compounding pharmacies during shortages and the customization of doses for patient tolerance. There is caution expressed about trust and safety with non-standard sources and dosing.

*"If Novo Nordisk were smart, they would make it to where, which you can do this in other countries on their little pen... they allow you to adjust the in-between doses..."*

### 345. Group Fitness Real Talk

Episode: How Weight Loss Drugs Are Reshaping Fitness

Date: 2025-03-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy, explaining their mechanism for weight loss, typical efficacy, and personal anecdotes on their usage. It also touches on the mixed feelings about these drugs as shortcuts to weight loss without exercise, highlighting changes in appetite and dietary behavior.

*"These drugs, which are marketed under brand names like WeGovie, Monjaro, and Ozempic, reduce hunger by affecting the brain's appetite regulation functions. They slow gastric emptying, making you feel full for longer."*

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### 346. GLP-1 Tribe

Episode: Complete Guide to Getting Insurance Coverage and Winning Insurance Appeals for Wegovy & Zepbound in 2025

Date: 2025-05-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a thorough guide on navigating insurance coverage and appeals for the GLP-1 weight loss drugs Wegovy and Zepbound, emphasizing the significant cost barrier and offering practical advice to increase approval chances.

*"These medications can be incredibly effective, no doubt. But the reality is, if insurance isn't helping out, the cost... it's a huge barrier."*

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### 347. Radio Cultura do Nordeste

Episode: MOUNJARO

Date: 2025-06-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the expansion of Mounjaro (a dual GLP-1 and GIP hormone mimetic) treatment approval by Anvisa in Brazil, its advantages over older single GLP-1 drugs like Ozempic, potential cost reductions due to patent expirations, and efforts to incorporate these drugs into public health programs to better treat obesity and reduce related healthcare costs.

*"O Monjaro, ele é uma medicacao dual, né? Ele faz, ele mimetiza dois hormonios no corpo... ele tem essa acao mais especifica que traz para o paciente uma menor chance de efeitos colaterais e uma acao mais potente, com uma perda de peso mais efetiva."*

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### 348. Growth Stories With IBD

Episode: Novo Nordisk Is Losing Its Lead To Eli Lilly In The Obesity Drug War. Here's What Went Wrong.

Date: 2025-08-15 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive dynamics between Novo Nordisk and Eli Lilly in the GLP-1 weight loss drug market, highlighting production and supply challenges faced by Novo Nordisk and Eli Lilly's rapid market share gains. It reflects on how these shifts affect corporate valuations without specific commentary on direct impacts to the food and beverage industry or consumer behavior changes.

*"It just feels like Lilly is really catching up quickly. They've gained market share very fast."*

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### 349. Growth Stories With IBD

Episode: Novo Nordisk Is Losing Its Lead To Eli Lilly In The Obesity Drug War. Here's What Went Wrong.

Date: 2025-08-15 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the competitive landscape of GLP-1 weight loss drugs focusing on Novo Nordisk's early lead and subsequent loss of market share to Eli Lilly due to production missteps and supply issues. It highlights recent market dynamics, stock performance, and the rivalry between the two companies in the obesity drug market.

*"It just feels like Lilly is really catching up quickly. They've gained market share very fast."*

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### 350. The Rundown

Episode: Deep Dive: Novo Nordisk & Eli Lilly Stumble Into Next Phase of Ozempic Era

Date: 2025-08-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise of GLP-1 weight loss drugs like Ozempic and Manjaro, their impact on Novo Nordisk and Eli Lilly's business valuations, and emerging market challenges including copycat drugs and new oral weight loss pills. It touches on the mechanism of GLP-1 drugs and their dramatic sales growth, highlighting their cultural and financial significance.

*"Ozempic's sales exploded to \$8.5 billion in 2022, with prescriptions growing by 857% since 2019."*

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### 351. Beursnerd | BNR

Episode: Eli Lilly maakt inhaalslag: Novo Nordisk op jaarbasis al door de helft

Date: 2025-04-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rapid growth of the GLP-1 weight loss drug market, highlighting Novo Nordisk's lead and Eli Lilly's competitive inroad with a promising new oral drug. The impact on company valuations and competitive dynamics is explored, with some indication of executive commentary.

*"Eli Lilly heeft een afslankpil geen prik... die eigenlijk zegt dat die pil nog beter gaat werken dan Ozempic van Novo Nordisk."*

### 352. On The Pen GLP-1 News

Episode: Eli Lilly Earnings Call Recap: NEW GLP-1 GIP Peptide Announced!

Date: 2025-10-30 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the pricing and market strategy of Eli Lilly's new oral GLP-1 small molecule drug, contrasting it with Novo Nordisk's oral GLP-1 product, highlighting competitive dynamics and manufacturing considerations, along with hopes for reasonable pricing to improve access.

*"I tend to disagree that it would stifle innovation to bring it to the market at \$100. I think it would be wholly reasonable to do just that."*

### 353. Big Take

Episode: Hims Wants to Keep Mailing You Copycat GLP-1s. It's Getting Trickier.

Date: 2025-08-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses HIMSS's foray into the GLP-1 weight loss drug market through compounded copycat versions during a shortage and questions the sustainability of this business as shortages end and competition increases. It highlights market dynamics, pricing, and consumer access issues related to GLP-1 drugs but does not deeply explore impacts on the food and beverage industry or operator/executive reactions to changing consumer behaviors.

*"When HIMSS announced its compounded version, it priced it at \$199 a month. And the company's pitch to consumers that you could access their version simply through filling out their clinical intake form online and consulting with a doctor."*

### 354. Motley Fool Money

Episode: The State of Weight-Loss Drugs

Date: 2025-03-01 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rapid growth and market potential of GLP-1 weight loss drugs like Ozempic and Manjaro, with sales surging for companies like Novo Nordisk and Eli Lilly, while also acknowledging uncertainties around market assumptions and usage.

*"Weight-loss drugs like Ozempic and Manjaro have dominated the news cycle for the past couple of years now, driving sales growth for big pharma companies including Novo Nordisk and Eli Lilly."*

### 355. Finans Podcast

Episode: Lyn-analyse: Novo blser til stor offensiv i USA

Date: 2025-10-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's strategic moves in the US market for GLP-1 weight loss drugs, including partnerships with major retailers like Costco, pricing strategies, and competitive pressures from Eli Lilly and generics. It highlights how broader retail distribution could increase consumer exposure and addresses industry profitability and pricing challenges.

*"Hvis du som amerikansk forbruger bliver præsenteret for et vld af vare i din dagligdag, sa nu er Wegovy pa varehylderne i et af landets største supermarkeder."*

### 356. Podcast | BNR

Episode: De Top van Nederland

Date: 2025-02-28 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an in-depth conversation with Sanne Groenemeijer, general director of Novo Nordisk in the Netherlands, discussing the ongoing demand for GLP-1 weight loss drugs like Ozempic, the social media hype, and the company's growth despite challenges. She emphasizes the importance of medical guidance and addresses consumer behavior changes related to these drugs.

*"De wens om het te gebruiken is ook nog niet gaan liggen. Alleen zijn we er iets beter op voorbereid op dit moment. Of we zijn beter in staat ermee om te gaan, laat ik het zo samenvatten."*

### 357. De Top van Nederland

Episode: Hoelang houdt Ozempic Novo Nordisk nog bovenop de farmaceutische apenrots?

Date: 2025-02-28 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features an in-depth conversation with Novo Nordisk's general director in the Netherlands discussing Ozempic, a GLP-1 drug, focusing on its rapid rise in popularity, medical guidelines for its use, and concerns about unsupervised consumption. They also touch on reimbursement policies and differentiation between approved and off-label uses of semaglutide.

*"Als je overweegt deze middelen te gebruiken, praat in een hele zaal met je dokter."*

### 358. Short Wave

Episode: GLP-1 Pills Are On The Way. Here's What To Know

Date: 2025-12-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rise and impact of GLP-1 weight loss drugs like Ozempic and Wigobi, including their widespread use, high cost, insurance challenges, and anticipation for new pill forms gaining FDA approval. It highlights how these drugs have become game changers for weight loss.

*""These weight loss injections, called GLP-1s, are kind of everywhere. Examples include Ozempic, which is kind of the Kleenex of GLP-1 drugs...""*

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### 359. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: Pfizer Files Lawsuits Against Metsera and Novo Nordisk

Date: 2025-11-04 | Relevance: 85/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Pfizer's lawsuits against Metsera and Novo Nordisk over GLP-1 drug patents, Eli Lilly's investment in GLP-1 manufacturing, and the competitive landscape of GLP-1 therapies projected to grow substantially globally.

*""The suits claim that key aspects of their metabolic drug platforms overlap with Pfizer's proprietary research, highlighting the intensifying competition in the obesity and diabetes markets."""*

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### 360. Phoenix News Today | 2 Min News | The Daily News Now!

Episode: New GLP-1 Pill for Weight Loss: Affordable & Accessible

Date: 2025-12-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast reports on the FDA approval of a new affordable GLP-1 pill from Novo Nordisk for weight loss, highlighting market growth, sales figures, and recent efforts to improve access and reduce prices. It underscores the potential impact on public health and accessibility of these drugs.

*""Big news from the Food and Drug Administration, they just approved the first ever GLP-1 pill for weight loss."""*

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### 361. UKMFA

Episode: Dr Liz Evans for UK Column: The Awful Ozempic Truth

Date: 2025-06-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the perceived medical benefits of GLP-1 weight loss drugs alongside growing concerns about serious side effects and ongoing legal actions against major manufacturers like Novo Nordisk and Eli Lilly. It highlights contrasting media narratives and notes the pharmaceutical industry's interest in expanding these drugs' use beyond obese patients.

*""pharma is investing heavily in obesity because they, quote, recognise the scale of the opportunity."""*

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### 362. Prof G Markets

Episode: Google Doubles Down on Spending as AI Fear Returns

Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the market dynamics for GLP-1 drugs, particularly focusing on the shift from injectable to oral therapies, pricing challenges with semaglutide, and the competitive landscape between Novo Nordisk and Eli Lilly. It highlights significant adoption of an oral GLP-1 pill and the evolving financial outlook amid pricing pressure and market share changes.

*""They've got this conversion to the oral therapy, which is very significant in terms of volume. But at a fraction of the price, right? The introductory price for this market is only about \$150 a month."""*

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### 363. Squawk Box Europe Express

Episode: Investors eye U.S. GDP data

Date: 2025-12-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rapidly growing GLP-1 weight loss drug market, highlighting Novo Nordisk's recent FDA approval and upcoming pill version of their drug, as well as market forecasts estimating significant sales growth by 2030. It touches on competitive dynamics, patent expiration challenges, and the promising efficacy of the new oral formulation.

*""It's the first time that you have a pill where the efficacy of it is on par with the injectable. Usually, you have to basically go for either convenience or efficacy when you're discussing pills versus injection. Not in this case. Wig Ovi in a pill basically will have the same efficacy as its injectable counterpart."""*

## 364. Borslunch

Episode: Vardering talar för fallna favoriter

Date: 2025-05-02 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the GLP-1 weight loss drug market, highlighting strong sales growth from Eli Lilly's obesity drugs that exceeded expectations, and competition dynamics with Novo Nordisk including drug preference shifts by major healthcare providers like CVS. It also touches on potential market maturation and pricing competition affecting profitability.

*""De har obesitas preparaten. Sa slog ju bade Monjar och Zepan prognoserna. Det är ju fantastiskt. Det är ju en tillväxt pa 100 plus procent.""*

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## 365. Buy High. Sell Low. Techaktien und Global.Stock.Flash

Episode: #105 Novo Nordisk, Strategy, BAT, Starbucks

Date: 2025-08-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drug development status, including recent disappointing clinical trial results and the challenge of oral administration, alongside cautious optimism for long-term pipeline products beyond 2030 and potential effects on conditions like Alzheimer's. The speaker reflects on stock performance and company leadership changes impacting future prospects.

*""Die orale Semagluid-Version, also dass man sich nicht spritzen muss, sondern das alles über eine Pille einnehmen kann. Diese wurde eingereicht, aber die Einnahmebedingungen konnten, da man die jetzt hier nicht mit Essen und anderen Medikamenten einnehmen darf, konnten bei der Adaption noch etwas hemmen.""*

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## 366. Prof G Markets

Episode: Can a GLP-1 Pill Revive Novo Nordisk?

Date: 2026-01-07 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion centers on the competitive landscape of GLP-1 drugs, specifically comparing Novo Nordisk's and Eli Lilly's oral GLP-1 pills, market expectations, and the pricing/accessibility challenges. It highlights investor perceptions, stock performance, and the nuanced outlook for Novo Nordisk in this space.

*""The expectation gain between the two is so pronounced as though no one thinks that this oral Wegovy is going to do anything, but Orfor Glypron is going to be incredibly successful.""*

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## 367. The Peak Daily

Episode: Chill pill - Novo Nordisk's weight-loss pill has arrived

Date: 2026-01-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's launch of the first GLP-1 weight loss pill in the US, its pricing advantage over injectables, and the potential market impact including rising demand and competition from generics in Canada. It highlights how the pill format could attract customers previously hesitant about injectables, suggesting significant implications for the obesity drug market and consumer behavior.

*""Price aside, simply swapping needles for a pill could be enough to convert and attract customers.""*

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## 368. WSJ What's News

Episode: Why AI Fears Are Suddenly Hitting Tech Stocks

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses significant market dynamics impacting GLP-1 drugs makers Novo Nordisk and Eli Lilly, highlighting pricing pressures, competitive changes, and sales forecasts that are reshaping the GLP-1 drug market. It also touches on industry adaptations including new products like the GLP-1 pill and the challenges balancing volume growth against declining prices.

*""Shares of Danish drugmaker Novo Nordisk are plunging this morning after the maker of weight-loss drugs Ozempic and Wegovy shaved its sales forecast and warned of unprecedented pricing pressure.""*

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## 369. Mehr Aktien, mehr Freiheit!

Episode: #155 Es knallt! 3 spannende Dividenden-Aktien mit Wachstumspotenzial?

Date: 2025-04-04 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's role as a market leader in diabetes care and its position in obesity care with GLP-1 drugs like Wegovy and Ozempic, noting strong growth prospects but increased competition from Eli Lilly, recent clinical trial setbacks, and potential tariff risks impacting the company's stock and operations.

*""Wir haben Novo Nordisk hier den Marktführer im Bereich Diabetes Care... Aber nicht mehr in der Marktführerschaft, sondern hier hat Eli Lilly übernommen.""*

## 370. The Big View

Episode: Pluses and minuses of the weight-loss drug bonanza

Date: 2025-11-18 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise of GLP-1 weight-loss drugs, their major revenue impact on pharmaceutical companies like Novo Nordisk and Eli Lilly, and explores broader implications on public health, consumer behavior, and moral questions regarding health responsibility and government subsidies.

*"Last year, the pair earned a combined \$90 billion in revenue from these glucagon-like PipeTide-1 receptor agonists, also known as GLP-1s. By 2031, analysts project that the figure will be \$150 billion, making these the best-selling prescription drugs ever made."*

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## 371. Rich and Weekly

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the high demand and supply challenges of GLP-1 weight loss drugs, focusing on pharmaceutical giants Novo Nordisk and Eli Lilly, and issues with counterfeit drugs entering the market. It highlights the regulatory actions to combat unsafe knockoffs rather than directly discussing impacts on the food and beverage industry or changing consumer behavior from operators and executives.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 372. Viewsroom

Episode: No pain, no gain: Ozempic's quest for market share

Date: 2025-09-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on the food and beverage industry, highlighting executive concerns from major companies about potential reduced demand for sugary products. It also touches on investor reactions and market fears, though actual data showing substantial impact remains limited.

*"And I could just kind of wonder, like, how much have we seen Ozempic already begin to affect like that part of the economy? Like you see like real signs that there is an Ozempic effect that is spilling over to other companies, just as we've seen AI essentially zero out the value of some firms."*

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## 373. Fed Up

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the surge in demand for the GLP-1 weight loss drug Ozempic, the supply challenges faced by pharmaceutical companies Novo Nordisk and Eli Lilly, and the rise of unregulated counterfeit products flooding the market. It highlights the high-stakes competition between major pharma companies to meet demand and the regulatory enforcement efforts to combat counterfeit drugs.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 374. In God We Lust

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: This podcast episode delves into the high demand and supply challenges of Ozempic, a GLP-1 weight loss drug, highlighting the resulting surge in counterfeit products and enforcement actions. It emphasizes the competitive race between major pharma companies Novo Nordisk and Eli Lilly to meet consumer demand amid significant safety concerns.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 375. American Innovations

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: This podcast episode discusses the explosive demand for the GLP-1 weight loss drug Ozempic, focusing on supply shortages, counterfeits flooding the market, and regulatory enforcement efforts. It highlights the intense competition between pharmaceutical companies Novo Nordisk and Eli Lilly as they race to meet demand amid concerns about safety and market disruption.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

### 376. Getting Down to Business

Episode: Getting Down to Business - January 19, 2026

Date: 2026-01-19 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's launch of a new GLP-1 pill for obesity, the competitive dynamics in the market with Eli Lilly, and initial positive reception despite the need for further data. The conversation highlights market share battles, product advantages, and early prescription success.

*"But I think I have a point that there are a good group of people that basically have been waiting for the pill. After all, injection does come with injection phobia, needle phobia. It comes with taboo, societal taboo. And also it comes with the burden of refrigeration."*

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### 377. On The Pen GLP-1 News

Episode: Eli Lilly Earnings Call Recap: Stock Tanks on Weight Loss Pill Miss

Date: 2025-08-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the development timelines, dosage strategies, and long-term use data of GLP-1 receptor agonist drugs, including Novo Nordisk's products and Eli Lilly's trials, highlighting the lack of negative post-marketing signals and strategic market considerations.

*"We have over 20 years of data on GLP-1 receptor agonists, with no post-marketing signals indicating increased risks, and companies are strategically managing drug launches to avoid cannibalization."*

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### 378. Best Stocks Now with Bill Gunderson

Episode: Thursday Aug. 7, 2025

Date: 2025-08-07 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the current market dynamics of GLP-1 weight loss drugs, highlighting the challenges of pill formulations versus injectable versions, the impact on stock prices of major companies like Eli Lilly and Novo Nordisk, and the potential market saturation and cost factors affecting adoption. It provides a financial perspective on valuation and market sentiment, noting both the effectiveness of the drugs and the recent slowdown in growth.

*"Maybe the issue is the cost of the drug. Maybe all the people that could afford it that were overweight have already got the drug and they're running out of people to sell it to."*

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### 379. The Readout Loud

Episode: 356: An AI experiment at the FDA & Novo trailing in the obesity drug race

Date: 2025-06-05 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's position and strategy in the GLP-1 obesity drug market, noting the company's conservative approach, the rise of competitors like Eli Lilly, and internal company challenges impacting its leadership and market share.

*"Novo was the first mover in this obesity space with a new generation of GLP-1 drugs. And it's kind of stunning how quickly kind of the landscape and the competition has changed where Eli Lilly is now seen as the frontrunner."*

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### 380. Citeline Podcasts

Episode: Scrip's Five Must-Know Things - June 30, 2025

Date: 2025-06-30 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong sales growth and competitive dynamics of GLP-1 drugs for diabetes and obesity by companies like Eli Lilly and Novo Nordisk, highlighting market share shifts and sales forecasts for these weight loss drugs. It provides data on quarterly sales and projections indicating growing impact in the pharmaceutical industry.

*"Lilly's dual GIP GLP-1 agonist, Mount Jarrow for Diabetes, saw its quarterly sales grow by more than \$300 million, propelling it from sixth place in the final quarter of 2024 to third place in the first quarter of this year."*

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### 381. World Business Report

Episode: Wegovy maker, Novo Nordisk, warns of price squeeze

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's challenges with competition and pricing pressure on its GLP-1 weight loss drugs Ozempic and Wegovy, including the impact of patent expiries and generic competition in key markets. The CFO explains market dynamics and forecasts a sales decline in 2025 with a modest recovery in 2026, highlighting the unique challenges of the obesity market compared to diabetes treatments.

*"We like competition because competition makes us sharper, both commercially and on the innovation side. What is challenging from a Novo Nordic perspective is that the obesity market has characteristics that are very dissimilar to most other categories in pharmaceuticals."*

## 382. Find Your Food Voice

Episode: [Letter] I have to stop Ozempic. I am scared to eat now.

Date: 2025-05-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode focuses on a listener's experience coming off GLP-1 drugs like Ozempic, detailing the psychological and physical effects, changes in appetite and behavior, and challenges with insurance coverage. It provides an insider's perspective on changing food behaviors and emotional relationships related to GLP-1 weight loss drugs.

*"Starting [Ozempic] felt like magic. Cravings were gone. I stopped thinking about food, and I had energy for once."*

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## 383. OHNE AKTIEN WIRD SCHWER - Tagliche Borsen-News

Episode: "Eli Lilly ist wie Fitnessstudio" - Reddit, Trade Desk, Robinhood, Strategy & Afrika-Coin

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the substantial growth and market impact of GLP-1 weight loss drugs like those from Eli Lilly and Novo Nordisk, highlighting rapid market expansion and consumer adoption in the US. However, it also covers challenges Eli Lilly faces with quarterly performance shortfalls and seasonal declines similar to fitness studio patterns, affecting stock prices.

*"Abnehm-Spritzen sind wie Fitnessstudios. Wieso das so ist, erzählt euch jetzt unsere US-Korrespondentin Sabrina."*

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## 384. Conversations on Health Care

Episode: Can You Have a 'Healthy' Thanksgiving? How the Food Industry Conspires Against Us

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs reduce food cravings and lead to lower food purchases, impacting both supermarkets and restaurants. The conversation highlights food industry responses by creating products targeting users of these drugs, emphasizing higher protein, vitamins, minerals, fiber, and lower sugar content.

*"People who are taking the drugs tell me that they just don't hear the food noise anymore."*

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## 385. Studio 2

Episode: How weight-loss drugs are changing our culture and relationships

Date: 2025-12-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are influencing consumer behavior and food manufacturers, highlighting increased emphasis on protein-rich foods to support muscle mass and satiation for drug users. It includes perspectives from retail reporters and mentions product trends responding to these changes.

*"It was like 20 grams of protein and yogurt. You know, they're seeping it into everything. There's popcorn that has protein. Waffles. Everything. Yeah. Yeah. Who needs Pop-Tarts with protein? But it really feeds into this broader trend that's growing. And I think that some of it has really come from the growing popularity of GLP-1 drugs."*

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## 386. Wake Up to Money

Episode: Trump's Greenland tariff threat

Date: 2026-01-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Wegovy, Mounjaro, and Ozempic on the food and beverage industry, highlighting changes in consumer eating behavior and the sector's adaptation with new products and marketing strategies. It also touches on the competitive landscape between drug makers Novo Nordisk and Eli Lilly and the investment community's focus on future drug developments.

*"The food industry needs a new plan, new products and new marketing. The challenge is how to make money out of a population where people simply don't want to eat as much."*

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## 387. The Truth

Episode: Can we reverse the obesity epidemic?

Date: 2025-07-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic are reducing people's appetites, prompting some food manufacturers to alter their products to counteract these effects. It includes commentary on the impact of these drugs on consumer behavior and critiques the processed food industry's role in the obesity epidemic.

*"With the new generation of weight loss injections curbing appetites, some food manufacturers are actually trying to fight back. There's a company that's bioengineering foods to outsmart Ozempic and other GLP-1 medications."*

## 388. The Truth

Episode: Can we reverse the obesity epidemic?

Date: 2025-07-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic are changing eating behaviors by curbing appetite, and describes how the food industry is reacting by bioengineering foods to counter these effects. The conversation also touches on the mental struggles of obesity and the role of highly processed foods in the obesity epidemic.

*"With the new generation of weight loss injections curbing appetites, some food manufacturers are actually trying to fight back. There's a company that's bioengineering foods to outsmart Ozempic and other GLP-1 medications."*

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## 389. Food Junkies Podcast

Episode: Episode 229: Dr. Alexandra Sowa, MD The Ozempic Revolution

Date: 2025-05-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Dr. Alexandra Sowa discusses GLP-1 drugs, specifically Ozempic, focusing on their clinical benefits for weight management including appetite suppression and impacts on hunger signaling, while also addressing patient strategies, side effects, and discontinuation reasons. The podcast connects the use of GLP-1s to food addiction treatment and changing patient behaviors.

*"Did you know that more than 60% of people stop taking GLP-1s after only one year? How can we as clinicians best support our patients who want to use GLP-1s?"*

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## 390. Food Matters Live Podcast

Episode: 575: Evolving consumer demands - how food manufacturers are responding

Date: 2025-09-08 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs in the context of their impact on consumer behavior and the food and beverage industry, highlighting both growing interest in these drugs and concerns about side effects leading consumers to seek natural alternatives that stimulate GLP-1 naturally. The conversation references surveys showing some users want to stop due to side effects and the industry's response with nutritional products supporting natural GLP-1 stimulation.

*"Nearly 3 in 10 current users of the GLP-1 drugs have thought about stopping due to the side effects. At the same time, 45% of users recognize the need to carefully manage their nutrient intake, especially fiber and protein, while using these GLP-1 medications. This growing awareness and uncomfortable side effects is driving interest into a more natural approach, with 64% of people surveyed saying they would be very interested in food and beverages that naturally stimulate the GLP-1 hormone."*

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## 391. The Rundown

Episode: Deep Dive: How Junk Food Giants Are Battling GLP-1s & RFK Jr.'s Health Crusade

Date: 2025-03-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the rise of GLP-1 weight loss drugs is significantly impacting consumer behavior, leading to reduced snack and soda consumption. It highlights industry responses, including companies downplaying the drug's impact, while analysts predict notable declines in food and beverage sales due to this trend.

*"GLP-1 patients have already shown signs of slowing down their food spending habits. This report shows that half of weight loss drug users cut their soda and snack consumption by 50%."*

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## 392. Public Health On Call

Episode: 849 - Marion Nestle and Food Politics

Date: 2025-02-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs curb appetite and reduce cravings for unhealthy, ultra-processed foods, leading to decreased food purchases by consumers and causing concern among food companies. It highlights the potential impact of these drugs on changing consumer behavior and the food industry's sales.

*"Food companies and retailers are reporting that people who are on these drugs have reduced their food purchases by 5 to 10 percent, depending on what study you read."*

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## 393. Diet and Health Today

Episode: Carb addiction, obesity & GLP-1s with Dr Robert Cywes

Date: 2025-08-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast excerpt discusses the side effects and medical considerations of GLP-1 drugs, emphasizing their benefits in metabolic disease treatment while cautioning against cosmetic use. It highlights dietary recommendations, potential allergic reactions, and concerns about dosage management.

*"Prior to GLP-1s, the number of people dying of metabolic disease was going through the roof. So we flattened that curve in large part by the number of people using these medications for medical reasons."*

### 394. Lift Free And Diet Hard with Andrew Coates

Episode: #371 Dr. Spencer Nadolsky - Food Noise, GLP-1 Drugs, and Why Obesity Is So Prevalent

Date: 2025-06-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Dr. Spencer Nadolsky discusses how newer GLP-1 receptor agonist drugs significantly reduce appetite and alter food cravings, shedding light on obesity as a disease and impacting consumer eating behaviors. He contrasts this with older appetite-suppressing drugs and highlights the potential influence of food marketing and ultra-processed foods on obesity prevalence.

*"This, when they started taking this, this feels what people that don't struggle with their weight must feel like. The thoughts about food are gone or diminished, reduced."*

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### 395. Investing in Regenerative Agriculture and Food

Episode: 396 Erin Martin - Making America Healthy Again with food as medicine, not Ozempic

Date: 2025-12-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs and their impact on health and consumer behavior, contrasting them with food-as-medicine programs which are highlighted as cheaper, safer alternatives without side effects. Concerns are raised about negative consequences of GLP-1s and questions about patient compliance, while noting these drugs have stimulated deeper dialogues on health interventions.

*"We have been on the Hill talking about GLP-1s and food as medicine. Like maybe it's an opportunity that if you're going to prescribe a GLP-1 drug, you also need to prescribe a food as medicine program."*

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### 396. Well Beyond Medicine: The Nemours Children's Health Podcast

Episode: Ep. 122: Food as Medicine: A Conversation with Dr. Jason Langheier of Foodsmart

Date: 2025-02-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion addresses GLP-1 weight loss drugs as innovative neuroscience-based appetite suppressants developed by companies like Novo Nordisk and Lilly, but critiques social media marketing that misrepresents their use. It highlights the need for combining these drugs with lifestyle changes and warns of potential health risks like bone density loss and muscle mass reduction, affecting their long-term use.

*"These drugs literally suppress your appetite... but you don't want to take a GLP-1 forever, because it leads to loss of bone density... some studies show that half of the weight loss comes from loss of muscle mass."*

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### 397. The Self Help Antidote

Episode: GLP-1 and the Psychology of Change: Beyond Willpower and Weight Loss EP 200 - with Jo Groves & Dr. Lou Atkinson

Date: 2025-10-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion covers the widespread use and out-of-pocket payment of GLP-1 drugs in the UK, highlighting health inequality concerns and the economic trade-offs consumers face with their grocery budgets. It also notes the significant side effects, with an overall nuanced view on the impact of GLP-1 drugs on consumers.

*"We're looking at well over 4% of the adult population in the UK are currently using GLP-1 drugs for obesity. People are paying out of pocket, which may reduce their grocery budget and affect health inequalities."*

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### 398. Future Tech And Foresight

Episode: AI and the Future of Food and Beverage (With Andreas Duess)-Ep #184

Date: 2025-04-15 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how AI-driven consumer data analytics are helping food and beverage companies develop products tailored for GLP-1 drug users, specifically Ozempic patients, highlighting the significant market impact of these weight loss drugs on consumer behavior and product development.

*"Currently we are helping three companies developing products specifically for Ozempic patients. Interesting. Right? Because Ozempic, I'm sure you know, Ozempic GLP-1 drugs is the first weightless drug ever that doesn't rely on willpower."*

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### 399. Metabolic Mind

Episode: Visceral Fat and the Chronic Health Epidemic

Date: 2025-07-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs can help people eat less by delaying gastric emptying, aiding weight loss, but also notes limitations like weight regain when drugs are discontinued and skepticism about their efficacy beyond appetite suppression. It recognizes their role but cautions against viewing them as a magic solution.

*"That's where GLP-1s can come in to help people eat less."*

## 400. Everyday Wellness: Midlife Hormones, Menopause, and Science for Women 35+

Episode: Ep. 534 The Hidden Forces Making Women Gain Weight - The Shocking Truth About Hormones, Trauma & GLP-1s | Hormones & Menopause with Dr. Rocio Salas-Whalen

Date: 2025-12-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features a detailed conversation with Dr. Rocio Salas-Whalen about the complexities of obesity and weight loss resistance, focusing significantly on the role and physiology of GLP-1 drugs, especially for women in perimenopause and menopause. It also covers the importance of education, body composition, strength training, and addressing weight bias in society in relation to successful weight management with GLP-1 therapies.

*"We are learning that weight gain, obesity, overweight is so much more complex than what we initially thought. It was a very simple equation of eat less and exercise more. And we recommended that for decades, and we didn't see results. The obesity epidemic just kept growing and growing and growing."*

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## 401. The Modern Acre

Episode: 418: Rethinking Food and Ag Investments - The Quiet Trends Reshaping The Industry

Date: 2025-07-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs, like Wegovy, are transforming consumer behavior by reducing calorie consumption, thereby impacting food demand and prompting shifts in agriculture and food product portfolios. It emphasizes the need for stakeholders to adapt their strategies to this evolving metabolic health trend.

*"Things like the GLP-1 types of drugs, which are in the news everywhere about reducing caloric consumption... it's going to change the way that consumers buy food, what we buy, how much we eat, how much we consume."*

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## 402. Better Than Fine With Darlene Marshall

Episode: GLP-1 Medications, Public Figures & the Food Noise No One Talks About

Date: 2025-09-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an overview of GLP-1 medications, their origins as diabetes drugs, and their repurposing for weight loss including newer drug combinations. It discusses the mechanisms and evolution of GLP-1 weight loss drugs but does not extensively cover their impact on the food and beverage industry or operator perspectives on consumer behavior changes.

*"GLP-1 medications were originally used as diabetes drugs because they lower blood sugar, but it was discovered that many non-diabetic users also lost a significant amount of weight, leading to their rebranding as weight loss drugs such as Wagovi."*

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## 403. Outcomes Rocket

Episode: Transforming Obesity Management with FlyteHealth's Personalized Approach with Gabe Castaneda, Chief Revenue Officer at FlyteHealth

Date: 2025-04-30 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features Gabe Castaneda, Chief Revenue Officer at FlyteHealth, discussing the impact of GLP-1 drugs on obesity management and the healthcare market, highlighting their company's personalized and long-term approach to sustainable weight loss.

*"GLP-1s ... When the TV starts creating buzz around a product and a solution, people that are living with that chronic condition start asking their PCPs about it. PCPs start prescribing it. Costs go up. Pretty soon employer groups panic, payers panic, and people struggle and try to find solutions for that short-term spiking costs."*

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## 404. The Speed of Culture Podcast

Episode: Culture growth: Why Danone's CMO believes fundamentals still drive the future

Date: 2025-09-23 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Danone's CMO discusses the significant impact of GLP-1 weight loss drugs on consumer health awareness and changing purchasing habits in the food industry. She highlights shifting nutritional needs of GLP-1 users, such as higher protein requirements, influencing product development and consumer behavior.

*"We know from data that one in four people in this country are on a weight loss journey and almost 10% have used a GLP-1 drug to help with that weight loss. And people on GLP-1s have very different nutritional needs."*

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## 405. Behind the Numbers: an EMARKETER Podcast

Episode: The Rise of Weight Loss Drugs: How They're Changing Bodies, Health, and Industry | Behind the Numbers

Date: 2025-07-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the development and use of GLP-1 drugs like Ozempic and Wegovy originally for diabetes treatment, and their subsequent off-label use for weight loss, including clinical outcomes and formulations such as semaglutide. It highlights how these drugs affect weight loss and their adoption despite regulatory nuances.

*"Novo Nordisk, the company that has Ozempic, which isn't approved for weight loss, by the way, people just use it. Doctors prescribe it off label, um, for weight loss, which a doctor can prescribe pretty much anything they want off label."*

## 406. Social Currency with Sammi Cohen

Episode: Inside the Protein Boom: The \$1.2 Billion Bet Reshaping What We Eat

Date: 2025-09-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic and Wegovy are influencing consumer behavior by creating demand for nutrient-dense, high-protein foods in smaller portions, leading to significant product innovation and increased protein-focused food sales. This trend is reshaping the food and beverage industry, with companies and celebrities capitalizing on the shift towards protein-rich diets driven partly by these medications.

*"First, let's talk about the medical revolution that's happening with GLP-1 drugs like Ozempic and Wegovy. These appetite-suppressing medications are creating a new category of consumers who need nutrient-dense foods in smaller portions."*

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## 407. Food with Mark Bittman

Episode: David A. Kessler, MD: GLP-1 Drugs and "Re-Learning" to Eat

Date: 2025-07-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a treatment that mimics a hormone to slow gastric emptying and reduce food intake, highlighting their biological action and impact on eating behavior in contrast to the food industry's role in chronic disease. The conversation frames these drugs within the context of metabolic health and addictive eating patterns driven by ultra-processed foods.

*"So these mimic a hormone that is in the body. And the way these drugs work is they delay gastric emptying... these drugs work both on a certain area of the brain called the hind brain and the gut."*

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## 408. Taking Stock

Episode: Reconfiguring the Global Food System

Date: 2025-06-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 drugs like Ozempic in the US population and how they are affecting consumer behavior and food demand, shifting preferences away from high sugar and large portion foods. It highlights that food manufacturers and retailers are already responding to these changes, though the long-term impact and prevalence remain uncertain.

*"GLP-1 will certainly and all of the kind of various brand name drugs that sit underneath it will absolutely kind of change the configuration, right? So we're seeing very significant percentage of the US population already taking some form of GLP-1 drug."*

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## 409. The Milk Check

Episode: The Ozempic and GLP-1 shockwave hitting U.S. dairy

Date: 2025-08-01 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on the dairy sector, focusing on how these drugs influence consumer behavior and the opportunity for dairy products, particularly high-protein and full-fat options, to support weight management post-medication. Experts also emphasize the evolving nutritional messaging around protein intake and potential benefits for different demographic groups.

*"When we think about dairy's opportunity space... you want your appetite to remain that you're not going back to snacking or overeating again. The satiety factor of the high-quality protein and the fat that comes with fuller fat dairy products like cheese can maybe help you keep the weight off that you've maintained while maintaining muscle mass."*

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## 410. up\_statuss

Episode: International Congress of Nutrition (ICN) Key Findings

Date: 2025-10-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on consumer behavior and the food industry, highlighting a decline in grocery volumes in the UK linked to increased GLP-1 use and featuring comments from chef Heston Blumenthal on changes in dining preferences.

*"Heston Blumenthal, who is, you know, a renowned chef over in the UK, has launched a scaled down tasting menu offering half to a third size portions catering to diners who feel full after smaller amounts, influenced by GLP-1 use."*

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## 411. Healthi Talks

Episode: The Future of Weight Loss: A Conversation with Healthi's CEO

Date: 2025-05-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs including issues related to medication cost, availability, and the impact of compounded alternatives on pricing. It highlights the evolution of medical weight loss treatments and the barriers posed by current high costs despite improved supply.

*"During the shortage period, pharmacies developed compounded semaglutide reducing the price from \$1,200 to \$300-\$400, making these drugs much more accessible, but prices for brand name medications remain prohibitively expensive."*

## 412. Extend Podcast with Darshan Shah, MD

Episode: 32. Dr. Ed Walker: How to Control Your Hunger Naturally (Without Injections)  
Date: 2025-02-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast episode discusses the physiological effects of GLP-1 drugs on weight loss and appetite control, highlighting benefits and challenges including the suppression of natural GLP-1 production by injectable medications. The discussion also covers alternatives like plant compounds to naturally boost GLP-1 and potential shifts in weight management approaches away from injections toward stimulating natural gut hormone production.

*"The GLP-1 drugs work but they can actually result in shutting down of your body's natural GLP-1 production so injectable GLP-1 medications are really effective for weight loss we know that but they suppress your body's natural ability to produce GLP-1 so this might make it harder to maintain weight loss when you stop medication."*

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## 413. Sex, Drugs, & Spirituality

Episode: Ozempic  
Date: 2025-12-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast provides a scientific overview of GLP-1 receptor agonists, explaining their role in appetite regulation and satiety through hormone activity in the brain and gut, while also touching on behavioral and societal aspects affecting food consumption. It does not deeply explore impacts on the food and beverage industry or operator perspectives.

*"These GLP-1 receptor agonists act at the hypothalamus to increase satiety and slow gastrointestinal motility, making you feel full longer and regulating your appetite."*

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## 414. THE PETA PODCAST

Episode: Ep. 368: Wegovy and Ozempic? Dr. Neal Barnard tells Emil Guillermo the "Power Foods Diet," is Cheaper, Safer  
Date: 2025-02-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Wegovy and Ozempic, highlighting their high cost and potential health risks, while promoting a natural dietary alternative that can stimulate the body's own GLP-1 production. The speaker contrasts synthetic GLP-1 drugs' effects with those of a natural diet-based approach for weight loss.

*"The folks at Novo Nordisk copied GLP-1 and put it in an injectable that you can spend \$15,600 a year to buy. But when you eat food, your gut makes GLP-1 automatically."*

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## 415. VinePair Podcast

Episode: Are GLP-1s Really Affecting the Alcohol Business?  
Date: 2025-04-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the increasing use of GLP-1 drugs for weight loss, their convenience compared to exercise, and their potential effects on reducing alcohol and other pleasurable behaviors. It also touches on the impact of GLP-1 usage on the alcohol business and possibly other industries like restaurants.

*"His restaurant. He said like even his regulars, he's like losing out on that business because of Ozempic. He said it specifically. He was like, this is ruining my business."*

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## 416. The KVJ Show

Episode: KVJ Cuts- McDonald's Prices Then and Now (07-11-25)  
Date: 2025-07-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on the food and beverage industry, specifically highlighting McDonald's lost visits and revenue due to decreased consumer appetite. Speakers share anecdotal personal experiences and observations about the drug's side effects and its effect on social behaviors and consumption habits.

*"They said that weight loss drugs is going to cost McDonalds 28 million visits this year, which equals \$482 million in lost revenue."*

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## 417. Abel James Show

Episode: David Page of Diners, Drive-Ins and Dives on Eating Nose-To-Tail  
Date: 2025-09-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The speaker discusses their personal experience using Ozempic, a GLP-1 drug, highlighting its role in reducing appetite and assisting in weight and blood sugar management, alongside lifestyle changes. They note that while Ozempic is not a cure-all, it has been a significant component in their improved health outcomes.

*"I'm on Ozempic now Ozempic is not a panacea Ozempic will deal with appetite it will not deal with all of the other reasons someone like me turns to food boredom emotion excess"*

## 418. Abel James Show

Episode: David Page of Diners, Drive-Ins and Dives on Eating Nose-To-Tail

Date: 2025-09-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker discusses using Ozempic, a GLP-1 drug, to manage weight and control blood sugar, noting the medication's role in reducing appetite but also emphasizing the importance of diet and lifestyle changes. The experience highlights the drug's practical benefits alongside challenges in behavior modification.

*"Medication played a big part I'm on Ozempic now Ozempic is not a panacea Ozempic will deal with appetite it will not deal with all of the other reasons someone like me turns to food boredom emotion excess."*

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## 419. Arch Eats

Episode: St. Louis Dining Trends to Watch in 2026

Date: 2026-01-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are impacting the restaurant industry by driving a trend towards smaller, more affordable portion sizes often called 'Ozempic menus.' It highlights how restaurants are adapting menus to cater to appetite suppression caused by these drugs, with examples of half-price entrees and to-go boxes for uneaten food.

*"We've been hearing and reading about this for the last couple of years, these GLP-1 drugs that have really influenced the restaurant industry to the point that they have created, quote, Ozempic menus."*

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## 420. Boston Public Radio Podcast

Episode: BPR Full Show 5/14: Kicking And Screaming

Date: 2025-05-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on consumer eating behavior and the food and beverage industry, highlighting how these drugs reduce appetites and change consumption patterns, leading to industry adjustments such as smaller portion sizes and higher protein content. The conversation also covers health benefits and significant side effects leading to high discontinuation rates within a year.

*"The industry is really interested in Ozempic and how it's going to change products. The restaurant industry. No, I mean the food industry. The food industry. They're worried. They're terrified that people are going to buy less of their food, but they're finding a way around it, which is to charge high prices for smaller portions."*

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## 421. Outcomes Rocket

Episode: Noom's Geoff Cook & Cody Fair on Transforming Chronic Disease Management with AI and GLP-1 Innovations

Date: 2025-04-30 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Noom executives discuss integrating GLP-1 weight loss drugs with their behavior change platform to improve access and efficacy, targeting employer health benefits and highlighting the potential to reduce chronic disease through this combined approach.

*"We've recently added GLP-1s into that mix because they're just so efficacious in helping reduce the incidence of chronic disease down the road."*

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## 422. Sigma Nutrition Radio

Episode: #566: Can We Maintain Weight Loss? Pharmacology and Behavior - Tara Schmidt, RD

Date: 2025-06-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant impact of GLP-1 receptor agonist drugs on weight loss, highlighting their superior effectiveness compared to previous treatments and potential to change misconceptions about obesity. It also addresses the drugs' mechanisms, such as appetite suppression and reducing cravings, and their implications for obesity treatment without surgery.

*"I think that not only are the weight loss outcomes far superior to what we've seen before in terms of lifestyle and other drugs, and weight loss drugs have been on the market for some time but have never gotten the coverage that they're getting now."*

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## 423. Becker's Payer Issues Podcast

Episode: Driving Behavior Change at Scale: A Conversation with Noom at the 2025 Becker's Annual Meeting

Date: 2025-05-15 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a detailed discussion with Jennifer Jones of Noom Health about managing GLP-1 drug costs and patient outcomes, focusing on payer challenges and integration of medication with weight management strategies. It highlights the complexity payers face regarding coverage decisions and balancing utilization with costs as GLP-1s gain traction.

*"The biggest challenge is a lot of payers just still don't know what to do about it. Should they cover it or should they not cover it? If they cover it, should we have specific limitations on who can have access to that?"*

## 424. Healthcare Rap

Episode: Let's Change the Food-Buying Environment Ft. Foodsmart CEO Kurt Knight (#432)  
Date: 2025-07-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs as adjuncts to lifestyle changes rather than standalone solutions, emphasizing the necessity of diet and behavior modifications to sustain weight loss and health benefits. It highlights both the revolutionary potential of GLP-1s and the challenges, such as weight regain and loss of muscle mass after stopping the drug, in relation to consumer behavior and food choices.

*"You need to still eat right. You can't just take the shot, so to speak."*

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## 425. Schwab Network

Episode: Ca\$htag\$: Pepsico (PEP) Squarely in GLP-1 Crosshairs  
Date: 2025-07-16 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are accelerating a structural shift in consumer behavior away from carb-heavy snacks and soda products, negatively impacting Pepsi's core product lines and overall consumer interest. The drugs are seen as an exacerbating factor in declining sales for Pepsi, although the company is investing in supply chain efficiency to offset some impacts.

*"These GLP-1 drugs are absolutely accelerating and exaggerating that shift."*

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## 426. The Best Life Code

Episode: Winning the War Against Diabetes: Solutions, Surprises, and Hope for a Healthier Future  
Date: 2025-11-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the history, development, and impact of GLP-1 drugs, highlighting their evolution from diabetes treatment to weight loss solutions and addressing accessibility challenges and misconceptions. The discussion emphasizes their effectiveness in reducing blood sugar and promoting weight loss, as well as insurance coverage limitations.

*"The first GLP-1 called Exenatide or Baeda was FDA approved in 2005... The first generation did nothing for weight loss... 2017, when Ozempic, semaglutide came out. That was the breakthrough."*

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## 427. Beauty Bosses

Episode: Isabelle Kenyon Talks Breaking Stigmas and Revolutionizing Metabolic Health  
Date: 2025-02-18 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: Isabelle Kenyon, a healthcare technology entrepreneur and former founder of Calibrate, discusses her experiences prescribing GLP-1 medications like Ozempic combined with lifestyle interventions to improve metabolic health and weight loss. She shares insights on how these medicines, paired with lifestyle changes, effectively help people lose weight and improve overall health.

*"Back in 2019, we were one of the first people prescribing GLP-1s for weight loss. So medications like Ozempic. And we, from the beginning, combined the medication with our own intensive lifestyle intervention."*

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## 428. Health & Veritas

Episode: Ali Rahimi: A Cardiologist in Your Pocket  
Date: 2025-11-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses the competitive bidding battle between Pfizer and Novo Nordisk over MetSera, a company developing anti-obesity drugs related to GLP-1 therapies, highlighting industry dynamics, legal disputes, and potential regulatory changes impacting obesity drugs.

*"Pfizer agreed in September, 2025 to buy MetSera for up to 7.3 billion if all of the things lined up in the right way, right, with regard to the evidence. Then Novo Nordisk... countered with a \$9 billion and then raised it to \$10 billion... and Pfizer's response was to offer now go back and say, well, we'll raise ours from 7.3 to 8.1..."*

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## 429. The Business of Agriculture Podcast

Episode: 433 - GLP-1 Drugs and New Dietary Guidelines: What They Mean for Agriculture | Damian Mason Podcast  
Date: 2026-01-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are becoming mainstream rapidly due to factors such as vanity, health, and a large obese population, and highlights their impact on changing food choices beyond just quantity. The speakers emphasize the implications for agriculture and food companies as these drugs alter consumer behavior in significant ways.

*"These GLP-1 drugs are going to become mainstream. They're going to become mainstream way faster than what is being predicted."*

### 430. Lifers with Christina Farr

Episode: From Hinge Health's IPO to Regeneron buying 23andMe: Unpacking the mega deals of the week

Date: 2025-06-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the impact of GLP-1 weight loss drugs on pharma companies' strategic partnerships and distribution channels, highlighting competition among leading firms and evolving consumer behaviors influenced by drug shortages and pharmacy-compounded options.

*"A big part of what is boosting this company's success, both monetarily and in the eyes of investors, seems to be really related to GLP-1s."*

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### 431. The Signal Brief

Episode: The Do's and Don'ts of Weight-loss Drugs

Date: 2025-08-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impending patent expiry of GLP-1 drugs like Ozempic in India, the introduction of cheaper generics, and the positive health results experienced by users, highlighting the impact of GLP-1 weight loss drugs on consumer health trends. It touches on practical information about who should use these drugs and growing concerns about obesity in India.

*"Several Indian brands like Dr. Reddy's and Sippla are now rushing to make generic versions, which could be 90% cheaper than brand name Ozempic and its ilk."*

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### 432. Ever Forward Radio with Chase Chewning

Episode: EFR 913: Why GLP-1 Medications Work (and When They Don't): The Hidden Hormone Story Behind Ozempic & Wegovy with Ashley Koff

Date: 2025-12-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the effectiveness and various health benefits of GLP-1 drugs like Ozempic and Wegovy, highlighting their impact on weight loss, underlying hormonal health, and some concerns including side effects and costs. The conversation integrates expert insights from dietitian Ashley Koff on how GLP-1 medications work and when they may or may not be effective.

*"GLP-1 drugs like Ozempic and Wegovy are everywhere right now, and for good reason. In one major study, people lost and actually kept off up to 20% of their body weight over two years."*

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### 433. Healthscape

Episode: Northwestern Kellogg, Craig Garthwaite (Director of Healthcare at Kellogg): 2026 Healthcare Predictions

Date: 2026-01-29 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Craig Garthwaite discusses the evolving market landscape of GLP-1 drugs, highlighting challenges with adherence, future competition among major pharmaceutical companies, and the commercialization strategies, including product targeting and pricing pressures. The discussion touches on the differentiation between lifestyle and cardiometabolic uses and the potential impact of generic entrants.

*"I think you're going to see a pretty competitive landscape in this market... Lilly is doing some really interesting things in how they're marketing their product... the commercial side of this is gonna be super fascinating over the next two years."*

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### 434. CareTalk: Healthcare. Unfiltered.

Episode: GLP-1s Are Not Just for Weight Loss

Date: 2026-01-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the rapid growth and potential of GLP-1 drugs as appetite suppressants with significant benefits beyond weight loss, including cardiac health improvements. It highlights evolving delivery methods, increased pharmaceutical interest, and early indicators of broader societal impacts such as lighter passengers reducing airline fuel costs.

*"One, there was actually an analyst report that was talking about, you know, the airlines are going to be spending less on fuel because they think the passengers are lighter."*

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### 435. Rob Black Show

Episode: Stocks Waver As Investors Wait For Trade Talk Updates

Date: 2025-06-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the broad benefits and potential of GLP-1 drugs beyond weight loss, highlighting their impacts on various health conditions such as psoriatic arthritis, fatty liver disease, and Alzheimer's. It emphasizes the vast market potential and ongoing phase 3 trials that could serve as catalysts for companies like Lilly and Novo Nordisk.

*"The benefits of GLP-1 drugs often begin with weight loss... researchers are seeing signs that GLP-1 drugs may provide benefits independent of weight loss, possibly through anti-inflammatory mechanisms or direct effects on organs."*

## 436. Bloomberg Businessweek

Episode: Apple Tops Sales Estimates Despite China Dip, Amazon Reports Cloud Unit Growth

Date: 2025-10-30 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive dynamics in the GLP-1 weight loss drug market, focusing on Novo Nordisk's bid for MetSara, competition with Pfizer, and Eli Lilly's increasing market share with drugs like Zetbound and Mounjaro, highlighting shifts in market leadership and investor interest.

*"It's a market that's expected to grow by 100 billion by 2030. It's huge. It's the thing right now in these weight loss drugs."*

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## 437. The Pulse by Wharton Digital Health

Episode: Transforming Obesity Care: Evan Richardson on How Form Health is Personalizing Patient Care

Date: 2025-06-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the growth and regulatory challenges of GLP-1 drugs, highlighting the prevalence of non-FDA authorized compounded medications and the rapid increase in employer costs due to these drugs. It also touches on insurers' concerns over GLP-1 related cost growth and the wide impact of obesity treatment costs in the U.S.

*"One of the big drug manufacturing companies estimated that more than half of the patients in the U.S. who said they were taking a GLP-1 were taking a non-FDA authorized compounded medication."*

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## 438. Managed Care Cast

Episode: Telemedicine's Evolution: Expanding Access to Obesity and Specialty Care

Date: 2025-02-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the inclusion of semaglutide (a GLP-1 drug) in Medicare price negotiations and the legislative landscape affecting obesity medications, including coverage limitations and the potential impact of upcoming obesity treatment acts. It touches on challenges in insurance coverage and high drug prices, as well as the broader healthcare implications of GLP-1 weight loss drugs.

*"Simaglutide was just included on the second list of drugs for price negotiation under the Inflation Reduction Act. What makes this inclusion noteworthy? And are there any healthcare policies that should be prioritized to address their high prices and the inconsistent coverage from insurance carriers?"*

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## 439. The Modern Retail Podcast

Episode: GLP-1 shakeups, the 'Cowboy Carter' effect and the fallout of bird flu

Date: 2025-05-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the recent FDA ban on compounded GLP-1 medications and its impact on telehealth platforms and compounding pharmacies, explaining the regulatory environment affecting these weight loss drugs and the industry's response.

*"In March, the FDA banned any non-branded GLP-1 medications, and seemingly overnight, a lot of these compounding pharmacies had to basically stop filling scripts."*

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## 440. New Focus on Wealth with Chad Burton

Episode: NEW FOCUS ON WEALTH podcast 10-17-25

Date: 2025-10-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the pricing challenges, new developments, and potential benefits of GLP-1 drugs, including weight loss, addiction treatment, and broader health impacts, from a general commentator's perspective. It touches on market competition, upcoming FDA approvals, and change in consumer behavior towards weight and addiction management.

*"Some of the benefits of GLP-1s: they slow gastric emptying, reduce alcohol intoxication and cravings, and modulate dopamine signaling to curb addiction, with potential to reduce drinking episodes and overeating."*

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## 441. Pursuit of Profit: The Franchise Business Podcast

Episode: POP Pulse: The Orangetheory Collapse Explained - Why Boutique Fitness Is Failing Fast

Date: 2025-12-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs have fundamentally changed the fitness industry, challenging weight loss marketing built on calorie burning and signaling a major shift in consumer behavior. This shift is seen as a category extinction event for fitness brands relying on traditional exercise-driven weight loss.

*"GLP-1 weight loss drugs have changed everything. The Ozempics, the Wagogvis, semiglutides, right? People are losing weight without exercising. This is not a trend. This is a category extinction event for any brand built on calorie burning, weight loss marketing."*

## 442. Raising Health

Episode: Healthcare 2026: AI Doctors, GLP-1s, and Insurance Defection

Date: 2026-01-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rising use of GLP-1 drugs, noting the introduction of pill forms like Wegovy, competitive pricing due to government negotiations and pharma innovations, and expected substantial growth in usage driven by high demand due to widespread obesity. They mention the competitive drug class environment and near infinite demand as key factors influencing growth.

*"The big thing this year is that the pill version of Wegovy is coming out. And now also there's a ton of negotiations that have happened both from the government side to bring these costs down as well as, you know, pharma going direct to consumer, which is a very new thing."*

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## 443. Area 45 with Bijani and Creighton

Episode: Area 45 - FULL SHOW - January 19th, 2026

Date: 2026-01-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic and semaglutide, originally for type 2 diabetes, are aiding weight loss and generating significant cost savings for airlines due to lighter passenger loads, suggesting an indirect economic benefit to the food and beverage-related travel industry. The conversation leans positive on both health and economic benefits.

*"Top airlines are saving up to \$580 million in fuel costs this year as passengers have been slimming down using semaglutide and other GLP-1 drugs like Ozempic and Magovi."*

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## 444. Nightline

Episode: Full Episode for Thursday October 9, 2025

Date: 2025-10-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the surge in counterfeit GLP-1 weight loss drugs like Ozempic, highlighting the risks these illicit products pose to consumers amidst increasing demand fueled by celebrity endorsements and high prices. It explores how the black market for these drugs is growing, with warnings from federal officials and industry advocates about the potential dangers and challenges in accessing legitimate medications.

*""Federal officials are asking consumers to be on the alert for counterfeit Ozempic. ""*

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## 445. On The Pen GLP-1 News

Episode: Mounjaro vs. New Obesity Drugs: Why Wave-007 Is Stealing the Spotlight

Date: 2025-12-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses obesity medicine focusing on GLP-1 drugs and related hormonal pathways, including detailed observations about weight loss from fat versus lean muscle mass with current drugs like semaglutide, the demographic use particularly among women, and market developments for new drugs like liraglutide and cagrilutide by Novo Nordisk.

*"With ozempic semaglutide we've actually seen up to 30 percent of the weight loss that patients experience can come from lean muscle mass something that ideally you would preserve with your weight loss."*

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## 446. The Dr. Ashley Show

Episode: 126. Naturally Produce the "Ozempic Effect" (MELT FAT FAST)

Date: 2025-12-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The episode discusses GLP-1 drugs like Ozempic, explaining their mechanism as mimicking a natural hormone that controls hunger and blood sugar levels. The speaker highlights both the potential benefits and significant side effects of long-term use, emphasizing natural alternatives to manage weight without overriding natural hunger signals.

*"When you rely on these medications long term, specifically and especially high doses like most medical providers are advising, there are significant side effects. These side effects that are going to leave you worse off than you were to begin with. They will override your body's hunger cues."*

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## 447. The Cabral Concept

Episode: 3435: Balancing Fast Weight Loss with Maintaining Results (WW)

Date: 2025-07-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as appetite suppressants aiding weight loss but highlights concerns including muscle loss, potential thyroid issues, side effects, and the tendency for weight rebound after discontinuation, reflecting a nuanced view on their effectiveness and implications.

*"Even things like the GLP-1 drugs, right? What do those do? They help you lose weight. Why? Well, okay. Kerbing appetite. It is helping with insulin response, no doubt about it. But what they don't tell you is that at least one-third of that weight is muscle loss."*

#### 448. Renee Belz & Lauren Sambataro

Episode: Fasting Without the Fast: Biomimetic Breakthroughs with Mimio Co-Founder Dr. Chris Rhodes

Date: 2025-07-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily in the context of their advantages and disadvantages for weight loss, highlighting challenges such as withdrawal symptoms and weight regain after cessation. The conversation introduces Mimeo, a biomimetic alternative designed to help people wean off GLP-1 drugs, suggesting potential impacts on consumer behavior and weight management strategies.

*"Because you do have these kind of massive hunger withdrawals that happen when you come off the GLP-1s... the majority of people who come off the GLP-1s end up regaining, you know, two thirds of the weight that they lost throughout the process in just, you know, under a year after coming off of the drugs."*

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#### 449. Become a Confident Eater: Overcome Overeating, Establish Healthy Eating Habits

Episode: 93. Why Weight Loss Drugs Are Failing Everyone...

Date: 2025-11-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, focusing on how they work to reduce appetite by mimicking a gut hormone and slowing digestion, though it highlights both positive user experiences and significant negative side effects. It provides a detailed look at why people try these drugs, their physiological effects, and challenges such as serious digestive issues leading some users to discontinue treatment.

*"Approximately 12% of Americans have tried a weight loss drug before. Yet up to 85% of people have stopped using the drugs within two years and an even higher proportion of people gain all the weight back."*

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#### 450. The Gist Healthcare Podcast

Episode: Friday, November 7, 2025

Date: 2025-11-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent government actions to lower prices on GLP-1 weight loss drugs such as Novo Nordisk's Ozempic and Eli Lilly's tirzepatide, including new pricing deals, Medicare and Medicaid coverage changes, and upcoming policy shifts.

*"The Trump administration has announced agreements with two major pharmaceutical companies to cut prices for popular GLP-1 weight loss drugs for American consumers."*

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#### 451. Think Healthy with Hayley

Episode: #259 - How to Quiet Food Noise

Date: 2025-10-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rising use of GLP-1 drugs like Wegovy, Ozempic, and Mounjaro, highlighting their psychological and physiological effects on reducing appetite and food cravings, but also notes potential issues such as weight regain after stopping usage and muscle loss risks due to significant calorie deficits. The discussion touches on how these drugs impact food-related behavior and weight management but cautions against relying solely on them without addressing underlying nutrition and food relationship issues.

*"And the current data shows that GLP-1 drugs do dampen food noise. They do have quite an effect. Psychologically, they influence the reward pathways in the brain. So they reduce appetite, cravings and thoughts about food. And physically, they slow gastric emptying, which means that people feel more full on less food."*

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#### 452. AB Majlis

Episode: Inside the \$36bn Biohacking boom | Dave Asprey on Ozempic, 'peaseant food' and why sleep beats every supplement

Date: 2025-12-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs such as Ozempic and Monjaro, emphasizing their role in combating obesity, improving longevity, and affecting fertility. The speaker advocates for their use despite potential side effects, which can be managed with proper nutrition and exercise.

*"I would use GLP-1 drugs right now. But they do have side effects, and they're easy to fix."*

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#### 453. The Model Health Show

Episode: TMHS 873: The Truth About GLP-1: Foods That Increase It, What Blocks It, & More - With Dr. Taz

Date: 2025-02-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 drugs such as semaglutide on weight loss and cardiometabolic health, highlighting a study showing significant weight regain and reversal of health benefits after discontinuing the drugs. It provides a detailed overview of these drugs' effects but does not deeply explore impacts on the food and beverage industry or consumer behavior changes.

*"In fact, participants regained two-thirds of their prior weight loss with similar negative changes in their cardiometabolic variables."*

#### 454. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: LIVE GLP-1 News Update - Bonus

Date: 2026-01-29 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode is dedicated to GLP-1 medications, discussing their impact on health, especially obesity, and addressing community topics such as TikTok hashtag removals related to GLP-1. It highlights both medical expert insights and patient/community stories, emphasizing empowerment and breaking stigma.

*"GLP one hashtag had been removed... you can put it in there, but as soon as you posted, it goes dead. So stop using that hashtag."*

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#### 455. Game-Changing Health

Episode: GLP-1 TikTok Trends That Need to Stop (From a Dietitian taking Mounjaro)

Date: 2026-01-12 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion covers GLP-1 weight loss drugs focusing on dietary considerations necessary for effective and sustainable use, addressing common misconceptions, side effects, and the impact of social media content on public perception. The speaker emphasizes the importance of balanced nutrition while taking GLP-1s, warns against fear-mongering related to side effects, and highlights variability in individual responses.

*"So if someone says the only thing that matters while taking a GLP-1 is making sure you're getting enough protein, no. The answer is just no. It all matters."*

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#### 456. My Life On GLP1

Episode: S14.E7: My Life on GLP1 - Why I Advocate for Zepbound, Mounjaro and Wegovy

Date: 2025-12-11 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features personal experiences and advocacy for GLP-1 weight loss medications, discussing their transformative impact on individuals' lives, the stigma surrounding their use, side effects, accessibility challenges, and the need to normalize their conversation within society and healthcare. It emphasizes the emotional and medical significance of these drugs beyond clinical descriptions.

*"I advocate for GLP-1 medications because they gave me back something I thought I had lost forever. Hope."*

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#### 457. GLP-1 Tribe

Episode: How to Get the Best Results Using GLP-1 Medications Wegovy, Ozempic, Zepbound and Mounjaro

Date: 2025-03-22 | Relevance: 90/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a comprehensive discussion on optimizing the use of GLP-1 weight loss drugs, emphasizing the importance of combining medication with sustainable lifestyle changes such as diet, exercise, and community support. It highlights practical tips for managing side effects and maintaining motivation throughout the weight loss journey.

*"It's really about integrating the medication with a supportive lifestyle and connecting with others."*

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#### 458. KGNU - How On Earth

Episode: GLP-1 and Blindness

Date: 2025-06-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses a recent medical study linking GLP-1 drugs, commonly used for diabetes and weight loss, to an increased risk of a rare form of blindness, emphasizing the association without proving causality and noting the benefits of these drugs.

*"GLP-1 users had twice the rate of blindness compared to diabetic patients who did not use these medications, and the longer someone used GLP-1 drugs, the higher the rate of blindness."*

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#### 459. The Word on Medicine

Episode: GLP-1 Receptor Agonists

Date: 2025-03-15 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion on the recent growth of GLP-1 receptor agonists as weight loss medications, featuring medical experts including endocrinologists who explain their medical applications, access challenges, and concerns around quality from compounding pharmacies. However, there is no specific mention of the direct impact on the food and beverage industry or insights from operators and executives.

*"The concern is that because of the shortage, people didn't want a gap in their care. People couldn't afford what was being offered through our FDA-approved pharmacies. And so, compounding pharmacies can offer patients something that they can't get."*

## 460. Wellness by Designs - Practitioner Podcast

Episode: GLP-1 Medications in Practice: Clinical Insights with Robbie Clark

Date: 2025-06-05 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion centers on the effects of GLP-1 receptor agonists on gut function, including impacts on digestive enzymes, microbiota diversity, metabolic health, appetite regulation, and potential side effects like altered gut motility. The speaker highlights both potential benefits such as improved microbiome diversity and metabolic health, and potential negatives like gastrointestinal issues and dysbiosis.

*"GLP-1 receptor agonists influence both gut function, motility and the microbiome... there are also seen to be benefits... potentially increased microbiome diversity linked to improved metabolic health... potential negative effects include slowed gastric emptying and impact on people with gastrointestinal disorders."*

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## 461. When Millennials Become Moms

Episode: GLP-1s Through a Functional Medicine Lens: Part 2 with Dr. Vojdani

Date: 2025-11-18 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the physiological effects and potential downsides of GLP-1 drugs, particularly focusing on side effects like tissue and muscle loss, gut motility issues, and concerns about accelerated aging. The conversation highlights consumer experiences and concerns rather than food and beverage industry impacts.

*"When you're on a GLP-1, you're kind of stuck in the cleanse phase. You're like pulling tissue out, breaking it down, but you're never able to actually fully build because you're holding that side back."*

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## 462. Navigating Ozempic-#Ozempic

Episode: Ozempic Alzheimer's Trials Reveal Promising Biomarkers, No Cognitive Decline Improvement

Date: 2025-11-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent developments in GLP-1 drug research, highlighting the surge in clinical trials, major players like Eli Lilly and Novo Nordisk, and recent Phase III trial results showing that Ozempic's active ingredient semaglutide failed to improve cognitive decline in Alzheimer's patients despite some biomarker changes. It covers sales performance but does not specifically address impacts on the food and beverage industry or consumer behavior changes.

*"Novo Nordisk recently announced results from two Phase III trials called Evoke and Evoke Plus, which failed to show that the drug outperformed placebo in slowing cognitive decline."*

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## 463. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Weight Loss Breakthrough: New Study Reveals Muscle Changes, Celebrity Insights, and Future of Diet Medications

Date: 2025-08-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses new research on the effects of Ozempic, a GLP-1 drug used for weight loss, focusing on body composition changes including muscle and liver mass effects. It highlights potential health benefits and concerns, raising the need for further human research on strength and mobility impacts.

*"The senior author of the study, Katsu Funai, highlighted the urgent need for robust human-based research to clarify the actual risk and benefit profile of Ozempic among real-world users, especially as its popularity continues to spread."*

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## 464. Hora 25

Episode: Hora 25 de los negocios | La explosion de Ozempic

Date: 2025-09-10 | Relevance: 80/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the rapid rise and recent challenges of Ozempic, a GLP-1 weight loss drug by Novo Nordisk, highlighting recent layoffs and reduced growth forecasts, indicating a potential market saturation and setback for what was once considered a revolutionary drug.

*"Ozempic, hoy, su farmaceutica Novo Nordisk, anuncia el despido del 11% de su plantilla... Esperaba crecimientos de hasta el 16%, habla ahora de crecimientos del 4%... Lo que se presento como el milagro puede estar explotando."*

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## 465. Metabolic Freedom With Ben Azadi

Episode: #2001 The Shocking Truth About Ozempic: Why Natural GLP-1 Activation Works Better for Lasting Fat Loss With Ben Azadi

Date: 2025-09-14 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 weight loss drug Ozempic, highlighting its mechanism, side effects, and the issues with rebound weight gain and muscle loss, while promoting natural alternatives for sustainable fat loss without dependency. The discussion critically examines the impact of GLP-1 drugs on metabolism and hormonal balance, suggesting natural methods might be preferable.

*"Most of the initial drop of weight on Ozempic is actually muscle mass and water, not just fat. There's also the rebound effect. As soon as people stop the Ozempic injections, studies show two-thirds of the weight comes back, often as fat, not lean tissue."*

## 466. Ca va beaucoup mieux

Episode: COUPES-FAIM - On ne devrait pas prescrire aussi facilement ces médicaments  
Date: 2025-06-23 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, explaining their mechanism and effectiveness in reducing hunger and weight, while expressing concern about their widespread prescription by general practitioners.

*"Ce médicament permet dans le cerveau de bloquer les systèmes de la faim. Vous faites une injection une fois par semaine, vous n'avez plus envie de manger et la sensation de satiété est prolongée."*

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## 467. Markets & Money Today | 2 Min News | The Daily News Now!

Episode: Novo Nordisk, Lilly Cut Obesity Drug Prices in China  
Date: 2025-12-30 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: Novo Nordisk and Eli Lilly have significantly cut prices on their GLP-1 weight loss drugs in China to increase affordability amid a growing obesity crisis, with price drops also occurring in India and planned reductions in the U.S. This price competition, along with emerging local competitors, signals a strategic push to expand market access and patient reach.

*"Novo confirmed the changes for Wegovy, saying it will ease the burden on patients and boost their quality of life."*

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## 468. Somnilopod: Sleep Health Education

Episode: ep 119 - medical weight loss and GLP-1 medications: their effect on sleep and wellness  
Date: 2026-02-01 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast episode provides an informative overview of GLP-1 medications, including their mechanisms, benefits for weight loss and metabolic health, and positive impacts on sleep quality and chronic disease management. It discusses how GLP-1 drugs like Ozempic lead to significant weight reduction and improved health outcomes.

*"Clinical studies and real-world results show that patients on these medications average weight loss of about 15-25% of their body weight."*

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## 469. My Life On GLP1

Episode: S12.E2. My Life on GLP1 - My Shirt Became an Enemy: Skin Sensitivity & Allodynia  
Date: 2025-09-29 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses a less commonly known side effect of GLP-1 drugs called allodynia, where users experience heightened skin sensitivity and pain from normal stimuli. The hosts share personal experiences and medical explanations, providing detailed insight into this side effect but do not touch on broader impacts on food and beverage industry or consumer behavior.

*"When these medications bind to those receptors, they can essentially rewire how your body interprets sensory input."*

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## 470. My Life On GLP1

Episode: S14.E2: My Life on GLP1 - What Your Side Effects are Really Telling You  
Date: 2025-12-08 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast episode focuses on the personal experiences and side effects associated with GLP-1 drugs, explaining how side effects communicate bodily responses and impact eating habits. It offers insights into appetite suppression and changes in consumer behavior around food consumption caused by these medications.

*"The nausea isn't just a side effect. It's your body forcing you to slow down and pay attention to eating in a way you probably haven't in years."*

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## 471. BNR Headlines

Episode: Afslankmedicijnen niet klakkeloos voorschrijven, waarschuwen deskundigen: 'Alleen onder strikte voorwaarden'  
Date: 2025-11-08 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast episode discusses the medical and regulatory aspects of new GLP-1 based weight loss drugs, such as Wegovy and Monjaro, focusing on cautious and conditional prescription guidelines to ensure medical appropriateness and cost-effectiveness. Experts emphasize the importance of using these drugs under strict conditions within multidisciplinary treatment programs rather than as standalone therapies.

*"Ik ben er natuurlijk niet voor dat het laagdrempelig is en een stand-alone therapie als hub iedereen behandelen met spuitjes. Het moet weg onder de goede voorwaarden, in de goede context en daar hebben we ook een richtlijn voor in Nederland met heleboel organisaties opgesteld."*

## 472. De Jortcast

Episode: #872 - Afvallen met de prik

Date: 2025-02-20 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the growing use and marketing of GLP-1 drugs like Ozempic, highlighting concerns about their unregulated online availability, potential misuse by young people, and the negative impact on body image and eating disorders. There is also mention of societal costs from obesity and the challenges in sustainable weight loss.

*"En die kijkt bij wijze van spreken naar een Victoria's Secret show. Krijgt meteen daarna een Ozempic advertentie. En hoewel die twintigers nog niet zo'n echte Ozempic kandidaat zijn qua diete. Worden ze toch helemaal gewend aan het idee van, jij hebt een probleem, slukt dit even."*

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## 473. Weight and Healthcare

Episode: GLP-1s and Knee Osteoarthritis - Part 1 Semaglutide

Date: 2025-12-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a clinical study on semaglutide, a GLP-1 drug, focusing on its effects on weight loss and knee osteoarthritis improvement, highlighting limitations in understanding the mechanisms behind symptom relief.

*"The trial was not designed to investigate the mechanism of action of semaglutide on knee osteoarthritis. So, mechanistic conclusions cannot be drawn."*

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## 474. Brsen Morgenbriefing

Episode: Fremtidens vgtabsmidler, Teslas salg styrtdykker i Danmark, IT-brsnotering droppes, soldater i gaderne i L.A.

Date: 2025-06-10 | Relevance: 80/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk and Eli Lilly's competition and future plans concerning weight loss drugs, including the possibility of a vaccine for obesity and the challenges posed by generic versions of semaglutide in the US and Europe. The conversation touches on market dynamics and future developments but does not delve deeply into impact on the food and beverage industry or operators' perspectives.

*"De star begge fast, at det ligger meget langt ude i fremtiden. Skridt pa vejen dertil kan dog vre, at man skal have en indsprjtning. En gang om maneden eller maske en gang om aret, lyder det fra Novo og Eli Lilly."*

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## 475. Motley Fool Money

Episode: Can AI Drive Peloton's Comeback?

Date: 2025-11-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the current state and pricing strategies of GLP-1 drugs offered by companies like Eli Lilly and Novo Nordisk, including direct-to-consumer platforms and market potential beyond diabetes and obesity. The commentary includes the impact on pricing, margin considerations, and potential new markets.

*"Eli Lilly, for example, that's offering Zet-bound vials for anywhere from \$349 to \$499 a month, which is much cheaper than the average cost of about \$1,000 per month without insurance that a lot of consumers contend with."*

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## 476. Talking Benefits

Episode: Benefits Bonus: Executive Order on Drug Discounts Has Uncertain Impact

Date: 2025-12-18 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of a 2025 executive order on drug pricing, focusing on GLP-1 weight loss drugs and agreements by manufacturers Eli Lilly and Novo Nordisk to provide discounted prices via the TrumpRx program, potentially affecting affordability for Medicare beneficiaries. It also notes the uncertainty regarding the program's accessibility for people with employer-provided insurance.

*"The list prices of Ozempic, Wagovi, and Zepbound of around \$1,000 per month will fall to around \$350 per month when purchased through TrumpRx."*

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## 477. The Rundown

Episode: Why Venezuela Didn't Break the Oil Market, Novo Launches Wegovy Pill

Date: 2026-01-05 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the launch of Novo Nordisk's new GLP-1 pill Wegovy, its competitive pricing, and market implications as it challenges Eli Lilly's market dominance, highlighting potential shifts in the healthcare sector driven by GLP-1 innovations.

*"The first ever GLP-1 pill for obesity from Novo Nordisk is officially available for sale in the U.S....this could be a game changer, not just because pills are more convenient than injections, but also the price point."*

## 478. British Scandal

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-19 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the explosive demand for GLP-1 weight loss drug Ozempic, the supply challenges faced by pharmaceutical giants Novo Nordisk and Eli Lilly, and the rise of dangerous counterfeit drugs impacting the market. This highlights the high-stakes industry competition and regulatory concerns but does not deeply explore the impact on food and beverage consumption or operators' responses.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up. Now desperate consumers are turning to dangerous alternatives, unregulated knockoffs from online pharmacies, with no guarantee of what's actually inside those vials."*

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## 479. Mad Money w/ Jim Cramer

Episode: Mad Money w/ Jim Cramer 2/4/26

Date: 2026-02-05 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape of GLP-1 weight loss drugs, focusing on Novo Nordisk's recent earnings and guidance, the impact of pricing pressures, and competition from Eli Lilly. Novo Nordisk's CEO highlights strong uptake of their GLP-1 pill but the overall industry faces challenges reflected in a cautious sales forecast.

*"The pill has had a phenomenal uptake, Jim. It has been probably one of the best, if not the best, pharma launches, albeit on a short period of one month. We have now, on a weekly basis, 50,000 prescriptions coming in."*

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## 480. WORD with Dr. Michael David Clay

Episode: WEIGHT Loss and Depression, too!

Date: 2025-06-01 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses various promising medical benefits of GLP-1 drugs, including reducing addiction cravings, slowing cognitive decline in Alzheimer's patients, and addressing neuroinflammation linked to neurological and psychiatric conditions. It highlights ongoing research and potential expanded therapeutic applications beyond weight loss.

*"In one randomized double-blind trial of 20 participants with opioid use disorder who took liraglutide, viciosa, reported a 40% reduction in opioid cravings compared to those who took a placebo."*

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## 481. America Trends Podcast

Episode: EP 836 Obesity Inhibitors: A Breakthrough in Medicine

Date: 2025-02-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the use of GLP-1 receptor agonists in obesity treatment, highlighting that these drugs are not entirely new to specialists but are now seeing broader conversations among general doctors and patients. It also covers the interplay of medication with lifestyle changes and the accessibility challenges faced by certain populations.

*"But for my population, many of these patients have been on pharmacotherapy for quite some time. Now, these newer agents, the GLP-1 receptor agonists, the ones that we're hearing about, were not in the conversation as much."*

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## 482. The Exam Room by the Physicians Committee

Episode: Why Ozempic Might Not Be the Miracle You Think | Dr. Vanita Rahman

Date: 2025-05-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, highlighting high discontinuation rates due to side effects, cost, and efficacy concerns, and contrasts these drugs with plant-based diets, which also result in weight loss without adverse effects. It emphasizes the challenges of sustainable weight loss with GLP-1 drugs and suggests dietary approaches as alternatives.

*"65% of individuals who start a GLP-1 will discontinue it within 12 months because of side effects or expense or because they just don't work that well. And within two years, 84% discontinue the medication."*

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## 483. Fat Science

Episode: The Latest GLP-1 News

Date: 2025-12-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 drugs on metabolism and their crossover effects on addiction. It also covers the launch of Ozempic in India amidst patent expirations and the potential impact of GLP-1 drug expansion on sugar consumption in a large population.

*"There's been a lot of talk... there may be a massive drop off of sugar consumption when you expand GLP-1s into a country of almost 1.5 billion people."*

## 484. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Fighting for GLP-1 Access: Advocacy with Amanda Bonello

Date: 2025-09-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the transformative impact of GLP-1 weight loss drugs on individuals, highlighting community support, overcoming stigma, and advocacy efforts to improve access and education. It emphasizes patient experiences, challenges in healthcare provider knowledge, and the role of nonprofit support programs.

*"At this point, we're trying like Ozempic, Monjaro, Wegovy, Zeppound, like everything, even the lesser known GLP-1s or the lesser ones in general."*

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## 485. Foundations & Functions

Episode: GLP-1 & Fertility

Date: 2025-05-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 medications, focusing on their role in blood sugar regulation and weight loss, with a particular emphasis on recent concerns about how these drugs might affect fertility and birth control efficacy among women.

*"Use among women for GLP-1s from 2020 to 2023 in three short years, that number rose by 594%. One of the things I wanted to talk to you today about is how does GLP-1 agonists affect fertility?"*

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## 486. Body-Led Business for Female Founders

Episode: Episode 118: 10 Things You Must Know About GLP-1's

Date: 2025-02-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as weight loss tools, emphasizing their proper use alongside balanced nutrition, stress management, and hormone optimization. The host shares an informally educational perspective on GLP-1s, noting they are not miracle drugs but can be useful if used correctly.

*"I believe these medications can be very useful for the right people. I believe that there is a place for them in our world. I think they're a fantastic tool. And I also believe that you can lose weight without them."*

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## 487. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The Downsized on GLP-1: Life After Dieting

Date: 2026-01-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features GLP-1 users Lorraine and Christopher discussing their significant weight loss journey with GLP-1 drugs, maintenance phase, and lifestyle improvements, emphasizing personal success and life quality impacts. It focuses on user experience rather than industry or operator perspectives.

*"Imagine losing 150 pounds combined with your partner without endless dieting, without hunger, and finally silencing that food noise that's haunted you for decades."*

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## 488. Raise the Script with Nutrigenomics

Episode: The Gene Behind GLP-1 Medication Failure

Date: 2025-02-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses why some individuals struggle to lose weight on GLP-1 receptor agonists like semaglutide and tirzepatide, investigating genetic variability as a reason for differing responses to these medications.

*"Research has actually shown that about 10 to 15% of patients lose less than 5% of their body weight while on GLP-1 agonists."*

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## 489. The C3Method Podcast with Robert Polenik

Episode: 2267 - The Dark Side of GLP-1 Agonists

Date: 2025-05-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like semaglutide in the context of weight loss, highlighting concerns about inadequate nutrition knowledge among prescribers and the drugs' limitations in addressing lifestyle factors. It touches on negative side effects and a client example where the drug was insufficient due to behavioral patterns impacting efficacy.

*"It's unfortunate in the sense that the people given the ability to prescribe the drug don't have adequate nutrition knowledge and often what I'm finding is that people could be addressing their weight issues via nutrition and lifestyle change without the need of the drug."*

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## 490. FUNC YOU UP!

Episode: Ep 292: GLP-1 Non-negotiables

Date: 2025-10-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on managing nutritional aspects while using GLP-1 medications, focusing on responsible use and preserving muscle mass during weight loss. It highlights the importance of dietitians in guiding patients to optimize

their experience with these drugs.

*"If this is a medication that has deemed appropriate for you... if a GLP-1 is the right fit for you, just making sure you're getting the most bang for your buck."*

#### 491. GLP-1 Hub: Support, Community, and Weight Loss

Episode: How GLP-1 Patients Became Advocates w/ Kim Carlos

Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an obesity advocate discussing GLP-1 weight loss drugs, their impact on patients, including medication shortages, and breaking misconceptions about who these drugs are for, highlighting advocacy efforts and changing perspectives.

*"Kim just compared obesity to cancer. And if that made you a little uncomfortable, that's good, because that discomfort is exactly why millions of people are still fighting for access to this medication that can save their lives."*

#### 492. The Milk Check

Episode: The Ozempic and GLP-1 shockwave hitting U.S. dairy

Date: 2025-07-31 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic on personal health and diets, emphasizing that while the drugs aid weight loss and health improvements, dietary changes and education are crucial. It also touches on how the food industry, including dairy, fits into this broader health and preventative medicine context.

*"A big part of my success has frankly been the diet change. And yes, this epic makes it easier. We just eat differently. I think we don't need to tie the success just with an injection."*

#### 493. GLP-1 Tribe

Episode: 11 Foods That Naturally Boost GLP-1 (Nature's Wegovy, Zepbound, Ozempic)

Date: 2025-07-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, Wegovy, and Zepbound, emphasizing their transformative impact on weight loss and metabolic health. It also explores natural foods that can modestly boost the body's own GLP-1 levels, providing an alternative to the costly prescription medications.

*"We're talking about GLP-1 medications, things like Ozempic, Wegovy, Zepbound. Absolutely. They're everywhere. And their potential, I mean, it's transformative for weight loss, for metabolic health."*

#### 494. Black Iron Radio

Episode: Let's Talk About GLP-1's

Date: 2025-03-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a discussion with dietitians focusing on GLP-1 drugs, addressing common myths, patient experiences, and managing effects like appetite suppression while on these medications. The conversation centers on providing evidence-based insights rather than promotional content.

*"So my day-to-day looks like helping them work through some of the symptoms that they may be dealing with, how to overcome really low appetite whilst trying to still get a decent amount of calories in, and working on strategies with them on how to feel them properly while they're taking this medication."*

#### 495. The Gillett Health Podcast

Episode: GLP-1 Influencer?

Date: 2025-08-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs focusing on influencers' testimonials and the challenges of obtaining prescriptions, highlighting issues around drug use among non-obese individuals and concerns about harm reduction. It questions the authenticity of weight loss claims and the medical provider's experience in prescribing these drugs.

*"Most influencers who are on it, you know, when we were talking with Jim Lovell, peptide expert, pharmacist, well-known teacher in the peptide and functional medicine space, he agreed that between a third and a half of all overweight adults have tried a GLP-1."*

#### 496. Game-Changing Health

Episode: When Insurance Stops Covering Your GLP-1: Options, Reality, and Support

Date: 2025-12-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses insurance coverage challenges for GLP-1 drugs like Manjaro, Ozempic, ZEP-Bound, and Wegovi, highlighting a personal experience with coverage loss and regain, as well as anticipation of expanded indications and formulations in the future. There is detailed discussion about drug access issues but little focus on how GLP-1s affect the food and beverage industry or operator perspectives on consumer behavior changes.

*"I got notified in 2024 that come January 1st, 2025, I would no longer have access to my Manjaro unless I had a prior authorization. And*

*the only prior authorization that they were going to approve was for type 2 diabetes.\*\*\**

## 497. Mastering Blood Sugar

Episode: The Truth About GLP-1: Benefits, Risks, and What You're Not Being Told

Date: 2025-03-01 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode explores GLP-1 receptor agonists focusing on their benefits and risks, with discussions on appetite suppression and weight loss effects. The hosts share personal and professional experiences emphasizing both the effectiveness and concerns surrounding these drugs.

*"So, you know, this topic is hot right now, and we're seeing the use of these medications... They are effective, for sure. I mean, we see people losing all sorts of weight. But on the other hand, you know, there are some scary headlines and people reporting pretty disastrous side effects."*

## 498. Game-Changing Health

Episode: GLP-1 Journeys: From Struggles to Success with Ana Reisdorf, MS, RD

Date: 2025-11-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discussion centers on the accessibility, insurance coverage challenges, and evolving legal landscape of GLP-1 drugs, highlighting their benefits and the personal experience of healthcare providers using them despite stigma. The conversation also touches on rapid changes in telehealth and lawsuits related to these drugs, showing how consumer and provider experiences are shaping perceptions.

*"It's a rapidly evolving space. And I think it's exciting for us to be there because we see how beneficial these medicines have been for us and how beneficial they are for people that we work with."*

## 499. GLP-1 Tribe

Episode: Can GLP-1 Medications Like Wegovy and Ozempic Cure Drug and Alcohol Addiction?

Date: 2025-03-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy, focusing on their initially intended effects on weight loss and diabetes, but primarily exploring their emerging potential to reduce cravings for addictive substances such as alcohol and nicotine. It reviews scientific studies, patient anecdotes, and expert opinions to understand this novel impact and its implications for addiction treatment.

*"Both doctors and patients have started noticing a pretty significant side effect. And that is a reduction in the desire for other, let's call them rewarding substances."*

## 500. The You Lounge

Episode: The You Lounge Episode 21 - The GLP-1 "Skinny" Shame

Date: 2025-08-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: Two weight loss coaches discuss the social stigma and misconceptions surrounding GLP-1 medications for weight loss, emphasizing the need for understanding these drugs as legitimate medical treatments rather than 'skinny jabs.' They share personal empathetic perspectives while addressing societal reactions to GLP-1 induced weight loss.

*"I am seeing healthcare professionals call GLP-1 things like skinny jabs and fat jabs and this be normalised and okay as we create more and more stigma."*

## 501. GLP-1 Tribe

Episode: Strategies for Getting Insurance Coverage for GLP-1 Medications - Best Practices for US Consumers

Date: 2025-04-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion on insurance coverage challenges and strategies for obtaining GLP-1 medications like Ozempic, emphasizing the health benefits and hurdles patients face. It offers practical advice aimed at improving access to these drugs within the US private insurance system.

*"This stuff can seriously improve people's health. Exactly. And it can be so frustrating, you know, because even though there's all this potential, actually getting your insurance to cover these meds can feel like climbing a mountain."*

## 502. FITBODY Podcast with Julie Lohre

Episode: GLP-1 Weight Loss: Fat or Muscle? What Women Must Know

Date: 2025-07-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs for weight loss, focusing on potential unintended effects such as muscle loss, the importance of preserving strength, and strategies to maintain muscle and metabolism during weight loss.

*"These medications can put your body in a state of catabolism, breaking down lean tissue right alongside body fat. And that can leave you feeling weak and tired or softer than you expected, even after you've lost weight."*

### 503. The You Lounge

Episode: The You Lounge Episode 6 - Food Noise Vs. Hunger in GLP-1

Date: 2025-05-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the concept of appetite suppression and 'food noise' in the context of GLP-1 weight loss drugs, exploring how these medications affect hunger and eating behavior. The hosts share personal experiences and distinctions between appetite suppression and psychological food cravings, highlighting public misunderstandings around these effects.

*"We hear this all the time and we hear people talking about constantly looking for that suppression, the big doses of suppression and the no food noises."*

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### 504. Mindfully Integrative Show

Episode: Why GLP-1 is Key to Regulating Your Metabolism and Appetite

Date: 2025-08-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed overview of GLP-1 hormones and their analog medications, explaining their roles in regulating blood sugar, appetite, and metabolism with a focus on their benefits for weight loss, diabetes management, and overall metabolic health. It also discusses natural ways to enhance GLP-1 and underscores the importance of understanding GLP-1 in the context of widespread obesity and metabolic issues.

*"So what is a GLP-1? GLP-1 is a hormone, an ectroin hormone produced by L cells in the small intestines... These medications are peptides to produce, to be like this GLP-1."*

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### 505. The Dr. Francavilla Show

Episode: Realistic Expectations for Zepbound and Wegovy GLP-1 Hub Founder: Ana Reisdorf

Date: 2025-10-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a dietitian and GLP-1 user discussing realistic expectations of GLP-1 weight loss medications, clarifying misconceptions and providing insights for patients on how to use these drugs effectively.

*"We're kind of talking beforehand about how I think one of our big themes today is realistic expectations from these medications. I think the good and the bad, right? Because people make these expectations both way of how sick they're going to be on the medication, or what dramatic results they're going to have. And we're going to set the record straight today."*

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### 506. Scrubs to Stilettos

Episode: GLP-1 Medications: Weight Loss, Safety, and New Frontiers in Obesity Treatment with Dr. Rocio Salas-Whalen

Date: 2025-12-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features an expert discussing GLP-1 medications focusing on their use in weight loss and obesity treatment, highlighting their rise in popularity and touching upon safety considerations. The conversation involves medical professionals exploring the effects and perceptions of these drugs, though it does not directly address the food and beverage industry's response or changes in consumer behavior.

*"Even though these medications have been around for over 15 years, it definitely seems like they have become much more trendy or en vogue."*

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### 507. Sigma Nutrition Radio

Episode: #582: GLP-1 Agonists: Side Effects, Management and Diet - Dr. Spencer Nadolsky

Date: 2025-10-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Dr. Spencer Nadolsky, an obesity physician, discusses GLP-1 receptor agonists, their role in obesity and metabolic health treatment, and ongoing research into body composition changes among patients using these medications. The conversation provides background on GLP-1 hormones and the medical use of GLP-1 drugs primarily from a clinical and research perspective.

*"I'm really into these GLP-1 receptor agonists, GLP-1 medicines and utilizing them and optimizing them with my patients, really into the body composition research around them."*

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### 508. Maroela Media

Episode: GLP-1 - foefie of wondermiddel vir gewigsverlies?

Date: 2025-09-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 drugs in diabetes treatment and weight loss, explaining their biological function as appetite suppressors and their pharmaceutical mimicry to help control eating and thus aid weight loss. Experts describe the types of diabetes medications and how GLP-1 drugs are used when other treatments are insufficient.

*"GLP-1 is your natural hormone your body releases when you have eaten enough, which helps you feel fuller and reduces your appetite, allowing for lower food intake and potential weight loss."*

## 509. Fuller Expectations

Episode: The GLP-1 Craze: What You Need to Know About Synthetic vs. Natural Support!

Date: 2026-01-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 drugs like Ozempic and Wegovy, highlighting their origins as diabetes treatments and their new cultural prominence for weight loss, including benefits and risks. It touches on their effects on appetite, weight loss, blood sugar regulation, and associated side effects.

*"They've gone from diabetes treatments to really a cultural phenomenon around like weight loss, and all the celebrities are doing it."*

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## 510. Optimal Metabolism

Episode: Episode 250- The Truth About GLP-1 You Haven't Heard and How to Safely Wean Off Medications

Date: 2025-10-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 medications' effects on weight loss and related health improvements, including strategies for safely weaning off the drugs. It highlights personal health successes with GLP-1 use and transitioning off medications, emphasizing the importance of gradual dosage reduction under medical supervision.

*"But as far as, um, going off of the GLP-1, um, you know, if that's your long-term goal, the system has helped people to maintain their success."*

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## 511. When Millennials Become Moms

Episode: GLP-1s Unpacked: What You Really Need to Know (Part 1)

Date: 2025-11-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a discussion with a medical expert unpacking the nature of GLP-1 drugs, explaining their function as synthetic peptides and their role in appetite suppression and beyond, reflecting a deeper understanding of their mechanism in the human body.

*"GLP-1s are peptides...we are basically picking the littlest piece of the protein that has the action that we would like, synthesizing it, and then essentially hijacking our own messaging systems potentially for our benefit."*

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## 512. Fat Science

Episode: The Fallacy of GLP-1 "Diets" & the Microdosing Ad Frenzy

Date: 2025-10-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the common misconceptions about GLP-1 drugs, highlighting their mechanism in stabilizing metabolism and aiding fat loss, with a personal anecdote about significant weight loss and diabetes reversal. It also touches on regulatory aspects influencing promotional messaging about diet and exercise.

*"My wife started on a GLP-1. I think she's lost about 40 pounds. She hasn't changed how she's been eating at all... it's reversed diabetes. It's these, these drugs are amazing."*

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## 513. Digest This! Tips for Better Digestion from Dr. Liz Cruz & Tina Nunziato

Episode: Episode 524: Wake Up America - GLP-1's @drizcruz

Date: 2025-11-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode focuses on GLP-1 drugs discussing their widespread use for weight management alongside diabetes treatment. It highlights the increasing prevalence of GLP-1 usage and raises concerns about associated gastrointestinal side effects experienced by patients, which impact medical procedures and patient care.

*"We started seeing patients in our office who were coming in with symptoms that, with GI symptoms, gastrointestinal symptoms that they had never had before they started the GLP."*

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## 514. Bright Spots in Healthcare

Episode: Integrating GLP-1 Therapies: Building the New Playbook for Cardio-Metabolic Care

Date: 2025-10-14 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the integration of GLP-1 therapies into cardiometabolic care, focusing on how health plans and healthcare innovators are developing new strategies around benefit design and behavioral support to deliver better outcomes. The discussion frames GLP-1 drugs as a rapidly evolving component in managing obesity and metabolic conditions to improve healthcare value.

*"Today's episode, you know, I feel like every day we're talking either about AI or GLP-1s or both, and they're both developing fast and furious."*

## 515. GK Media Podcasts

Episode: Sleep Apnea , GLP-1 and Weight Loss with Dr. Shapsis ( In Russian)

Date: 2026-01-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonist drugs like Ozempic and Manjaro, highlighting their medical use for diabetes and their significant effect on weight loss observed in patients. It references their market presence and the noticeable weight reduction outcomes in patients taking these drugs.

*"The best medicine on today is that, which is, in any case, in American market...it's a medicine called GLP-1 receptor agonist. What is that? Ozempic. Ozempic... especially if they were talking about diabetes."*

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## 516. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 & Bariatric Surgery: Plus SideZ Rewind Season 1

Date: 2025-07-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the transformative impact of GLP-1 weight loss drugs, specifically Ozempic, on personal weight management and metabolic health, highlighting how the medication has helped overcome challenges associated with obesity and previous interventions like lap band surgery.

*"I started taking Ozempic and I've lost almost 60 pounds, since July of last year. And I have completely changed my life."*

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## 517. Be Where You Are Today

Episode: Understanding Ozempic and GLP-1 Drugs for Weight Loss

Date: 2025-02-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, explaining their origin as treatments for type 2 diabetes and how they function by regulating blood sugar, slowing digestion, and promoting satiety, leading to reduced calorie intake and weight loss.

*"GLP-1 drugs are a class of medications that were originally developed to treat type 2 diabetes. GLP-1 naturally helps regulate blood sugar, slows down digestion making you feel fuller longer, and sends signals to the brain that say, 'I'm full,' causing you to eat less."*

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## 518. MPR News with Angela Davis

Episode: What to know about the GLP-1 weight loss drugs

Date: 2025-10-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity and health benefits of GLP-1 drugs such as Ozempic and Monjaro, highlighting their effects on weight loss and associated health improvements, while also acknowledging side effects and high costs.

*"Drugs like Ozempic and Monjaro were first developed to treat diabetes, but they turned out to be so effective at helping people lose weight that versions were approved for weight loss."*

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## 519. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: GLP-1 Side Effects Aren't Inevitable: How to Avoid Them (with Dr. Matthea Rentea)

Date: 2025-12-30 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as transformative tools in obesity medicine, highlighting their benefits and comparing them to previous weight loss drugs that had more side effects and less efficacy. It emphasizes the holistic approach to using GLP-1s, combining medication with lifestyle changes for better outcomes.

*"Side effects are one of the biggest concerns I hear when women enter our Holistic GLP-1 program. And my friend, there is a better way."*

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## 520. General Medicine and Primary Care

Episode: GLP-1 Baby Boom and Birth Control Failures: Why It's Time to Talk IUDs

Date: 2025-08-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the unexpected rise in pregnancies among users of GLP-1 receptor agonists, particularly highlighting how these drugs may reduce the effectiveness of oral contraceptives, with specific focus on tirzepatide's impact on drug absorption and gastrointestinal side effects.

*"The data shows that it's tirzepatide that is the main issue in terms of the bioavailability of the oral contraceptives, due to increased vomiting and diarrhea and delayed absorption."*

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## 521. Think from KERA

Episode: The Ozempic diabetes dilemma

Date: 2025-02-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses Novo Nordisk's GLP-1 drug Ozempic, highlighting its success in diabetes treatment and its unexpected popularity for weight loss, leading to mixed emotions within the company. It touches on the complexities of pharmaceutical companies' roles beyond just profit motives, but does not deeply analyze impacts on the food and beverage industry or operator

perspectives.

*"Ozempic was originally developed to help people with type 2 diabetes, and it can. But its most celebrated side effect, significant diminishment of appetite that often leads to weight loss, has convinced many millions of people that they want this drug or a competitor in the same class."*

## 522. Oxford Sparks Big Questions

Episode: How does Ozempic actually work?

Date: 2025-06-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast explains the biological mechanism of Ozempic, a GLP-1 based drug, detailing how it modifies natural hormones to help control blood sugar and induce fullness, with a focus on medical and scientific understanding rather than industry impact or consumer behavior.

*"Ozempic is just a modified version of a hormone that all of our bodies naturally make... Ozempic and other diabetes and weight loss drugs that are similar are just modified to resist this breakdown and last longer."*

## 523. Do You F\*cking Mind?

Episode: Brain Fact: Ozempic

Date: 2025-10-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast explains the use of Ozempic (semaglutide), a GLP-1 drug initially for diabetes treatment, and its rising popularity for weight loss, including discussion on its mechanism related to appetite suppression and satiety. It also touches on how diet influences natural GLP-1 release and the implications for hunger and consumption behavior.

*"Ozempic is a drug that is used for diabetes, to treat diabetes, but has also gained a lot of popularity where people have been using it for weight loss purposes."*

## 524. The Morning Edition

Episode: Ozempic: What the evidence says about side-effects

Date: 2025-07-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of GLP-1 drug Ozempic primarily for weight loss beyond its original diabetes treatment, highlighting usage statistics and growth while balancing benefits with side effects. It provides data on usage prevalence and notes the uncertainty around precise numbers, especially in Australia.

*"A poll in the US found about one in eight adults had tried the drug. About half of them were still using it. It's worth pointing out that about 60% of these took them for diabetes or other conditions. Then the other 40% were using them for weight loss."*

## 525. The Gee Scott & Ursula Reutin Show

Episode: Hour 2: Ozempic Can Curb Drinking

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy, highlighting their role in not only substantial weight loss but also reducing alcohol consumption among people with alcohol use disorder. It touches on their medical origins and rising influence on personal health behaviors, indicating broader impacts on lifestyle and potentially consumer habits.

*"A randomized clinical trial found that people diagnosed with alcohol use disorder drink 30% less while they are on either Ozempic or Wegovy."*

## 526. Ozempic Weightloss Unlocked

Episode: Ozempic Unveiled: Breakthrough Weight Loss Strategy with Surprising Health Benefits

Date: 2025-07-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug used for weight loss and diabetes management, explaining its mechanisms, clinical trial results, FDA approvals, and variability in patient outcomes. It covers scientific and medical perspectives but does not deeply address impacts on the food and beverage industry or consumer behavior changes from operators or executives.

*"Ozempic works by mimicking a hormone in your body that helps regulate blood sugar and suppress appetite, leading to fewer calories consumed."*

## 527. The Advisor with Stacey Chillemi

Episode: Ozempic Side Effects Nobody Talks About

Date: 2025-11-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of GLP-1 weight loss drugs like Ozempic, highlighting concerns over their unknown long-term effects and exploring the psychological drivers behind quick-fix solutions for weight loss. The guest provides a critical perspective on how these drugs affect appetite and brain reward mechanisms, signaling caution amid the popularity surge.

*"People are doing it, but they don't know what the long-term effects are going to be. And they don't know what's ahead. And, you know,*

*"they're just jumping into the fire without really realizing, you know, what could happen to them in the long run."*

## 528. Plant Based Briefing

Episode: 1071: Rising Malnutrition Risks Spark Push for Plant-Based Diets Among Ozempic Users by Charlotte Pointing at VegNews.com  
Date: 2025-06-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising use of GLP-1 weight loss drugs like Ozempic and their impact on nutrition, particularly highlighting risks of malnutrition and the importance of plant-based nutrient-dense diets for users. It includes recommendations from health experts on managing side effects and ensuring adequate nutrition while using GLP-1 medications.

*"Experts share why a diet rich in plant-based, nutrient-dense foods is key to staying healthy when using medications that curb your appetite."*

## 529. If You're Listening

Episode: Weighing up Ozempic  
Date: 2025-10-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drug Semaglutide (marketed as Ozempic/Wegovi) and its significant impact on weight loss treatment and company growth, highlighting its effectiveness and growing demand amid the global obesity epidemic. It also touches on societal effects and celebrity endorsements, emphasizing the drug's role in changing perceptions around weight loss.

*"It's a pharmaceutical company called Novo Nordisk. After a century plugging away making insulin and other drugs to treat diabetes, it suddenly rocketed up to become the most valuable company in Europe. And its unbelievable success is thanks to one drug. Semaglutide. More commonly known as Ozempic or Wegovi."*

## 530. The Science Behind That

Episode: Se 6 Ep 8: Ozempic  
Date: 2025-05-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the science behind Ozempic and other GLP-1 agonists, examining their effectiveness for weight loss compared to diet and exercise, providing a detailed overview from a scientific perspective.

*"Today we're going to be talking about the science behind Ozempic and other GLP-1 agonists... and if it really is better for you than just proper nutrition, proper diet, proper exercise."*

## 531. RAD Radio

Episode: 06.04.25 RAD 03 The Sounds of Nouns & Ozempic Linked to Kidney Cancer  
Date: 2025-06-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic and similar GLP-1 weight loss drugs' side effects and emerging health risks, including a study linking them to increased kidney cancer risk, reflecting concerns about long-term safety. It highlights the widespread adoption of these drugs for weight loss and acknowledges both their popularity and potential dangers.

*"Now, a new major study released yesterday says that Ozempic and similar weight loss drugs raise the risk of kidney cancer."*

## 532. UNFASSBAR - ein Simplicissimus Podcast

Episode: Wie Ozempic die Welt verändert (ft. Wissen Weekly)  
Date: 2025-02-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the development and impact of GLP-1 drugs, particularly Ozempic, emphasizing its medical origins, widespread hype, and influence on culture and health. It touches on consumer behavior changes, including weight loss experiences and the drug's effect on the food market and industry dynamics.

*"Ozempic konnte die Weltgesundheit, die Pharmaindustrie und sogar den Lebensmittelmarkt für immer verändern."*

## 533. Awf The Record

Episode: Ozempic Explained: Food Noise, Sex Drive, & Side Effects with Dr. Darien Sutton  
Date: 2025-10-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast provides a detailed discussion on GLP-1 drugs like Ozempic, covering their effects on appetite, side effects, cultural perceptions regarding body image, and the risks of weight regain after discontinuation. It explores both positive perspectives on the drugs' impact on weight loss and cautionary notes about unknown long-term effects and social assumptions about body health.

*"GLP-1s are the magic drug. This is the thing that we have been waiting for for decades. Is it as simple as that? This is not something that you want to take lightly. It is a real intervention that has real risks."*

### 534. Tiny Matters

Episode: Ozempic: The science behind this blockbuster drug and its untapped potential

Date: 2025-05-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the development and broad therapeutic potential of GLP-1 drugs, highlighting their progress in treating diabetes and obesity with ongoing clinical trials for other conditions, while noting both their beneficial effects and reported side effects such as gastrointestinal issues.

*"It was surprising in the sense that you don't land on a new drug every day that has this really broad beneficial profile and also broad risk profile, right?"*

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### 535. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Ozempic Weight Loss Trend: Oprah Reveals Truth About Medications, Counterfeits, and Personal Health Journey

Date: 2025-10-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Oprah Winfrey's personal experience with GLP-1 medication Ozempic for weight loss, emphasizing the complex biological and behavioral aspects of obesity and the importance of lifestyle changes. It also covers challenges such as misinformation, counterfeit drugs, side effects affecting medical imaging, and the broader public conversation about these medications.

*"Oprah described how she finally understood that for many, including herself, the battle with weight is between biology and behavior."*

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### 536. Chief Wellness Officer

Episode: E17: The Truth About Weight Loss Resources like Ozempic (GLP's)

Date: 2025-02-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the widespread interest and misunderstandings around GLP-1 drugs like Ozempic for weight loss, emphasizing the benefits as well as the challenges of proper usage and sustainable results. It highlights the positive health impacts and changing perceptions regarding these drugs while addressing misinformation.

*"I get concerned because people go on them and they do. They lose weight, Kate, and they feel great again. And it's so empowering. I think they are a wonderful mechanism for change."*

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### 537. My Life On GLP1

Episode: S12.E4: My Life on GLP1 - Ozempic Teeth? The Dental Side Effect Nobody Warned You About

Date: 2025-09-30 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The hosts discuss the dental side effects attributed to GLP-1 drugs like Ozempic, including tooth sensitivity, cavities, and dry mouth, emphasizing both the challenges and life-changing benefits of GLP-1 medications. They encourage proactive dental care and coordination with healthcare providers to mitigate these side effects.

*"The benefits of GLP-1 medications can be life-changing. They certainly have been for me. But knowledge is power, right? If you know what to watch for and take some preventive steps, you can keep your smile healthy while you're transforming the rest of your health."*

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### 538. The Science Show

Episode: Lab Notes: How Ozempic stops food cravings

Date: 2025-06-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 agonist drugs like Ozempic, explaining their origins, mechanism of action, and use in weight loss, highlighting their impact on individuals and the science behind craving reduction. It offers insight into how these drugs work biologically but does not deeply explore the food and beverage industry's response or changing consumer behavior from operators or executives.

*"Millions of people around the world have taken Ozempic and similar drugs and report the exact same results."*

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### 539. San Diego Magazine's Happy Half Hour

Episode: Is Ozempic Changing the Way We Dine?

Date: 2026-02-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on the restaurant industry, highlighting how these drugs are reducing consumer appetite and thereby diminishing restaurant profits and social dining experiences. The host refers to this as a significant and ongoing issue acknowledged by multiple restaurateurs.

*"Ozempic is reaching for the restaurant world's fries. GLPs are making us skinny by eating restaurant industry's profits."*

## 540. The Agenda with Steve Paikin (Audio)

Episode: How Are Drugs Like Ozempic Changing Weight Loss?

Date: 2025-03-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a detailed discussion on GLP-1 drugs like Ozempic, focusing on their medical development, mechanisms, costs, patent status, and accessibility, featuring expert insights from medical researchers and health professionals.

*"Ozempic and other GLP-1 drugs have exploded in popularity largely due to their effectiveness in treating type 2 diabetes and perhaps more significantly their weight loss effects."*

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## 541. The Aesthetic Doctor

Episode: EP 97 "Ozempic Face" in Aesthetic patients: The skinny on Semaglutide and Beyond

Date: 2025-10-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the significant impact of GLP-1 drugs like semaglutide (Ozempic) on weight loss and particularly on facial aesthetics, describing the changes in facial fat pads and overall appearance in patients undergoing rapid weight loss due to these medications. It provides insight into how these drugs are changing patient outcomes and the considerations for aesthetic practitioners.

*"These medicines have really changed the landscape of weight loss. Millions of patients are on them. Millions of patients have had wonderful, amazing, great success in losing a large amount of weight."*

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## 542. Homo Sapiens

Episode: Megan Crabbe: The Ozempic Conversation We Need to Have

Date: 2025-11-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs like Ozempic and their perceived safety, side effects, and social implications. It includes differing viewpoints on the benefits and risks of these drugs, their impact on consumer behavior, and the complexities surrounding weight loss and mental wellbeing.

*"However, Anna said, I'm a GP and I'm a big advocate for these medications. Used sensibly, they can change lives."*

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## 543. Finding Wendy

Episode: Episode 22: Ozempic, Ontario, and a Hormone That Changed Everything

Date: 2025-06-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast host shares a personal experience with the GLP-1 drug Ozempic, describing weight loss progress and reduced portion sizes without side effects, highlighting its impact on appetite and eating habits. The discussion includes anecdotal evidence of how GLP-1 drugs can affect consumer food intake behavior.

*"So what's really noticeable is portion size. So, when I sit down for a meal, I naturally stop at about half of what I used to eat. And that full feeling actually works."*

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## 544. Bah mange!

Episode: Wegovy, Mounjaro : medicaments miracles contre le poids... ou mirage moderne ?

Date: 2025-08-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs such as Wegovy (semaglutide) and Mounjaro (tirzepatide) as medications initially for diabetes now validated for obesity treatment, explaining their mechanism of action and reflecting on their perceived miracle status versus realistic effects.

*"Wegovy, c'est le nom commercial du semaglutide. Mounjaro, c'est le tirzepatide. A la base, ce sont des medicaments contre le diabète. Mais les chercheurs ont remarqué que les patients perdaient aussi beaucoup de poids."*

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## 545. Nutrition Awareness

Episode: 193. Dietitian reveals GLP-1 nutrition pitfalls to watch out for while taking Ozempic, Zepbound, Wegovy, and Mounjaro

Date: 2025-07-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: A registered dietitian discusses concerns and observations regarding nutritional pitfalls and health issues, such as rapid muscle loss, associated with the use of GLP-1 weight loss drugs like Ozempic, Wegovy, Mounjaro, and Zepbound. The focus is on patient safety, sustainable weight management, and the importance of responsible medical oversight.

*"The biggest one, perhaps the most consequential one, which is rapid muscle loss."*

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## 546. L'Heure du Monde

Episode: Ozempic, Wegovy : la medecine a-t-elle trouve la solution contre l'obesite ? [REDIFF]

Date: 2025-12-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the rise of GLP-1 drugs like Ozempic and Wegovy as revolutionary treatments against obesity, including their medical effects and societal impacts such as usage patterns, potential misuse, and public perception. It highlights significant

consumer interest and concerns about misuse outside prescribed obesity treatments.

*"Le sujet Ozempic a plus de 300 millions de vies. Serre sur cette medicament a aide enormement avec ma sante."*

## 547. My Life On GLP1

Episode: S15.E4: My Life on GLP1 - Living With the Fear of Weight Regain

Date: 2026-01-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the psychological challenges and fears of weight regain experienced by individuals using GLP-1 weight loss drugs, emphasizing strategies to manage fear and maintain motivation. It offers insights into the behavioral aspects of using these medications rather than detailed medical or industry analysis.

*"Building self-trust through evidence and repetition. Like every time you handle a challenging food situation well, or you bounce back from a rough week, or you make a choice that aligns with how you want to feel. That's evidence. You're building a track record."*

## 548. GLP-1 Tribe

Episode: Beyond Weight Loss: The Massive Benefits of GLP-1 Medications - Non Scale Victories on Wegovy, Zepbound, and Ozempic

Date: 2025-04-12 | Relevance: 85/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the broad benefits of GLP-1 medications beyond weight loss, including improvements in physical comfort, women's health, cardiovascular protection, and metabolic regulation, highlighting multiple mechanisms and comparing different GLP-1 drugs such as Wegovy, Manjaro, and ZepBound. The conversation suggests promising implications for health outcomes beyond appetite and sugar control.

*"The select trial findings really bolstered that idea, showing cardiovascular protection even in people without diabetes, hinting at mechanisms beyond glucose lowering."*

## 549. Ca va beaucoup mieux, l'hebdo

Episode: L'INTEGRALE - Ozempic, thon contamine, quiz sante... Le programme du 20 septembre 2025

Date: 2025-09-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features a discussion with Dr. Diana Kadouch about GLP-1 drugs like Ozempic, Wegovy, and Mounjaro, focusing on their proper medical use, risks of overprescription for minor weight loss, and how these medications are administered. It highlights concerns about misuse and the importance of using the drugs for medically justified cases rather than for minor weight loss.

*"Il y a des derives il y a vraiment des delais il faut le dire la ca devient n'importe quoi."*

## 550. Legendary Life | Transform Your Body, Upgrade Your Health & Live Your Best Life

Episode: 652: Ozempic, Wegovy, Mounjaro: Miracle Drugs or Misleading Hype? (What You Need to Know) - Part 1

Date: 2025-10-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts discuss GLP-1 agonist drugs like Ozempic, Wegovy, and Mounjaro, cutting through the hype by explaining their function and sharing client experiences that illustrate both successes and frustrations with these weight loss medications. They position these drugs as tools potentially impactful on health but caution listeners to make informed decisions, highlighting a balanced view.

*"The truth is this, the guys who win long-term don't wait for January 1st. They act now."*

## 551. Tidslinjen Podcast

Episode: #72 - Ozempic, Wegovy och Mounjaro: sanningen om viktmedel - Dr. Mikael Kiswani Lindholm

Date: 2026-01-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a detailed discussion about GLP-1 weight loss drugs such as Ozempic, Wegovy, and Mounjaro, including their effectiveness, different weight loss percentages, and potential impact on other cravings like alcohol. It also touches on newer developments in GLP-1 and related receptor-targeting drugs under development.

*"Man pratar i studierna om mellan 5-10% och da pratar man i viktnedgang. Och Ozempic da och Vegovy? Precis, och sen sa finns det ju vissa studier som sager mellan 10-25%."*

## 552. Aftonbladet Daily

Episode: Alla pratar om Mounjaro

Date: 2025-05-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity and effectiveness of GLP-1 drugs like Mounjaro and Ozempic, highlighting Novo Nordisk's strong financial performance and the significant health impact of obesity. It also touches on changing consumer behaviors driven by these weight loss medications and considerations about long-term health.

*"Preparate som skapar minskad hunger, okad matnadskansla och bättre kontroll över atandet."*

### 553. The Gastro Girl Podcast

Episode: Ozempic, Wegovy, Mounjaro: How They Affect Your Gut

Date: 2025-07-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides a comprehensive overview of GLP-1 drugs, explaining their mechanism, different FDA-approved drugs, and their effectiveness in treating diabetes and obesity. The discussion covers the drugs' impact on appetite and metabolism, addressing their media attention and perceptions.

*"These drugs have gained so much media attention and almost like a frenzy. And it's creating desire for it, shame around it. I think that is the result of the drugs being incredibly effective."*

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### 554. My Life On GLP1

Episode: S14.E4: My Life on GLP1 - Numbness and Tingling Side Effect

Date: 2025-12-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with GLP-1 drugs focusing on side effects like numbness and tingling, explaining physiological causes related to rapid weight loss and nutrient deficiencies without delving into industry impacts.

*"Rapid weight loss causes structural changes in your body... Your body's basically doing construction work on itself."*

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### 555. The Front Page

Episode: Should the taxpayer fund weight loss medications?

Date: 2026-01-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a treatment for obesity, explaining their mechanism of increasing satiety rather than suppressing appetite, and touching on their effectiveness and misconceptions about obesity. It also debates the value of subsidizing these drugs versus other interventions like gym memberships.

*"The GLPs are more about satiety, that feeling that you've had enough to eat. And that's the problem with obesity, is that people don't feel full. So they overeat. And that's what keeps the weight up."*

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### 556. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 Journey: Stalls, Plateaus, Regain & What Really Happens

Date: 2025-08-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion revolves around the pricing, accessibility, and future of GLP-1 drugs, including newer entrants and potential market disruptions. The speakers reflect on the challenges of making these drugs affordable, differing medical opinions on their use, and the personal and social impact of obesity treatment.

*"I think if I can just hold out for a few more years, I think the supply will be just so in demand. The newer drugs, Amgen and their Maritide and some of these other - someone's going to come in. Or Forglipron, the small molecule GLP-1 pill that Lily does. Someone's got to come in and disrupt this."*

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### 557. My Life On GLP1

Episode: S15.E6: My Life on GLP1 - You Hate Leftovers Now: The Reheated Food Problem

Date: 2026-01-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs affect food preferences and behaviors, particularly causing aversion to leftovers and reheated foods due to changes in gastric emptying and sensory perception, leading to changes in grocery shopping and cooking habits.

*""GLP1 medications slow down your gastric emptying. Basically, food stays in your stomach longer. So when you eat something that's already been cooked once, then reheated, the texture changes get completely amplified."*

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### 558. Finding Genius Podcast

Episode: Modern Diabetes Medications Under the Microscope: A Conversation With Gary Scheiner

Date: 2026-01-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an in-depth interview with Gary Scheiner about GLP-1 medications like Ozempic and Mounjaro, focusing on their use in diabetes management and their appetite-suppressing effects contributing to weight loss.

*"One of the medications called Mounjaro, the generic name is terzepatide. Mounjaro has two medications that suppress appetite. GLP-1 and something called GIP. That seems to have a greater appetite suppression effect and lead to more weight loss than the others."*

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### 559. My Life On GLP1

Episode: S14.E6: My Life on GLP1 - Fear of Weight Regain and Overcoming the Anxiety

Date: 2025-12-10 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with GLP-1 drugs focusing on the psychological and biological challenges of weight regain after initial success. It highlights fears around metabolic adaptation and offers practical advice for managing weight

fluctuations rather than specific impacts on the food and beverage industry or executive perspectives.

*""Our bodies do have this thing called metabolic adaptation. Basically, when you lose weight, your metabolism slows down to try to preserve energy. ""*

## 560. Wegovy

Episode: FDA Cracks Down on Semaglutide Copycats: Wegovy Offers Hope and Challenges in Weight Loss Treatment

Date: 2025-05-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the FDA crackdown on unauthorized semaglutide copycats and Novo Nordisk's efforts to guide patients towards legitimate Wegovy treatment options, including pricing and safety concerns amid high demand for weight loss drugs.

*"Mass compounding of semaglutide is illegal and dangerous, they say, and will not be tolerated."*

## 561. RNT Fitness Radio

Episode: Ep 425 - Weight Loss Drugs: Benefits, Risks, and Realities (Ozempic, Wegovy & Mounjaro)

Date: 2025-04-02 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides a balanced discussion on the benefits, risks, and realities of GLP-1 weight loss drugs such as Ozempic, Wegovy, and Mounjaro, emphasizing their potential to significantly reduce obesity rates while also addressing stigma and side effects. It frames these drugs as impactful on personal weight loss journeys but underscores the importance of a holistic, lifestyle-first approach for sustainable transformation.

*"On a mass general population level, there'll be a game changer in reducing obesity. You can get all the weight loss benefits of diet exercise without doing much."*

## 562. The Fit & Fulfilled Show

Episode: Is a GLP-1 Right for You? Questions to Ask Yourself Before Considering Medication | Ep. 22

Date: 2026-01-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion about GLP-1 weight loss drugs, including their effects, side effects, and user experiences, highlighting both benefits and drawbacks. The host shares client anecdotes and medical side effects, pointing out that despite weight loss, some experience significant adverse reactions impacting their quality of life.

*"Yes, I'm losing weight, but I feel like crap. I want to find a way to do this where I feel good and I look good. ""*

## 563. Wegovy

Episode: Wegovy Breakthrough: FDA Approves Groundbreaking Liver Disease Treatment Expanding Hope for Millions with Metabolic Conditions

Date: 2025-08-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the expansion and approval of Novo Nordisk's Wegovy and other GLP-1 drugs for obesity and related metabolic diseases, highlighting Novo Nordisk's aggressive strategy and market leadership. It also touches on emerging competitors and the impact of pricing strategies on patient access.

*"Novo Nordisk's business strategy is textbook aggressive. After first launching Wegovy for obesity in 2021... each approval brings with it a wave of new insurance coverage decisions and a rush of patients clamouring for access. "*

## 564. Game-Changing Health

Episode: GLP-1 Maintenance Mode: How to Thrive At Maintenance (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2025-08-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses maintenance strategies and long-term support for individuals using GLP-1 drugs like Ozempic and Wegovy, focusing on how to maintain weight loss after stopping or continuing treatment.

*"So, you've lost the weight, right? We've lost the weight, but how can we keep it off? How can we maintain?"*

## 565. Wegovy

Episode: Wegovy Revolutionizes Weight Loss: Breakthrough Medication Sparks Medical, Legal, and Social Transformation in 2025

Date: 2025-07-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the surge in popularity and medical significance of Wegovy (semaglutide), a GLP-1 drug used for weight loss, highlighting its clinical adoption and social impact, alongside concerns about long-term risks and potential misuse. Legal challenges and cautious healthcare perspectives illustrate both optimism and wariness around its widespread usage.

*"It is not hyperbole to say that semaglutide is considered by many doctors and health leaders to be nothing less than a game-changer for people struggling with obesity and its cascading complications."*

## 566. The Straits Times Podcasts

Episode: S1E56: Will weight-loss drugs like Wegovy change the way people look at obesity?

Date: 2025-07-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the realistic and holistic approach to using GLP-1 weight loss drugs like Wegovy, emphasizing the importance of combining medication with healthy eating and exercise. It highlights how the drugs affect appetite and promote healthier habits rather than being a magic solution for weight loss.

*"I think a lot of us have a lot of misconception about WeCoV being a magic pen to lose weight but it's actually not. You still have to put in the work to eat right, eat proper and the medication kind of lingers in your body to kind of ask you to adopt healthy habits such as eating right as well as exercising together with the calorie deficit."*

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## 567. Game-Changing Health

Episode: 20+ Tips for Increasing Calorie Intake On Your GLP-1 (Ozempic, Wegovy, Mounjaro, Zepbound)

Date: 2025-08-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on practical tips for individuals taking GLP-1 drugs to maintain adequate calorie intake and avoid undernourishment, highlighting how these medications alter hunger cues. It emphasizes the importance of nourishment and managing side effects to thrive while on GLP-1 treatments.

*"GLP-1 medications can make us basically feel really full really fast... If you do not pay close enough attention, you can end up under eating, which can lead to some bigger major kind of like health issues."*

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## 568. The Story

Episode: The children taking Wegovy

Date: 2025-10-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Wegovy on children, highlighting the growing use among teenagers amid an obesity epidemic and parental desperation for solutions, while also considering concerns about unknown long-term side effects. The narrative explores changing health behaviors linked to diet and screen time in younger populations.

*"Since Azempic, Wegovy and Manjaro became available, they've completely changed the weight loss landscape."*

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## 569. Conquer Your Weight

Episode: Episode #154: How Much Protein Do You Really Need on a GLP?

Date: 2025-12-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides detailed information about GLP-1 weight loss drugs, specifically focusing on nutrition recommendations and protein intake for patients using GLP medications. It aims to support patients by addressing common questions and offering practical guidance for managing side effects and optimizing weight loss.

*"If you are on your weight loss journey, what you are probably hearing is protein, protein, protein, protein, protein, protein, protein."*

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## 570. De Top van Nederland

Episode: Eli Lilly aan kop in de afvalrace voor het beste afslankmedicijn

Date: 2025-05-21 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a discussion about Eli Lilly's GLP-1 weight loss drug development, market entry challenges in the Netherlands, competition with Novo Nordisk, and the broader obesity treatment landscape and public health challenges. It highlights the strategic and regulatory factors impacting availability and adoption of these drugs in the Dutch market.

*"Lilly is al een tijdsverwijderd met Novo Nordisk in een strijd om de markt voor afslankmedicijnen. Die markt is groot, dus misschien is er ook wel plek voor meerdere grote spelers."*

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## 571. WSJ What's News

Episode: What's News in Earnings: Who Is Winning the Obesity-Drug Arms Race?

Date: 2025-11-04 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rapid growth and sales success of GLP-1 weight loss drugs like those from Eli Lilly, highlighting their effectiveness and market dominance in reshaping the pharma industry. It touches on the competitive pressures, such as actions by Novo Nordisk and pricing challenges in the pharma sector, signaling strong demand and sustainability concerns.

*"When you have a couple of drugs that are in demand because they're so effective for weight loss and diabetes, and when you resolve some supply issues, as Eli Lilly has done, that you can basically print money."*

## 572. On The Pen GLP-1 News

Episode: Novo Nordisk Blames Compound Semaglutide on Slower Sales

Date: 2025-08-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast reviews Novo Nordisk's earnings call, focusing on the impacts of compounded semaglutide on sales and future pipeline drugs including various GLP-1 related obesity treatments. Discussion includes leadership changes and challenges in GLP-1 GIP drug development, touching on shifts in strategy and potential competition issues affecting Novo Nordisk.

*"We just wrapped up listening to the 2025 quarter two earnings call for Novo Nordisk, where we learned that compounded semaglutide is the scapegoat for all the woes that Novo Nordisk has ever faced."*

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## 573. On The Pen GLP-1 News

Episode: No Compounded Retatrutide Says the FDA + Tons of GLP-1 News

Date: 2025-08-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the differentiation between legally compounded GLP-1 medications and research-grade peptides, highlighting the pharmaceutical industry's influence on perceptions and FDA oversight. It also mentions ongoing production and speculation about market dynamics following shortages.

*"Drug makers like Eli Lilly and Novo Nordisk and their PR machines have really tried to conflate two very different things... they blurred the lines between research grade, not for human consumption peptides and legally compounded peptides from 503A or 503B pharmacies."*

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## 574. Bloomberg Talks

Episode: Novo Nordisk CEO Talks Earnings, Product Competition

Date: 2025-05-07 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Novo Nordisk's CEO discusses the end of competition from compounded GLP-1 drugs and the expectation for growth as legitimate branded products regain market share, benefiting both Novo Nordisk and competitors like Eli Lilly in the GLP-1 market.

*"If you have an environment where you can compound patent-protected branded products, basically, that's the end of innovation."*

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## 575. Motley Fool Money

Episode: Biotech Beat NVIDIA in 2025. Can It Do It Again?

Date: 2026-02-02 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong position of GLP-1 drugs from companies like Eli Lilly and Novo Nordisk, highlighting their biotech status, earnings performance, and pharmacy formulary challenges affecting the market. There is a focus on sales beats, possible financial impacts from pharmacy formulary changes, and speculation on dividend possibilities.

*"I mean, it's like these GLP one drugs, they are biotech drugs and they are, they are in the driver's seat right now."*

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## 576. World Business Report

Episode: Wegovy maker, Novo Nordisk, warns of price squeeze

Date: 2026-02-04 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's challenges with falling sales and stock value due to generic competition affecting their GLP-1 weight loss drugs, like Wegovy and Ozempic. Their CFO explains patent expirations, competitive pressures in various markets, and the unique market dynamics impacting their performance and outlook.

*"We like competition because competition makes us sharper, both commercially and on the innovation side. What is challenging from a Novo Nordic perspective is that the obesity market has characteristics that are very dissimilar to most other categories in pharmaceuticals."*

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## 577. Relebohile Mofokenh's podcast

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the booming demand for the GLP-1 weight loss drug Ozempic, highlighting supply shortages and the rise of unsafe counterfeit drugs flooding the market. It also covers the intense competition between industry giants Novo Nordisk and Eli Lilly to meet surging consumer demand amid regulatory challenges.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up. Now desperate consumers are turning to dangerous alternatives, unregulated knockoffs from online pharmacies, with no guarantee of what's actually inside those vials."*

## 578. Even the Rich

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the high demand and supply challenges for the GLP-1 weight loss drug Ozempic, highlighting the surge in counterfeit versions and the regulatory crackdown. It focuses on the competitive battle between pharmaceutical giants Novo Nordisk and Eli Lilly amid increasing consumer demand.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 579. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: Lilly and Novo Nordisk Bring GLP-1's to TrumpRX

Date: 2025-11-07 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly and Novo Nordisk's plans to make their GLP-1 weight loss drugs available through the TrumpRX platform, highlighting the potential impact on drug affordability and market access. The analysis includes commentary on how consumer-driven channels may influence future pharmaceutical commercialization strategies.

*"Analysts note that participation from major manufacturers signals growing industry acknowledgement that consumer-driven channels could play a pivotal role in future market access strategies."*

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## 580. Citieline Podcasts

Episode: Scrip's Five Must-Know Things - 28 April 2025

Date: 2025-04-28 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant market presence and sales growth of GLP-1 drugs for diabetes and obesity, highlighting drugs like Novo Nordisk's Ozempic and Wegovy, and Eli Lilly's Monjaro. It emphasizes the strong revenue figures and market impact of these drugs in 2024 and forecasts their continued dominance in 2025.

*"Accounting for \$37.5 billion or 16% of total top 20 drug revenues in 2024, GLP-1 drugs for diabetes and obesity more than offset the loss of \$18.4 billion contributed by COVID-19 vaccines in 2023."*

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## 581. Squawk on the Street

Episode: Cramer's Morning Take: Novo Nordisk 7/29/25

Date: 2025-07-29 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: Jim Cramer discusses the stock price weakness of GLP-1 drug makers Novo Nordisk and Eli Lilly, highlighting Novo Nordisk's lowered outlook due to slower-than-expected market expansion and competition, with Lilly gaining market share. Concerns are raised about pricing and market dynamics impacting these companies.

*"The company cited the use of compound GLP-1, slower than expected market expansion, and competition for Wagovi in the United States."*

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## 582. The Best One Yet

Episode: "MUGGs" - Man Uggs are surging. Ozempic's inventor's dilemma. The Fed's Debbie Downer. Reese's + Oreos.

Date: 2025-07-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how Novo Nordisk, the inventor of GLP-1 weight loss drugs Ozempic and Wegovy, lost its market lead due to production shortages and high pricing, affecting its stock and competitive position. The discussion also touches on how competitors introduced cheaper alternatives taking advantage of shortages.

*"Novo Nordisk did not ramp up production to meet the rising demand. So there's a shortage of their GLP-1 drugs for over a year. And according to the FDA rules, if a drug is in a shortage, then rivals are allowed to do knockoffs."*

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## 583. Drug Story

Episode: Ozempic & Obesity

Date: 2026-01-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast delves into the personal and societal impacts of GLP-1 drugs like Ozempic on weight loss, exploring stigma, medical perspectives on obesity, and changes in assumptions about personal responsibility. It highlights both the effectiveness and social perceptions of these drugs but does not extensively analyze impacts on food and beverage industry operators.

*"People like say that you're cheating. They say that you're taking the easy way out."*

## 584. The Truth

Episode: Can we reverse the obesity epidemic?

Date: 2025-07-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on patient behavior and the food and beverage industry, noting that new weight loss injections curb appetites, leading food manufacturers to bioengineer foods to counteract these effects. The discussion also addresses the role of the food industry in obesity and consumer struggles.

*"With the new generation of weight loss injections curbing appetites, some food manufacturers are actually trying to fight back. There's a company that's bioengineering foods to outsmart Ozempic and other GLP-1 medications."*

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## 585. The Food Intelligence Podcast

Episode: The 2026 Food & Beverage Forecast

Date: 2025-09-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on consumer behavior in the food and beverage industry, highlighting metabolic wellness as a widespread trend influencing purchasing decisions across diverse demographics. It positions GLP-1 adoption as part of a broader mindset of body optimization affecting product positioning and pricing strategies.

*"Have weight loss drugs impacted your customers this year? We're going to be talking about the relationship between GLP-1 drugs, things like Ozempic, Wegovy, et cetera, as well as all different other kinds of functional influencers..."*

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## 586. Farm To Table Talk

Episode: Food 2030 - Ozan Ozaskinli

Date: 2026-02-06 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing impact of GLP-1 weight loss drugs on consumer behavior and the food and beverage industry, citing notable effects such as reduced calorie consumption and companies like Pepsi cutting product lines and workforce. The conversation highlights how GLP-1 drugs may drive demand for higher quality food due to reduced calorie intake.

*"I heard on the news this morning that Pepsi was laying off a large percentage of their workers and they're cutting a couple of the pops that they're selling. So it's already having an impact on the snack aisle."*

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## 587. The Shane Walsh Podcast

Episode: #504 Sophia Harris - Are weight loss drugs a good thing?

Date: 2025-05-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features Sophia Harris discussing GLP-1 weight loss drugs like Wegovy and Ozempic, addressing both the benefits and challenges these medications pose, especially in relation to food behavior and industry concerns. The conversation touches on how these drugs reduce appetite and 'food noise' but also highlights varying perspectives within the industry.

*"Obviously when you're on those drugs it reduces your food noise but the big thing with the conversation that we're having is people do need it. There are two sides to things in the industry."*

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## 588. RealAg Radio & RealAgriculture

Episode: RealAg Radio: Innovation and canola's future, and how GLP-1s are shaping food trends, Dec 24, 2025

Date: 2025-12-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 medications on consumer eating habits and how this shift could influence the food and agricultural industries, including crop planting and commodity demand.

*"The rapid rise of GLP-1 medications is changing how people eat, what they eat, and how often they eat. And that raises some big questions for the food system."*

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## 589. The School of Doza Podcast

Episode: ARE GLP-1s TOO GOOD TO BE TRUE? 5 MYTHS YOU SHOULD KNOW

Date: 2026-01-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 medications like semaglutide and tirzepatide, addressing myths and usage patterns among the public. It offers general insights into who uses GLP-1 drugs and for what purposes, but does not deeply analyze the impact on the food and beverage industry or operator/executive viewpoints.

*"I read that one in eight people, one in eight adults have tried a GLP-1 medication."*

## 590. Podcasts &#8211; RealAgriculture

Episode: RealAg Radio: Innovation and canola's future, and how GLP-1s are shaping food trends, Dec 24, 2025

Date: 2025-12-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the rapid rise of GLP-1 medications is changing consumer eating habits, which could have major implications for food consumption and agricultural commodity demand, potentially affecting farmers' planting decisions and the broader food system.

*"The rapid rise of GLP-1 medications is changing how people eat, what they eat, and how often they eat. And that raises some big questions for the food system."*

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## 591. Call It Like I See It

Episode: GLP-1 Drugs Give Many People a Fighting Chance in a Secret War with a Predatory Food Industry

Date: 2025-05-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The episode discusses GLP-1 drugs as necessary tools to counteract the addictive and profit-driven tactics of the food industry that manipulate consumers to eat more. The hosts debate whether GLP-1 medications are a needed intervention to help people manage overeating induced by the food industry's brain 'hacking' methods.

*"And for many people, the new anti-obesity medications known as GLP-1s may be needed to give them a fighting chance against the food industry in this brain hackery that's happening by the way that they operate on the brain to kind of reduce the addiction type of signals."*

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## 592. Fitness Stuff (for normal people)

Episode: Glyphosate, Viagra/Cialis, Fat-Burning Pills & a Massive Food Recall...

Date: 2025-12-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent developments in GLP-1 drugs for weight loss, highlighting their rapid evolution, upcoming oral formulations, and associated concerns like muscle mass loss and side effects. It contrasts traditional GLP-1 injections like Ozempic with newer pills that work differently, while noting ongoing research and challenges in the field.

*"GLP-1 drugs influence hunger by altering communication between the gut and the brain. And they can cause side effects that include appetite loss and decreased muscle mass and even GI discomfort like to an extreme end."*

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## 593. Intelligent Medicine

Episode: Leyla Weighs In: Beyond Quick Fixes in Weight Management

Date: 2026-01-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 weight loss drugs like Ozempic and Munjaro, highlighting concerns about weight regain after stopping usage and framing these drugs as not a magic bullet for obesity. It references a recent British Medical Journal editorial emphasizing obesity's complexity and the need for lifestyle modifications alongside drug treatments.

*""Weight management drugs are no magic bullets for treating obesity."*

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## 594. Crying Burns Calories

Episode: 287 - The Truth About GLP-1s and Building Lasting Results (on or off them!)

Date: 2025-09-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the nutritional and hormonal health implications for individuals using GLP-1 drugs for weight loss, emphasizing the importance of maintaining a balanced diet and nutrient intake to avoid negative side effects such as hair loss and hormone imbalance, which are attributed to poor nutrition rather than the drugs themselves.

*"Hair loss is not something you see from Ozempic. The reason we're seeing that is because we are massively decreasing our micronutrients and our macronutrients."*

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## 595. Moving Conversations

Episode: GLP-1 Updated!

Date: 2025-03-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts, with fitness industry experience, discuss GLP-1 receptor agonist drugs, their origins as diabetes treatments, and their newfound impact on weight loss by significantly reducing appetite among users. They acknowledge the drugs' effectiveness but highlight that long-term weight management requires additional efforts beyond medication.

*"I can tell you from all of the clients who have been on it, my gosh, it's as though their hunger switch is completely turned off."*

## 596. FLF, LLC

Episode: The One Where We Talk About Ozempic [Waterbreak]

Date: 2025-08-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: In this podcast episode, the hosts discuss the popularity and impact of GLP-1 drugs such as Ozempic and Wegovy, explaining their generic and brand names and touching on their widespread use in the health and fitness community. They provide an accessible introduction to semaglutides and acknowledge how these drugs are influencing consumer interest in weight loss solutions.

*"These drugs, these semaglutide drugs are wildly popular right now. Heck, half of you guys are probably on them for all I know."*

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## 597. The Whole Body Detox Show

Episode: 254.GLP-1 Drugs Explained: The Truth About Ozempic, Weight Loss, and Muscle Loss - With Dr. Johnny Bowden

Date: 2025-12-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth discussion about GLP-1 drugs such as Ozempic, covering their effectiveness and the challenges patients face including weight regain and underlying health issues. It explores the broader implications for weight loss and changing consumer perceptions of dieting, touching on the psychological and physical impacts.

*"Most people will stop right there. Just give me the drug and I'm done. That's where the dangers come in because those Trojan horses will make it very difficult for you to have the results that you want."*

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## 598. You'll Thank Us Later

Episode: Our GLP-1 Journeys and Your Questions Answered

Date: 2025-05-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss their personal experiences with GLP-1 drugs, specifically terzepatides like Zep Bound, focusing on their effectiveness for weight loss and the lifestyle changes required alongside use. They mention the drug's cost and the impact on food consumption habits, reflecting on how the drugs ease making healthier choices.

*"I still had to make good choices, but I didn't have to deal with my own inner demon in navigating those choices."*

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## 599. Fitness Education Online Podcast I For Personal Trainers, Fitness Professionals, Gym Owners & the Fitness Industry

Episode: Ep 253: GLP-1s and the Future of Weight Loss: Guidance for Personal Trainers

Date: 2025-09-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the growing presence of GLP-1 weight loss drugs in markets like New Zealand and their implications for personal trainers. It highlights the interaction between prescribed medication for weight loss and the role of fitness professionals in supporting clients using these drugs.

*"These drugs are already in the market, depending on which country you're in, certainly New Zealanders, they are available... some of your clients will be on these already and/or other people considering them."*

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## 600. To Your Good Health

Episode: Diet, Drugs, & Dopamine

Date: 2025-08-07 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the role of visceral fat in metabolic and cardiovascular diseases and how GLP-1 drugs have become a popular treatment option, highlighting their effectiveness but also emphasizing they are not a complete solution. It also touches on consumer mindset and behavior, with some people relying solely on these drugs while continuing unhealthy eating habits.

*"I mean, it really shows obesity is not about willpower. I mean, it is about a biological disease. Talking about the GLP-1s, should we go to that? Yeah, that seems to be hottest craze now. People say, what do I need as a book? I'll just do the GLP. Why do I need to go join a gym? Why do I need to go eat right? It's like that's the magic cure now."*

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## 601. Convenience Matters

Episode: How GLP-1 Usage and Economic Concerns Are Changing Consumer Behavior - Episode 492

Date: 2025-05-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Zempick induce rapid weight loss, clear mental space previously occupied by cravings, and influence consumer food choices, leading to increased focus on protein consumption for health benefits and muscle maintenance.

*"I know people start taking GLP-1 drugs and within two months they've dropped 10 pounds and they feel better and they look better and people start commenting to them and their head space gets clearer."*

## 602. CPG Week by BevNET & Nosh

Episode: SlimFast Gets A New Owner, Slate Gets \$23M

Date: 2025-09-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic are transforming the diet market and impacting legacy brands such as SlimFast. It covers SlimFast's acquisition amid struggles attributed to changing consumer behaviors driven by GLP-1 medications and the brand's attempts to position itself as a lower-cost alternative.

*"the brand has since faltered in the face of Ozempic and similar appetite-suppressing medications, transforming the diet market."*

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## 603. TODAY

Episode: TODAY, Pop Culture & Lifestyle January 5: | GLP-1 Pill Hits U.S. Pharmacies | 2026 Health Trends | NBC Turns 100

Date: 2026-01-05 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the launch of Novo Nordisk's oral GLP-1 weight loss pill, Wagovi, detailing its effectiveness compared to the injectable form and cost considerations, highlighting its significance in weight loss treatment starting in 2026.

*"It is the first oral GLP-1 medication that is FDA approved for weight loss... individuals who took that on average saw close to 17% of their body weight reduction as opposed to 15% when they took the equivalent as an injection."*

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## 604. The Dr. Hyman Show

Episode: America's Obesity Crisis: Is Ozempic a Cure or a Cover-Up? | Calley Means and Tyna Moore

Date: 2025-02-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on GLP-1 drugs like Ozempic, highlighting their physiological effects beyond weight regulation, potential benefits such as decreased neuroinflammation and mental health improvements, while also addressing concerns about appropriate usage and not universally embracing the drug.

*"I think what we're seeing is sometimes decreased suicide rates. We're seeing decreased depression. We're seeing a lot of other things with these drugs. And I think, well, how is that happening? And, and what, what's, what's probably happening in my view is people are eating less of the crap because they don't want it."*

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## 605. The Long Run with Luke Timmerman

Episode: Ep193: Ron Renaud on Helping People Lose Weight With GLP-1 Medicines

Date: 2026-01-22 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an insider discussing the development and differentiation of GLP-1 drugs, particularly a novel dual agonist with enhanced GLP-1 affinity and a longer half-life, highlighting innovation and strategic positioning in the pipeline. The discussion also references competitors like Eli Lilly and Novo Nordisk and the advantage of observing early movers and partners abroad to inform development strategies.

*"Our lead rebupetide program is truly a differentiated dual agonist... It's got greater affinity for GLP-1 than anything that's currently marketed... Longer half-life... This is more of the innovative thinking that Hungary was able to employ as they thought about a next generation dual agonist."*

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## 606. Help Me Understand

Episode: 241. Do GLP-1s negatively impact your nutrition quality?

Date: 2025-08-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs cause users to eat less, leading to nutrient deficiencies in fiber, iron, and vitamins, as evidenced by a small study. The host suggests that the nutrient shortfall is more a general food quality issue rather than specific to GLP-1 drugs.

*"What these particular individuals were not just eating less calories, they were falling short on the recommended amount of nutrients."*

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## 607. The Dallas Morning News

Episode: Eat Drink D-FW: Have GLP-1s impacted dining in Dallas-Fort Worth?

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the physiological challenges of weight loss and the role of GLP-1 drugs in assisting with metabolic and inflammatory conditions. It reflects on the potential societal and cultural impact of GLP-1 drugs, particularly on dining behaviors and the future of food consumption in America.

*"I did a story in 2023. It was a study in mice, and they basically found that when you injected GLP-1 drugs into mice, it helped to calm down the immune system."*

## 608. Une lettre d'Amérique

Episode: Comment le medicament anti-obésité Ozempic transforme toute la société américaine  
Date: 2025-10-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast explores the societal impact of the GLP-1 drug Ozempic, highlighting how it is transforming consumer behavior and the restaurant industry in the U.S. while also discussing the rapid weight loss benefits alongside serious side effects like muscle loss.

*"Je ne pense pas qu'il existe de médicaments miracles. Vous savez, chaque médicament a des effets secondaires. Et nous savons que les patients obèses, lorsqu'ils perdent beaucoup de poids, perdent leur masse musculaire. Et c'est vraiment très grave."*

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## 609. CBS News: On The Hour

Episode: CBS News: On The Hour  
Date: 2025-08-31 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic are changing consumer eating behaviors and the food industry's response, including adjustments in portion sizes and menu offerings. Industry experts note that GLP-1 users are influencing trends, highlighting a significant impact on the food and beverage market.

*"At first they were very shy about saying they were on Ozempic. Now they're like, I'm on Ozempic. Can I have one meatball instead of three?"*

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## 610. Broadcast Retirement Network

Episode: Despite the #Heavy #Marketing, Most #Americans #Reject #New #WeightLoss #Drugs  
Date: 2025-09-20 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on the heavy marketing of GLP-1 weight loss drugs like Ozempic and Wegovy, the significant profits for companies like Novo Nordisk, and surprising survey findings that most Americans are rejecting these drugs despite widespread advertising. The conversation touches on consumer behavior and skepticism around these treatments.

*"There is a Scandinavian company called Novo Nordisk that is making money hand over fist if you go to the pharmacy and fill a prescription for Ozempic or Wegovy... However, that doesn't mean people are necessarily buying it."*

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## 611. Later, with Mo'Kelly

Episode: Chris Merrill Filling-In W/ Robomart Deliveries, the GLP-1 Effect & Adult Kids Meals  
Date: 2025-08-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal experiences and developments related to GLP-1 drugs, including injections and the potential for an oral pill version, emphasizing their impact on weight loss and consumer behavior around food consumption.

*"Well, good news. Eli Lilly is now seeking as is Novo Nordisk seeking a daily pill of GLP ones."*

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## 612. Boston Public Radio Podcast

Episode: BPR Full Show 5/14: Kicking And Screaming  
Date: 2025-05-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs, particularly Ozempic, on consumer eating behavior and the food and beverage industry, noting changes such as smaller portions, increased protein content, and reduced cravings for sugary and salty foods. It also highlights significant challenges like high drop-off rates due to side effects and the unpleasant experience associated with the medication.

*"The industry is really interested in Ozempic and how it's going to change products... The packaged food industry they're worried they're terrified that people are going to buy less of their food but they're finding a way around it which is to charge high prices for smaller portions."*

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## 613. Girlie Ladies

Episode: GLP-1 Weight Loss and Chronic Obesity Disease: A Conversation That Changes Everything  
Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a personal conversation about GLP-1 medications for weight loss, discussing the medications' effectiveness, differences among various GLP-1 drugs, and their rising popularity compared to historical weight loss trends.

*"Just to give you a brief overview of the GLP-1 medications, they are the usual ones that you see advertised on television. It's the Wegovy, it's the Ozempic, it's the Manjaro, it's the Zetbound."*

## 614. Schwab Network

Episode: Kroger (KR) Earnings and Changing Consumer Behavior

Date: 2025-09-11 | Relevance: 85/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on Kroger's sales growth and consumer behavior, emphasizing how these drugs are changing eating habits and influencing Kroger's pharmacy and food product strategies, particularly with an increased focus on protein-rich offerings.

*"One of the catalysts has been GLP-1 drugs. GLP-1 is still performing at a strong rate and consumers are adopting that. It's changing how they eat. So it's important for grocers to have a strong mix of the pharmacy products as well as the right food products."*

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## 615. Becker's Healthcare Podcast

Episode: Driving Behavior Change at Scale: A Conversation with Noom at the 2025 Becker's Annual Meeting

Date: 2025-05-14 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the challenges and considerations around managing GLP-1 drug costs and patient outcomes, focusing on payers' uncertainty about coverage decisions and the integration of weight management approaches including medication at Noom Health.

*"GLP-1 consumer demand and the costs are soaring. So as this treatment gains traction, what are the unique challenges and opportunities that payers are facing right now?"*

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## 616. Taste Radio

Episode: Adapting To The Sober-Curious, Ozempic-Friendly Consumer

Date: 2025-08-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are influencing the food and beverage industry, particularly with companies like Nestle and ConAgra developing GLP-1 friendly products and badges to appeal to consumers using these drugs. It highlights trends in product development aligning with changing consumer dietary needs associated with GLP-1 use.

*"In the case of ConAgra, it had developed a GLP-1 friendly badge that goes on its healthy choice products to indicate that these are options for those that are using weight loss drugs marketed under names like Ozempic, Manjaro, Govi, and ZepBound."*

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## 617. Purpose Driven Movement | Health and Fitness Podcast

Episode: Beyond Prescription: Understanding GLP-1 Treatments with Jennifer Halsall & Dr Lou Atkinson from The Collective

Date: 2025-06-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 agonist medications like Ozempic, originally for type 2 diabetes but now showing significant benefits for obesity treatment and other health improvements, highlighting their transformative impact beyond weight loss. The conversation frames GLP-1s within the context of emerging therapeutics and regenerative health, emphasizing their broader effects and ongoing research.

*"And I think GLP-1s is a good example, right? So GLP-1s are glucagon-like peptide one is what the acronym means... we've seen some really astounding results from those clinical trials in terms of not just weight loss... but actually what we see with these new medications is that the effects go far beyond weight loss."*

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## 618. The CrossFit Podcast

Episode: [LIVE] CrossFit, GLP-1s, and the Serena Williams Ad (EP. 034)

Date: 2025-09-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the history, mechanism, and clinical uses of GLP-1 receptor agonists, highlighting their transition from diabetes treatment to weight management drugs. It also delves into ethical questions around their use for weight loss, patient choice, and implications of celebrity endorsements.

*"I mean, I think this gets into an ethical debate in terms of, you know, a doctor, a primary care physician, especially, and they have a variety of treatment options they can present to a patient and which one should be presented first."*

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## 619. The MM+M Podcast

Episode: What happens when you stop taking GLP-1s? Plus, the DTC pharma ad crackdown begins.

Date: 2025-09-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges of GLP-1 drug usage, including side effects causing discontinuation, high costs and affordability issues, and how some programs and pharma companies are attempting to improve patient support and access. It highlights both the promise and limitations of GLP-1 therapies in the current market.

*"The cost of GLP-1s is such a big topic right now... it's still more expensive than if you got it with insurance. And it's hard to navigate the cost of these drugs."*

## 620. Celebrate Muliebrity with Michelle Lyons

Episode: GLP1 Meds & Women's Health? Episode 100 with Michelle Lyons

Date: 2026-01-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing use of GLP-1 drugs, particularly among women aged 50-64, highlighting their effects on weight loss, inflammation reduction, and additional health benefits. The speaker explores how these medications influence food intake and physical health and the implications for related health practices.

*"Why do we need to talk about GLP-1 meds? Well, if you look at the top selling medicines of 2025... these medications... have been around for quite a while... when we think about what demographic is the leading consumer of GLP-1 meds, it's women between the ages of 50 to 64... really decreasing food drive."*

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## 621. Kantar Retail Sound Bites

Episode: Episode 85: Health and wellness trends in commerce with Leigh O'Donnell and Amar Singh

Date: 2025-05-16 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion highlights how GLP-1 drugs are reshaping the food and beverage industry, with brands adjusting products and messaging to cater to shoppers using these medications. It emphasizes the opportunity for retailers to educate and support these consumers, who tend to be thoughtful and selective in their shopping behavior.

*"There's a massive amount of shoppers who are using GLP-1 medications who want to be educated, who want to see a healthy selection of foods, who want to see products that support them in their journey and that help them manage side effects."*

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## 622. Better Than Fine With Darlene Marshall

Episode: Scott Cheatham: Weight Loss Drugs & Lifestyle

Date: 2025-06-12 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the evolving understanding of GLP-1 and dual agonist medications, highlighting medical community experiences, side effects, and considerations for wellness professionals, while cautioning about relying on social media for information. It notes changing consumer behaviors and complexities linked to these drugs but emphasizes that both medical professionals and consumers are still adapting to their effects.

*"So if you, if you follow the research, we're seeing studies coming out almost monthly on these GLP ones and the newer, what we call GIP, GLP one dual agonist medications that have a stronger effect."*

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## 623. E-Commerce Growth For Supplement Brands | Direct-to-Consumer Marketing Strategies

Episode: 2026 Supplement Marketing Trends (Part 2 of 2)

Date: 2025-12-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise of natural supplements that claim to boost the body's own GLP-1 production as alternatives to prescription GLP-1 weight loss drugs like Ozempic and Wegevy, highlighting consumer interest and market trends in these products. It notes the difference between prescription drugs and supplements in terms of efficacy and mechanism, and mentions key ingredients like berberine along with associated research.

*"Trend 8. GLP-1 natural supplements explode. You've heard of Ozempic and Wegevy, right? Those prescription drugs that everyone's talking about for weight loss? Well, supplement companies have jumped all over this trend with natural alternatives, claiming to boost your body's own GLP-1 production."*

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## 624. Real Food Stories

Episode: 144. Your GLP-1 Questions Answered with Dietitian and Long Term User Ana Reisdorf

Date: 2026-01-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with GLP-1 drugs like Ozempic for weight loss, highlighting significant weight reduction without intensive dieting and noting high costs as a barrier to ongoing use. It also briefly touches on the market landscape with patents held by certain companies affecting the availability of effective formulations.

*"I lost 20 pounds in like four months, you know, five pounds a month consistently was just like amazing without any major tracking, calorie counting, weighing things, like all the things that I had always done."*

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## 625. Rob Black Show

Episode: Stocks Waver As Investors Wait For Trade Talk Updates

Date: 2025-06-03 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the broad benefits of GLP-1 drugs beyond weight loss, including potential effects on inflammation, metabolic health, and cognitive decline, highlighting ongoing clinical trials and market potential for companies like Lilly and Novo Nordisk. It emphasizes the drugs' impact on various conditions and large eligible patient populations, suggesting significant industry relevance.

*"The benefits of GLP-1 drugs often begin with weight loss. There's over 100 million Americans living with obesity and nearly 40 million with diabetes. Potential markets are vast."*

## 626. Behind the Numbers: an EMARKETER Podcast

Episode: From Idea to Impact: GoodRx's 'Savings Wrangler' and the Road Ahead, with CMO Ryan Sullivan | Behind the Numbers

Date: 2025-09-29 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GoodRx's role in making GLP-1 weight loss drugs like Ozempic more affordable and accessible through partnerships, highlighting significant consumer demand and potential savings for users paying out-of-pocket. There's acknowledgment of rapid growth and pricing urgency around these drugs, and the company's efforts to simplify consumer access.

*"Having the amazing price we do through the partnership with Novo for Rigobian Ozempic is just another example of the leadership position we have in the space and a willingness and our role at really making it simple for consumers by partnering with everybody to bring great pricing to the market."*

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## 627. Just Jenny

Episode: Ep. 464 Dr. Jena Wider is back! Yay!!!

Date: 2025-09-17 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on GLP-1 drugs and their effect on weight management and food addiction, acknowledging their revolutionary impact while also addressing social and emotional concerns related to their use, such as perceptions of 'cheating' and resistance from some communities and industries.

*"GLP ones have been proven to quiet the food noise. And that's what a lot of the practitioners will call it."*

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## 628. EMJ Podcast: Insights For Healthcare Professionals

Episode: EMJ Podcast: 2025 Top 10 Episodes

Date: 2025-12-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs work for weight loss, highlighting their long-term use, effects on weight stabilization, and the mental health impact of reduced food cravings. It notes that while the medications reshape obesity treatment, counseling remains important to address psychological changes in patients.

*"There has been so much buzz, not just about GLP-1 drugs themselves, but about how they're reshaping how we think about obesity."*

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## 629. Dr. Bob Martin Show

Episode: Sept. 14 The Natural Weight-Loss Revolution: Ditch the Drugs, Embrace Science!HR 2

Date: 2025-09-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic, noting their popularity, side effects, high costs, and the issue of weight regaining after stopping. It contrasts these with a natural alternative product, highlighting concerns about relying on drugs without addressing root causes of weight gain.

*"But here's the question no one's asking. What if there's a better way? A safer, more natural alternative that doesn't come with that laundry list of side effects or the sky-high price tag?"*

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## 630. The Dr. Tyna Show

Episode: Weight Regain After GLP1s + Why It's Expected | Solo

Date: 2026-01-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses the effects of GLP-1 drugs on weight loss, emphasizing their potency and need for concurrent behavioral support but also highlighting that these drugs are not a permanent solution and do not fully regenerate a damaged system. They critique oversimplified weight loss narratives and note limitations of GLP-1 drugs post-treatment.

*""Medication is potent. You know, the medication moves the needle quite significantly. And I believe you have to do both, but I never would say to somebody who was on a GLP-1 medication who had lost substantial weight... that they should just, oh, don't worry about the behavioral modifications or the lifestyle stuff."""*

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## 631. Good Morning America

Episode: Wednesday, June 11

Date: 2025-06-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion covers new research on GLP-1 weight loss drugs, highlighting real-world efficacy and challenges such as early discontinuation and cost issues. It reports that maintaining the medication longer leads to greater weight loss but many patients stop early, impacting outcomes.

*""If they stopped it early, they had about a 4% weight loss. If they stopped it later in the year, about 7%. And if they took it for a whole year, they did, in fact, have a 12% weight loss."""*

## 632. Game-Changing Health

Episode: Can You Gain Weight On A GLP-1 (Ozempic/Wegovy/Mounjaro/Zepbound)? Plus What To Do If You Are

Date: 2025-04-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses lifestyle and medical considerations for people using GLP-1 drugs for weight loss, including meal frequency, dosage adjustments, the importance of maintenance calories, and factors affecting weight changes while on the medication.

*"Sometimes it's on accident. Sometimes it's necessary. And sometimes, just for fairness, you just go on a vacation and you stop taking your medicine."*

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## 633. On The Pen GLP-1 News

Episode: Compound GLP-1 Legislation + FDA Warning Letter to HIMS

Date: 2025-09-16 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses FDA warning letters to telehealth companies marketing compounded semaglutide, highlighting regulatory challenges and distinctions between compounded drugs and Novo Nordisk's clinically tested semaglutide. It touches on implications for advertising practices and industry competition, providing insight into the regulatory environment around GLP-1 drugs.

*"It was from Hems. And the very interesting thing that struck me is that they use this phrase in their advertising that you can get compound semaglutide, the same active ingredient as Ozempic and Wegovi."*

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## 634. Squawk on the Street

Episode: Earnings Parade: Meta and Microsoft Slide, Alphabet Surges, Starbucks and Eli Lilly CEO 10/30/25

Date: 2025-10-30 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Eli Lilly's CEO reports strong earnings growth driven primarily by the success of GLP-1 drugs Tirzepatide and Mounjaro, highlighting market leadership in diabetes and obesity and strong international expansion.

*"The real star, of course, is Terzepatide. Manjaro is upbound. In the U.S., both gained share in a fast-growing market, market leadership in the U.S. in both diabetes and obesity."*

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## 635. Health News Tracker

Episode: Healthcare Supply Chain Woes: Navigating Inflation, Labor Shortages, and Drug Price Volatility

Date: 2025-08-28 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the significant price increase of the GLP-1 weight loss drug Monjuro in the UK, leading to increased demand for competitors like WAGOVY and Ozempic. It highlights the impact on healthcare supply chains and cost pressures, along with a surge in NHS pilot programs to accommodate growing consumer interest.

*"On the product front, the UK health sector is responding to a dramatic price increase for Monjuro, a GLP-1 weight loss drug, with prices set to rise by up to 170% as of September 1."*

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## 636. LIVE FROM BED with Jade Iovine

Episode: Ozempic: Miracle Fix or Too Good to Be True? with Dr. Alexandra Sowa

Date: 2025-02-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features Dr. Alexandra Sowa discussing the history, clinical use, and rising popularity of GLP-1 drugs, particularly their effectiveness for weight loss and blood sugar control, along with changing public perceptions driven by content creators.

*"Even if they're not on them, they want to know about them. I feel like so many people don't know much. They feel very new, but you told me they're not new. Nope. They have been around for over 20 years at this point in clinical use."*

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## 637. She's Not Done Yet

Episode: SNDY Episode 16 - GLP-1 Changed My Relationship With Food!

Date: 2025-12-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast host shares her personal experience with GLP-1 drugs, describing how the medication helped her lose weight after failed attempts with dieting, while emphasizing the psychological healing and behavioral changes she experienced alongside the drug's effects. The discussion provides insight into individual perspectives on GLP-1 drugs' impact beyond just weight loss.

*"I want to talk about my journey on GLP-1 and the fact that the shot didn't change me. The silence did."*

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## 638. Weight Loss And ...

Episode: Breaking Through the Food Noise with Corby Martin

Date: 2025-02-19 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion explores how GLP-1 weight loss drugs reduce 'food noise,' or excessive focus on food, affecting users' experiences and prompting scientific research into this phenomenon. It highlights subjective reports of behavioral changes related to food

perception during GLP-1 treatment, emphasizing the need for more objective studies.

*"Suddenly we had drugs that I believe took away this food noise for a lot of people, and people went, Whoa! If this is how other people feel, I get it."*

### 639. Optimise Your Body with Martin Silva

Episode: GLP-1s Are Not the Answer For Fat Loss (The Uncomfortable Truth)

Date: 2026-01-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 weight loss drugs, highlighting both their potential effectiveness in forcing calorie deficits and significant risks and side effects. The speaker emphasizes the importance of proper medical supervision and behavioral changes alongside drug use.

*"My prediction as well is that one in three people. I reckon, probably not far off that now. This year in particular, I think on average eventually like one in three people are going to be taking a GLP-1."*

### 640. The Weigh Out (formerly Weight Loss Mindset)

Episode: Natural vs Prescription: Which Appetite Strategy For Weight Loss Really Works?

Date: 2025-05-18 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 hormone's role in appetite suppression, comparing prescription GLP-1 injections with natural methods to boost GLP-1 levels, highlighting benefits and side effects. It explores changes in consumer behavior around GLP-1 drugs and alternatives affecting weight loss strategies.

*"You've seen the headlines. You've heard the buzz. Maybe you even know someone who's dropped serious weight with those once a week injections that seem to shut hunger off like a switch."*

### 641. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1s and the Holidays: Food, Shame, and Healing

Date: 2025-12-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode extensively discusses GLP-1 medications like Ozempic, Wegovy, and Mounjaro, focusing on access, insurance challenges, affordability, and community support for those using these drugs for weight management. It promotes a telehealth platform, Roe, that facilitates easier access to GLP-1 drugs and aims to empower listeners through education and personal stories.

*"Roe understands the challenges of navigating insurance hurdles and the skyrocketing prices of GLP-1 medications. That's why they specialize in getting insurance approvals for GLP-1s."*

### 642. Beyond the Scale: Weight Loss & Wellness

Episode: Craving Chaos How to stop the food noise

Date: 2025-03-04 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges and considerations of incorporating GLP-1 medications in health coaching and addiction practices, highlighting both the appeal of these drugs as shortcuts and concerns about their financial implications and potential for rapid weight regain. The conversation reflects on the changing landscape for practitioners and the need for recovery programs for those using GLP-1.

*"I'm watching all of my health care, health coaching, addiction specialists really wrestle with a hard topic of GLP-1 medication... Because everyone wants a shortcut... I'm listening. How are we going to put this in here? How are we going to incorporate GLP-1 in our practice?"*

### 643. Not Another Nutrition Podcast

Episode: GLP-1 Weight-Loss Drugs vs Aggressive Dieting: Which is better? (Ep.120)

Date: 2025-12-11 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode explores a recent study comparing the effectiveness of GLP-1 weight-loss drugs versus aggressive dietary protocols in patients with type 2 diabetes, highlighting common misconceptions about GLP-1s and diet approaches. The host critiques public misunderstandings and emphasizes the distinct mechanisms and challenges of both weight-loss strategies.

*"If we pitted a GLP-1 semaglutide versus an aggressive diet protocol, which one would win?"*

### 644. American Glutton

Episode: Obesity's Future: GLP-1s - Game-Changing Weight Loss with Dr. Spencer Nadolsky

Date: 2025-07-14 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and others as new weight loss options, addressing their effects and complexities with a nuanced perspective from Dr. Spencer Nadolsky. It touches on the evolving understanding and the role these drugs play in obesity treatment but does not deeply explore impacts on the food and beverage industry or operator perspectives.

*"We get into the good, the bad and the ugly about these [GLP-1 weight loss drugs]. I like Spencer because I can have really genuinely nuanced conversations with him."*

## 645. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: 9 GLP-1 Truths I Wish I'd Known Sooner (From a 52-Year-Old Nutritionist)

Date: 2026-01-27 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: A holistic nutritionist shares personal and professional insights into GLP-1 drug use, emphasizing appropriate dosing, the importance of behavior change, and destigmatizing their use as support tools rather than shortcuts for weight loss.

*"GLP-1s are not shortcuts. They're not crutches. They're training wheels. They train behavior."*

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## 646. The Mind Muscle Connection

Episode: GLP-1s and Body Composition: How to Lose Fat Without Losing Muscle | Ep 666

Date: 2025-10-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses different types of GLP-1 weight loss drugs, including receptor agonists and dual agonists, explaining their mechanisms and potential effects on body composition. It also notes possible risks such as lean mass loss and highlights the importance of lifestyle factors in maximizing benefits.

*"So these are going to be your Ozlympics, Wigovi, which would be semaglutide... these primarily target GLP-1 receptors, which again helps slow gastric emptying, but it also helps increase satiety."*

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## 647. The You Lounge

Episode: The You Lounge Episode 18 - Simple Wellness Hacks for your GLP-1 Journey

Date: 2025-07-26 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features two weight loss coaches discussing their personal experiences with GLP-1 medications, emphasizing the significant weight loss they've achieved through combined efforts beyond just the medication. They provide practical wellness hacks and address common misconceptions about GLP-1 drugs and sustainable weight loss.

*"We've not just done it because of a medication. We've done it because we've added in all of these different things and some of them we are going to share with you today."*

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## 648. WWL First News with Tommy Tucker

Episode: Everything you need to know about GLP-1s, the weight loss wonder drugs

Date: 2025-12-29 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast segment discusses the medication semaglutide, its brand names like Wegovy and Ozempic, the role of compounding pharmacies versus big pharma manufacturers, patent disputes, and age appropriateness of GLP-1 weight loss drugs.

*"Eli Lilly and Norva Nordisk...have filed a suit against a couple of the larger compounding pharmacies basically saying that they are infringing on their patent."*

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## 649. More Than What You Eat

Episode: Ep 123 What EVERYONE Must Know About Ozempic and GLP-1s with Kelli Yarn, RDN

Date: 2025-06-09 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of GLP-1 drugs like Ozempic for intentional weight loss, highlighting concerns about the lack of informed consent and potential health risks such as increased thyroid cancer risk for certain individuals. The speaker emphasizes the need for better patient education and autonomy when considering these medications.

*"It's too many people are being prescribed this medication without informed consent. They are not actually being told what this medication does to the body other than, oh, take it to lose weight."*

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## 650. GLP-1 Tribe

Episode: Medicare Won't Cover GLP-1 Drugs for Weight Loss. Accessing GLP-1 Medications on Medicaid and Medicare

Date: 2025-04-05 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Medicare and Medicaid coverage rules for GLP-1 drugs used in weight loss and heart protection, including alternate access options such as patient assistance programs and discount cards. It highlights challenges in insurance coverage and ongoing advocacy efforts to improve medication access.

*"Medicare might cover these GLP-1s for those specific patients, even if the drug is also approved for weight loss."*

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## 651. Clean Slate with Vicki and Joanna

Episode: Episode 347 Our GLP-1 Journey

Date: 2025-07-08 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss their personal journeys and experiences using GLP-1 medications for weight management and health improvement, highlighting different drug choices and challenges with insurance coverage. They share detailed context about their health issues and the benefits observed from these medications.

*"I am a non-diabetic and mine was for weight management. So because of that, I went to the trizepatide path. And Vicki went the semiglutide path."*

## 652. Rare Wellness Podcast (by Center for Regenerative and Performance Medicine)

Episode: GLP-1 Medications: Beyond Weight Loss for Longevity & Healing

Date: 2025-02-09 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features a detailed discussion on GLP-1 receptor agonists focusing on their metabolic, anti-inflammatory, longevity, and neuroprotective benefits beyond just weight loss. The hosts explore how these drugs impact health by addressing root causes of aging and chronic disease.

*"GLP-1 receptor agonists mimic a natural hormone in the body... These medications do so much more than just improve glucose control. They also enhance fat metabolism, reducing insulin resistance, and even support overall metabolic function."*

## 653. The Anna and Raven Show

Episode: Busting GLP-1 Myths!

Date: 2025-10-13 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the expanding benefits and emerging uses of GLP-1 drugs like semaglutide, including weight loss, diabetes management, liver disease treatment, and behavioral health effects. They also cover new developments like pricing changes and formulations of these drugs.

*"Costco is going to start selling Ozempic and other GLP-1 drugs at half the price."*

## 654. Docs Who Lift

Episode: Do GLP-1 meds cause more fat cells?

Date: 2025-03-19 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode critically examines misinformation surrounding GLP-1 drugs, specifically debunking exaggerated negative claims about side effects such as osteoporosis, lean mass loss, and mental health risks. The hosts emphasize the effectiveness and safety of GLP-1 medications based on clinical experience and research.

*"I've debunked a couple of these videos because they're just atrocious, talking about people becoming osteoporotic from these medicines, talking about lean mass loss."*

## 655. Dishing Up Nutrition

Episode: GLP-1 with Guidance: Why Working with a Nutritionist Changes Everything

Date: 2026-01-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed explanation of GLP-1 medications, their biological role, and their effects on appetite and blood sugar regulation, aimed at educating listeners about the drug class and addressing common questions about usage and nutrition support.

*"GLP-1, what does it even mean? Well, that is an acronym. It stands for glucagon-like peptide 1. And this is actually a hormone that your body naturally produces already. It's released in your gut after you eat something."*

## 656. Master Your Metabolism For Weight Loss After 40! | Menopause, Lose Weight, Bloating, Perimenopause, Balance Hormones, Nutrition, Healthy Meals, Fatigue, Belly Fat

Episode: 133 | GLP-1, Menopause & Weight Gain: What Every Woman Over 40 Needs to Know

Date: 2025-10-03 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wagozi, explaining their role as appetite and blood sugar regulators and their effectiveness in weight loss, especially during peri- and post-menopause. The speaker emphasizes natural ways to boost GLP-1 response alongside acknowledging medication use.

*"One of the biggest buzzwords right now in the weight loss industry is GLP-1 or GLP-1 agonists. And you've probably heard of it because of the rise of the popular medications like Ozempic and Wagozi and many others."*

## 657. WholisticMatters Podcast powered by Standard Process

Episode: GLP-1 and the Interconnected Web of Health: Herbs, Alternatives and Finding Balance

Date: 2025-08-21 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonist drugs, their mechanism of prolonging the hormone's effect to aid weight loss and blood glucose control, while highlighting both beneficial outcomes and notable side effects such as nausea and suppressed thirst. The speakers emphasize the need for clinical awareness of these effects when prescribing the drugs.

*"These GLP-1 receptor agonists... produce a hugely profound benefit to people in terms of reducing their weight, reducing their blood glucose levels, et cetera. But the consequence of that... is disrupting the natural homeostasis... which creates positive and potentially some negative and side effects as well."*

## 658. GLP-1 Tribe

Episode: The Potential of GLP-1 Medications Treating and Curing Sleep Apnea

Date: 2025-03-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 medications contribute significantly to weight loss, which in turn reduces the severity of sleep apnea by decreasing the apnea-hypopnea index and improving symptoms like snoring and daytime fatigue. Multiple studies are cited showing substantial reductions in breathing interruptions among patients using GLP-1 drugs.

*"GLP-1 receptor agonists tend to reduce the AHI in patients, with studies showing drops of 55 to 63 percent over 52 weeks in obese adults with moderate to severe OSA."*

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## 659. The Mind Body Project

Episode: Healthy Huddle: GLP-1 Basics, Benefits, And Tradeoffs

Date: 2026-01-07 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This podcast episode discusses the basics of GLP-1 drugs, their original use for diabetes management, and their emerging role in weight loss treatment. The discussion covers how GLP-1 receptor agonists work, their evolution from diabetic medication to weight loss applications, and general information about their effects and history.

*"GLP-1 is really a hormone that is naturally produced in the body. It's produced in the gut. It helps regulate blood sugar and appetite."*

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## 660. NutraIngredients NutraCast

Episode: NutraCast: The emotional toll of GLP-1 meds

Date: 2025-12-12 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the mental health impacts of GLP-1 weight loss drugs, particularly their influence on neurotransmitters like dopamine and serotonin, based on consumer research by KemiNutra. It highlights how GLP-1 drugs modulate mood and appetite, and explores complementary brain-supporting ingredients for users.

*"GLP-1 drugs impact a user's physical appearance, of course, but what about mentally? The drugs modulate the release of dopamine and serotonin in the brain's reward and mood-regulating pathways."*

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## 661. The C3Method Podcast with Robert Polenik

Episode: 2257 - Nutrition - Use of GLP-1 Agonists in Bodybuilding

Date: 2025-04-21 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode focuses on the use of GLP-1 agonists like Ozempic and Manjuro in bodybuilding, highlighting their increasing usage for fat loss and contest preparation. It provides a baseline education on what GLP-1 drugs are, their effects, and mentions the development of newer, more effective drugs in this category.

*"The use of GLP-1 drugs is more common in fat loss... they can help you get leaner faster or make the process just less miserable."*

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## 662. When Life Gives You Lemons

Episode: PART 2 - When You're Considering a GLP-1: The Remarkable Benefits & Surprising Risks

Date: 2025-09-18 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode offers an in-depth discussion about GLP-1 drugs focusing on both their benefits and risks, especially considering eating disorders, nutritional recommendations, and mental health impacts. The guest speaker shares expertise from a healthcare and clinical strategy perspective, detailing clinical programs related to GLP-1 prescriptions.

*"Certainly the one that we talk a lot about today and that everybody's most interested in is obesity and GLP-1s and all the things that, you know, we need to think about when we think about prescribing GLP-1s."*

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## 663. Weight and Healthcare

Episode: Analyzing Claims of GLP-1 Health Benefits

Date: 2025-05-10 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the health benefits and risks of GLP-1 drugs, focusing on their use for weight loss, dosing challenges, side effects, and coverage issues with Medicare. It highlights the potential of GLP-1 drugs but also addresses significant side effects and the complex insurance landscape affecting their adoption.

*"These drugs have significant side effects, many very unpleasant. Some unpleasant enough for people to quit the drugs. Some severe. Some life-threatening."*

## 664. The Oprah Podcast

Episode: Serena Williams and Oprah on Deciding to Take GLP-1 Medications

Date: 2026-01-13 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a discussion about personal experiences and medical insights regarding GLP-1 drugs for weight loss, including their efficacy, side effects, and long-term monitoring. It highlights challenges in weight management biology and gastrointestinal side effects but supports cautious optimism about the drug class.

*"These medications, GLP-1 receptor agonists and GLP-1 GIP receptor, GLP-1 receptor agonists have been used for the treatment of diabetes for 20 years. So we've been monitoring for side effects, for long-term side effects for 20 years."*

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## 665. AI Automation Minute

Episode: Ozempic Effect: Tackling 'Ozempic Face' Trends with Galderma Solutions

Date: 2025-02-10 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the dermatological effects associated with the weight loss drug Ozempic, a GLP-1 drug, focusing on the cosmetic issue dubbed 'Ozempic Face' and the market response involving dermal fillers as a solution. It touches on consumer behavior in cosmetic treatments influenced by GLP-1-induced weight loss but does not address the food and beverage industry directly.

*"Today, February 10th, 2025, we're diving into a growing trend in dermatology driven by the widespread use of the weight loss drug Ozempic."*

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## 666. Bien Comer

Episode: OZEMPIC. Mitos y realidades con el Dr. Mijail Tapia

Date: 2025-02-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, focusing on its effects for weight loss, diabetes control, and the controversies around its use by people who may not medically need it. A medical specialist elaborates on its benefits, risks, and how it works by signaling fullness and combating insulin resistance.

*"Este medicamento ha sido noticia por sus sorprendentes resultados en la perdida de peso, en el control de la glucemia y en muchas otras cosas, pero justamente por estos resultados ha causado mucha controversia y tambien la informacion se ha tergiversado al grado que personas que quiza no lo necesitan lo estan utilizando."*

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## 667. Wissen Weekly

Episode: Ozempic und Co.: Wunderwaffe oder gefährlicher Hype?

Date: 2025-02-23 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the widespread use and media hype of GLP-1 weight loss drugs like Ozempic, highlighting celebrity use and shifting public behaviors around weight loss, including social media sharing and criticism. It covers the societal perception and personal experiences related to these drugs but does not deeply address food and beverage industry impacts.

*"Die Abnehmenspritze. Das Zauberwortchen heit in diesem Fall Ozempic. Ozempic. Ozempic. Ozempic."*

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## 668. Sliced Bread

Episode: Weight-loss Injections

Date: 2026-01-15 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Monjaro, explaining their mechanism as modified gut hormones that promote fullness and aid weight loss. The expert guest provides scientific background and addresses safety concerns but does not delve deeply into the food and beverage industry impact or operator reactions.

*"These drugs, they're all modified versions of naturally occurring gut hormones within our body."*

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## 669. Bah mange!

Episode: Ozempic et TikTok : la solution miracle qui tourne au cauchemar

Date: 2025-09-21 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the GLP-1 weight loss drug Ozempic, focusing on its medical usage process and the societal implications of its popularity, particularly concerns about unrealistic body expectations fueled by social media influences and its impact on body image and eating disorders.

*"La question, c'est ou s'arrete l'aide medicale et ou commence le business de la minceur ? Je le dis franchement, moi-même, je trouve ça inquietant."*

## 670. Fierce Fatty Podcast

Episode: 200: Ozempic/Wegovy (GLP 1s) - Where Are We Now? (Part 2)

Date: 2025-08-13 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the current state of GLP-1 drugs like Ozempic and Wegovy, including their weight loss efficacy and the growing number of lawsuits related to gastrointestinal side effects. The conversation highlights perceived benefits alongside serious safety concerns, reflecting a balanced perspective on the drugs' impact.

*"As of July 2025, we have 1,997 lawsuits... GLP ones focus on serious gastrointestinal injuries, such as gastroparesis, intestinal blockages, and gastroenteritis."*

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## 671. The Dose with Paddy and Belinda

Episode: Holidays, Velvet Jackets & Red Flag Realisations [S2E6]

Date: 2025-05-04 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss their personal experiences with GLP-1 weight loss drugs, specifically Ozempic and Monjaro, including tracking weight loss and acknowledging that large weight loss amounts are not the norm. The conversation reflects interest in GLP-1's impact on weight management.

*"So I went back to the very, very start. The day I started Ozempic and then up until the day I stalled, how much weight I had lost in that time, exactly how long I had been stalled for and then started on Monjaro."*

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## 672. Codzienny podcast gospodarczy - Radio TOK FM

Episode: Europejski gigant produkujacy leki na otyosc sam potrzebuje leku. Na goraczke problemow!

Date: 2025-05-23 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rise and current challenges of Novo Nordisk, a leading producer of GLP-1 weight loss drugs like Ozempic and Wegovy, highlighting the healthcare and business impacts of these drugs, including market competition and stock declines. However, it does not deeply explore effects on the food and beverage industry or detailed operator/executive commentary on changing consumer behavior.

*"Po tym jak okazao sie, ze leki na odchudzanie pomagajace walczyc z cywilizacyjna choroba otyosci sa skuteczne, ustawiy sie po nie kolejki chetnych."*

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## 673. Stock Club

Episode: #268: Two Undervalued Stocks to Add to Your Portfolio

Date: 2025-07-03 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's GLP-1 drugs like Ozempic and Wegovy, highlighting their significant market impact and potential candidate population globally. It notes the rapid growth and pharmaceutical dominance of these treatments, especially for diabetes and obesity.

*"It's hard to describe how much in terms of like scale and applicability, one treatment... this one treatment has kind of just taken over the pharmaceutical world."*

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## 674. World Business Report

Episode: US hosts critical minerals landmark summit

Date: 2026-02-04 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges Novo Nordisk faces in the GLP-1 weight loss drug market, highlighting a significant drop in their stock due to competition and patent expiry, while noting brand recognition benefits and contrasting this with Eli Lilly's optimistic sales forecast. The CFO Karsten Knudsen comments on market dynamics and competition effects on innovation and sales.

*"We like competition because competition makes us sharper, both commercially and on the innovation side. What is challenging from a Novo Nordisk perspective is that the obesity market has characteristics that are very dissimilar to most other categories in pharmaceuticals and for sure compared to diabetes."*

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## 675. WSJ Your Money Briefing

Episode: What's News in Earnings: Tough Times Come for Big Food

Date: 2025-08-06 | Relevance: 80/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs are a new trend impacting big food companies alongside other challenges such as political pressure for healthier products, inflation, and tariffs. It highlights that while these drugs contribute to changing consumer behavior and industry challenges, food companies have the ability to adapt over time.

*"One is GLP drugs. The other is what you just mentioned, which is this sort of make America healthy again movement, which is putting political pressure on these companies to reduce certain additives like artificial flavors, artificial colors, corn syrup, et cetera."*

## 676. The Truth

Episode: Can we reverse the obesity epidemic?

Date: 2025-07-09 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on food consumption patterns, highlighting how the food industry is responding by bioengineering foods to counteract appetite suppression. It also touches on the mental toll of obesity and criticizes the food industry's role in the obesity epidemic.

*"With the new generation of weight loss injections curbing appetites, some food manufacturers are actually trying to fight back. There's a company that's bioengineering foods to outsmart Ozempic and other GLP-1 medications."*

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## 677. The Freakonomics Radio Book Club

Episode: 29. The Wellness Industry Is Gigantic - and Mostly Wrong

Date: 2026-01-23 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses recent developments in GLP-1 drugs, including new approvals such as Novo Nordisk's oral Wagovi, positive health benefits like cardiac risk reduction, and the drugs' broader biological effects. It highlights the growing momentum and promising impacts on health outcomes without deeply addressing food and beverage industry impacts.

*"One of the biggest home runs, I think, is they have this enormous effect very quickly in terms of reducing cardiac risk factors and cardiac mortality. That's amazing. 20% reduction in a year."*

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## 678. Live Unrestricted - The Intuitive Eating & Food Freedom Podcast

Episode: The Truth About GLP-1s & the Missing Piece No One Talks About w/ Eliza Kingsford, LPC

Date: 2025-09-17 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rapid development and evolution of GLP-1 drugs, noting both the improving efficacy and side effects like gastrointestinal issues and fatigue. It also highlights concerns about effects on pleasure and libido, reflecting mixed experiences with these medications among users.

*"They're coming out so fast. Pros and cons to that. It's like the iPhones. We're going to be at like GLP-11. That's exactly it."*

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## 679. The Obesity Guide with Matthea Rentea MD

Episode: Ozempic Is Killing Sales-Now Big Food Wants Your Cravings Back

Date: 2025-04-14 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how ultra-processed foods are designed to influence consumption behaviors, highlighting industry efforts to create foods that can circumvent the appetite-suppressing effects of GLP-1 drugs like Ozempic. It reflects on the food industry's motivation to maintain profits amid changing consumer behaviors due to GLP-1 drug use.

*"This person's job is to create foods that will quote unquote hack the ozempic effect so meaning if someone's on a GLP-1, that these foods will be so desirable that it won't matter that they're on a medication that they will still want them."*

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## 680. The Dr. Randi Show

Episode: Gwyneth Paltrow's Skincare Guru Tackles "Ozempic Face" - Dr. Julius Few

Date: 2025-08-14 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise and effects of GLP-1 weight loss drugs on skin aging, featuring a plastic surgeon who developed a skincare product to address GLP-1-related skin changes. It highlights the emergence of new challenges in cosmetic health connected to widespread GLP-1 use.

*"I think with Derma Reverse and really looking at the GLP-1 really explosion in healthcare, it is really, in my opinion, just the beginning."*

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## 681. Morning Microdose

Episode: 805. Understanding Ozempic + GLP-1

Date: 2025-09-24 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the role of the gut microbiome in producing GLP-1 naturally and explains how GLP-1 drugs like Ozempic mimic this hormone to regulate insulin response and reduce glucose spikes. It highlights the biological mechanism behind GLP-1 and its connection to metabolism, weight control, and food cravings but does not directly address impacts on the food and beverage industry.

*"Many people may have been hearing about Ozempic and those different GLP-1 drugs. Those are drugs meant to mimic GLP-1. GLP-1 is actually created by your gut microbiome."*

## 682. Eat Drink D-FW

Episode: Have GLP-1s impacted dining in Dallas-Fort Worth?

Date: 2025-02-13 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy in the context of weight loss, societal perceptions of obesity, and potential impacts on dining and consumer behavior, highlighting both medical benefits and concerns about changes to food culture.

*"I did a story in 2023...when you injected GLP-1 drugs into mice, it helped to calm down the immune system... I do believe there's a world where we don't have excessive American sized portions..."*

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## 683. FULL COMP: The Voice of the Restaurant Industry Revolution

Episode: Guess Less, Profit More: Ronald Cardwell on Why Most Food Cost Strategies Fail

Date: 2026-02-06 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses the impact of GLP-1 weight loss drugs, specifically the 'Ozempic effect,' on consumer eating habits and the food and beverage industry, highlighting reduced demand in grocery snacks and potential changes in restaurant dining behavior.

*"Look at examples from roughly two years ago... The Ozempic effect, right? Talked about that a couple of years ago with my senior team at the restaurant... we're seeing the demand for bulk food production go down in grocery stores... which just tells me people's eating habits were starting to change."*

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## 684. Bottled in China: A Wine & Food Podcast

Episode: Vino Veritas: A Doctor's Dose of Reality with Dr. Laura Catena

Date: 2025-12-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic and Wegovy on alcohol consumption patterns, noting that many users experience reduced cravings for alcohol and food, leading to decreased drinking. It also mentions unexpected side effects such as depression and altered lifestyles among users, highlighting a nuanced effect of these pharmaceutical interventions on consumer behavior.

*"Now, we're seeing something even more dramatic with GLP-1 drugs like Ozempic and Wegovy... many are experiencing unexpected side effects. They're simply just not interested in drinking. They're not drinking because they believe it's unhealthy. It's because the drug has fundamentally altered their cravings."*

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## 685. The CPG Guys

Episode: Consumer Motivations With NielsenIQ's COO Tracey Massey

Date: 2025-03-22 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion highlights the significant impact of GLP-1 weight loss drugs on consumer behavior and the food and beverage industry. There is an acknowledgment of the transformational effect of these drugs, with concerns from operators about volume declines and the need for innovation and solutions to address this new consumer trend.

*"31% of global consumers are likely to use a medication or drug to support weight loss...most of them just didn't want to talk about it because it seems to us they were using the excuse of GLP-1s for why they were seeing volume declines in the past."*

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## 686. The Healthusiasm Podcast

Episode: #059 - 2025: The Year in Review (Live on stage at Frontiers Health)

Date: 2025-12-22 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the widespread adoption and implications of GLP-1 drugs, highlighting their expanded use beyond obesity to chronic disease management and lifestyle changes, along with growing consumer and pharma interest. It notes behavioral changes among users and the development of data-driven ecosystems around GLP-1 treatment, indicating a shift in perception and medical management of obesity.

*"In 2023, we saw the boom of GLP-1. It was everywhere, especially in the US... consumers, physicians, and the pharma industry find ways to move beyond the initial testing and initial adoption to actually understanding the impact of medication as part of chronic disease management."*

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## 687. How I Invest with David Weisburd

Episode: E193: GLP-1s, AI & the End of Sick Care: The Next \$10B Health Tech Giant

Date: 2025-07-30 | Relevance: 80/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and WeGovy in the context of their efficacy and market ethics. It highlights that while some companies sell ineffective GLP-1 oral versions, others like Maximus run clinical trials to validate their products' benefits.

*"So the GLP-1 medications, people probably know Ozempic or WeGovy. There are companies out there that are selling oral versions of them. They do not work. They literally sell them as gummy bears. It's literally a crime that should be criminal, in my opinion, or certainly unethical or immoral because none of these companies are actually testing whether they work."*

## 688. sorry i'm a bitch

Episode: Food Noise 2.0 - Part 2

Date: 2025-02-11 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Wegovy and Ozempic, focusing on their use for weight loss, the distinction between medications for diabetics versus weight management, and how these drugs affect people's weight loss journeys. It includes scientific context on how semaglutide works and addresses misconceptions about its role in diabetes treatment.

*"So people who took Ozempic, they were kind of, at first it was sort of a tricky kind of slippery slope because it's so effective for weight loss. And it was saving people's lives with weight loss, but that was like unnecessary medication for diabetics. That was then being really restricted."*

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## 689. Reboot with Dr. Arasi Maran

Episode: Enjoy the holidays, but be cautious | Dr. Arasi Maran & Dr. Aisha Khan

Date: 2025-12-08 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as treatment for obesity, highlighting their medical benefits, including reducing cancer risk, and offers advice on managing holiday food consumption while on these medications.

*"One of the biggest ways these obesity drugs or GLP-1 drugs work is by reducing or increasing the time it takes for the stomach to empty food. So, patients get full faster, they eat lesser portions."*

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## 690. The Dr. Francavilla Show

Episode: What You Need to Know About Eating on GLP-1s with Dietitian Su-Nui Escobar

Date: 2025-03-10 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the nutritional needs and lifestyle considerations for people on GLP-1 weight loss medications, highlighting transformative patient experiences and the importance of adapting nutritional counseling for those using these drugs.

*"I saw the transformation and I was just, that was it. That was it for me."*

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## 691. Game-Changing Health

Episode: 175+ Tips and Tricks For Your GLP-1 Journey aka My Book: The GLP-1 Solution

Date: 2025-09-22 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on an in-depth discussion of GLP-1 weight loss drugs, particularly through the launch of the host's new book that provides strategies and tips for maximizing weight loss with these medications.

*"My book is officially out in the world. It is called The GLP-1 Solution. It is 175 plus strategies, tips, and tools to maximize your weight loss and feel your best on semilutide, trisopatide, and more."*

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## 692. The Second Opinion Podcast with Dr. Paul Kolodzik

Episode: Metabolic MD E75- Big News with GLP-1 medications and what it means for you!

Date: 2025-04-24 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the explosive popularity and resulting shortages of GLP-1 weight loss drugs like Wegovy and ZepBound, developed by Novo Nordisk and Eli Lilly, including the FDA's role in managing shortages and the rise of compounding pharmacies as alternative providers. The discussion highlights the transformative impact of these medications on weight loss and their presence in consumer awareness through commercials.

*"These medications, of course, have revolutionized weight loss over the course of the last few years."*

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## 693. The Neighborly Drug Dealer

Episode: GLP-1 Crackdown: What the FDA Really Means & Why Compounding Still Matters

Date: 2025-07-08 | Relevance: 85/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the FDA crackdown on compounded GLP-1 medications, clarifying misconceptions about their use, particularly differentiating them from insulin and emphasizing their role in both diabetes management and weight loss. The speaker, a compounding pharmacist, also addresses public concerns and misinformation regarding the use of GLP-1 drugs for weight loss versus diabetic treatment.

*"GLP-1s are not insulin and they're not required for type 1 diabetics to survive. Insulin is a life-saving hormone for those who cannot produce it on their own. And GLP-1s, on the other hand, help the body use this insulin more effectively."*

## 694. Health, Fitness & Personal Growth Tips for Women in Midlife: Asking for a Friend

Episode: GLP-1 and Peptide Therapy for Women 50+: Beyond the Hype

Date: 2025-10-21 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the host's decision to partner with a telehealth company to offer microdose GLP-1 and peptide therapies, highlighting the potential benefits of these drugs for weight loss and metabolic support, especially for women who feel stuck despite healthy lifestyle efforts. It also provides context on the origin and function of incretin hormones relevant to these therapies.

*"Because I work with women and hundreds of women at this point, they're doing all the right things. They're really frustrated because they still feel stuck. And the data keeps telling me that we've got an opportunity, that we've got this sophisticated tool in the toolbox that could help some people."*

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## 695. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Busting GLP-1 Myths from the (Virtual) Clinic with Marjorie Nolan Cohn, RD and Michele Rager, RD

Date: 2026-01-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on debunking myths around GLP-1 drugs and emphasizes the importance of combining medication with professional dietitian support to build sustainable eating habits. It discusses insurance-covered dietitian consults tailored for GLP-1 users to optimize treatment outcomes.

*"One of the biggest myths I hear about GLP-1s is that they just do all the work for you. But here's the truth. The medication can help you start your journey, but it really can't teach you how to eat for your new metabolism or how to build habits that actually last beyond the medication."*

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## 696. San Diego Magazine's Happy Half Hour

Episode: Is Ozempic Changing the Way We Dine?

Date: 2025-03-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the GLP-1 weight loss drug Ozempic is impacting the restaurant industry, with commentators exploring changing consumer behavior leading to decreased appetite for eating and drinking, which could hurt food and beverage operators. Industry concerns and preliminary statistics about these shifts are mentioned.

*"This is a drug that is helping people not want to eat or drink. If you don't want to eat or drink, who is it going to hurt? It's going to hurt the people that sell eating and drinking."*

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## 697. Macros Inc Live

Episode: Macros Inc Live: Episode 59 - GLP-1s Revisited

Date: 2025-10-13 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast revisits GLP-1 drugs, explaining their medical uses, how they've evolved, and their effects including weight loss and appetite suppression, highlighting continued public interest and questions. The discussion centers on the basics and recent developments of these drugs, with a focus on their impact beyond diabetes to weight management.

*"These medications are, they have two primary effects. One is they have glucose regulation effects... and... they also suppress your liver from pushing glucose out into the bloodstream... weight loss occurred in the arms with the higher doses of the medications... they're actually working in the brain to reduce appetite, which is causing people to eat less."*

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## 698. Be Your Own Daddy Podcast with Alycia Israel

Episode: My Hot Take On GLP-1's As A Women's Functional Health Coach (Ep. 151)

Date: 2025-08-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on GLP-1 drugs focusing on their potential benefits and risks, especially from the perspective of a women's functional health coach. It addresses how these drugs are used beyond their intended metabolic conditions, concerns about dosing practices, and the importance of lifestyle changes for efficacy.

*"What I've seen a lot is that people will go in just to lose weight, but they don't technically have an endocrine condition, a metabolic issue. They just want to lose weight. And then they take it and they don't adjust their lifestyle."*

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## 699. CONSISTENT by Primal Potential

Episode: 1338: Fit for TV, GLP-1s, and the Cost of Extremes

Date: 2025-08-25 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker expresses concerns about widespread GLP-1 drug use for weight loss, highlighting potential health risks and the commercialization of these drugs beyond pure healthcare. While acknowledging some benefits, the commentary cautions against over-reliance on prescription medications for weight loss and suggests ethical and health considerations for consumers and practitioners.

*"I think that we are there where it's more about the money in the industry than it is about healthcare."*

## 700. Rare Wellness Podcast (by Center for Regenerative and Performance Medicine)

Episode: Can GLP-1 Improve Inflammation and Pain?

Date: 2025-07-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the emerging benefits of GLP-1 receptor agonists beyond weight loss and diabetes management, focusing on their role in reducing systemic inflammation and pain. It highlights research showing these drugs lower inflammatory markers and improve metabolic health, potentially offering new therapeutic uses.

*"GLP-1 medications are transforming more than just glucose and weight... these agents significantly lower inflammatory markers like CRP, IL-6, and TNF-alpha."*

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## 701. Nutrition Facts with Dr. Greger

Episode: Boosting GLP-1 Through Diet

Date: 2025-08-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how boosting GLP-1 naturally through dietary intake, specifically spinach, can modestly reduce cravings and body weight. It compares this natural approach to pharmacological GLP-1 drugs, noting pharmacological agents have greater weight loss efficacy, but the long-term utility of diet alone remains ambiguous.

*"The 6% weight loss was comparable to an older GLP-1 drug available at the time, suggesting that increasing the natural release of GLP-1 may be as efficient as pharmacological agents for the treatment of obesity."*

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## 702. Psychopharmacology and Psychiatry Updates

Episode: GLP-1 Agonists vs. Antipsychotic Weight Gain

Date: 2026-01-21 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 agonists in managing antipsychotic-induced weight gain, highlighting current research limitations and the need for further studies on newer GLP-1 drugs. It underscores the clinical importance of integrating GLP-1 treatments for patients on antipsychotics but does not address effects on the food and beverage industry or consumer behavior changes.

*"When you prescribe antipsychotics, particularly olanzapine and clozapine, you and your clinic need to develop strategies to track and importantly to proactively manage the expected weight gain. This may involve getting up to speed with GLP-1 agonists so you can prescribe them yourself."*

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## 703. METABOLIC AF

Episode: The 5 Supplements You MUST Stop Taking on GLP-1 in Menopause (Massive Mistakes)

Date: 2025-12-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs in the context of menopause, explaining their biochemical effects on appetite, insulin sensitivity, and fat metabolism. It highlights common mistakes like combining GLP-1 drugs with certain supplements, noting potential side effects and interactions, especially in menopausal women.

*"So GLP-1 is telling your body to, hey, let's decrease your appetite. Let's increase your satiety. Let's slow your stomach motility down so you're full or longer."*

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## 704. Ponte Dura

Episode: 226 | GLP-1: Solucion milagrosa o dependencia silenciosa?

Date: 2025-08-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast provides an educational overview of GLP-1 hormones, discussing their physiological role in appetite control and digestion, emphasizing misunderstandings and lack of public education about GLP-1. It highlights the hormone's natural presence and function rather than focusing on pharmaceutical GLP-1 drugs or direct impacts on the food and beverage industry.

*"Mucho se dice o se habla de la hormona o tal vez no sabias que era una hormona del famoso GLP-1 ... Esto es un boom, esto es una... Yo le digo que se ha vuelto como una pandemia de esto, pero yo creo que el problema esta en que no te estan educando sobre lo que es."*

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## 705. The Hunter Williams Podcast

Episode: GLP-1 Fatigue: Why You're Tired & How to Get Your Energy Back

Date: 2025-06-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses neurological and hormonal side effects of GLP-1 weight loss drugs, including fatigue, dopamine downregulation leading to decreased motivation, sleep disturbances, and mood changes. It references emerging research and social media reports on these effects but does not cover impacts on the food and beverage industry.

*"GLP-1s can be investigated or are being investigated for addiction. They work really, really well to normalize overactive reward circuits. But the flip side is that by dampening dopamine spikes, some users feel a general blunting of motivation."*

## 706. Hello Hormones with Dr. Carrie Jones

Episode: Ashley Koff, RD: GLP-1, Fasting and Midlife Weight Explained

Date: 2026-01-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion revolves around the concept of 'GLP-1 friendly' foods and the complexity of how diet affects GLP-1 activation, emphasizing that food alone cannot replicate the drug effects of GLP-1 medications like Ozempic. It also touches on related research into compounds that activate GLP-1 and similar appetite-regulating hormones.

*"There is literally no nature's ozempic. We cannot use food... to override that the DPP for the enzyme that comes in and turns it off."*

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## 707. Diet Culture Rebel Podcast

Episode: 212. Weight Loss Using GLP-1 Medications (What You're NOT Hearing in the Highlight Reels)

Date: 2025-07-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode explains what GLP-1 drugs are, their mechanisms for weight loss, brand and generic names, dosage differences for weight loss versus diabetes, and the history of their development and usage. It provides an educational overview without delving deeply into their impact on food and beverage industry or consumer behavior changes.

*"The effectiveness of taking a GLP-1 for weight loss really relies on the same method that any traditional weight loss method has in the past, and that is calorie restriction."*

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## 708. Interesting Things with JC

Episode: 1348: "Ozempic Venom"

Date: 2025-07-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode explores the origin and development of GLP-1 drugs, notably semaglutide (Ozempic), focusing on its mechanism, medical approvals, and significant weight loss side effect that transformed it into a cultural phenomenon. It highlights the peptide's biological inspiration, evolution into synthetic drugs, sales success, and its broader impact on medicine and metabolism.

*"A typical patient may lose 12-15% of their body weight over time. That helped turn it from a diabetes medication into a cultural phenomenon."*

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## 709. Plant Based Briefing

Episode: 995: [Part 2] Obesity: Is a GLP-1 Deficiency Its Cause, and How to Treat It Without Ozempic and Other Drugs by Dr. Michael Greger at NutritionFacts.org

Date: 2025-02-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic in relation to obesity treatment and how these drugs affect cravings and diet quality. It explores how GLP-1 drugs reduce calorie intake by changing food preferences and compares this pharmacological approach with plant-based diets as alternative weight loss strategies.

*"After ramping up for three months to high-dose Ozempic, people are able to cut nearly 1,000 calories out of their daily diet."*

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## 710. My Life On GLP1

Episode: S13.E8: My Life On GLP1 - Why Am I Always Cold? (Finally Explained + Real Fixes)

Date: 2025-10-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the physiological side effects of GLP-1 weight loss drugs, focusing on why users often experience feeling cold due to body fat loss, slower metabolism, and changes in brown adipose tissue activity. It explains scientific mechanisms behind temperature regulation changes, providing practical advice on coping strategies.

*"Just as the medication is turning down your food cravings, it is also making adjustments to your personal thermostat settings."*

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## 711. My Life On GLP1

Episode: S15.E8: My Life on GLP1 - Surgery & GLP1: Critical Anesthesia Safety with Dr. Andrew Albert

Date: 2026-01-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses anesthesia safety concerns related to GLP-1 drugs, specifically the risk of delayed gastric emptying which can impact medical procedures like colonoscopies. A medical expert explains how this side effect leads to risks during anesthesia due to food remaining in the stomach longer than expected.

*"It turns out these medications slow down gastric emptying significantly. We're talking food potentially staying in your stomach for 24 hours or more, even after following standard fasting guidelines."*

## 712. My Life On GLP1

Episode: S12.E8: My Life on GLP1 - Your Heart on GLP-1s: The Cardiovascular Benefits Nobody Talks About

Date: 2025-10-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode details personal experiences with GLP-1 medications, highlighting significant cardiovascular benefits beyond weight loss, including improved blood pressure and cholesterol, supported by recent clinical trial evidence. The discussion explains multiple physiological pathways through which GLP-1s confer heart protection.

*""The research on this is pretty mind-blowing. I was reading about the SUSTAIN and SELECT trials. They showed a 20-26% reduction in major cardiovascular events. ""*

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## 713. Bah mange!

Episode: Ozempic et TikTok : la solution miracle qui tourne au cauchemar

Date: 2025-09-21 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic in the context of weight loss, highlighting concerns about the cultural impact of these drugs, their portrayal on social media, and the potential psychological harm from promoting weight loss as a medical 'cure' commodified within a diet industry culture.

*"Moi-même, je trouve ça inquiétant. Parce qu'on est dans un pays où la culture du régime est déjà omniprésente. On a une industrie énorme du minceur. Et là, on ajoute une seringue qui promet de régler tous les problèmes."*

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## 714. Conquer Your Weight

Episode: Episode #160: How Much Do GLP Medications Cost and Can I Get Them Covered By Insurance?

Date: 2026-02-04 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 weight loss medications, focusing on patient guidance for usage, managing side effects, and insurance coverage including copay assistance programs. It offers practical insights for consumers prescribed these drugs but does not delve deeply into the impact on the food and beverage industry or operator/executive perspectives on changing consumer behavior.

*"If you have been trying to get your GLP medication like Wegovy or ZepBound covered by insurance, and you are just going there, like, hey, is there a copay card available?...But there are copay cards available. So don't forget about those because I think they get sort of lost in the wayside."*

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## 715. Weight and Healthcare

Episode: GLP-1s and Kidney Function Part 1

Date: 2025-09-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a cardiovascular trial testing the GLP-1 drug semaglutide (Wegovy) for kidney function effects in a specific patient group, noting modest outcomes and detailed disclosures from authors about their pharmaceutical industry ties, particularly with Novo Nordisk and Eli Lilly.

*"The study found a very small effect in a very specific group of people, 45 and older, BMI 27 or higher with existing heart disease and without type 2 diabetes."*

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## 716. Beurs | BNR

Episode: Ontslag Powell desastreus: 'nog gevaarlijker dan handelsoorlog'

Date: 2025-04-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive dynamics between GLP-1 weight loss drug makers Novo Nordisk and Eli Lilly, highlighting market share losses, pricing challenges, and recent regulatory changes affecting consumer access. It touches on how these developments could impact the industry but does not deeply explore food and beverage operators' perspectives or consumer behavior changes directly.

*"Is het over en uit voor de afslankgoeroe nu het aandeel Novo Nordisk zelf aan de Ozempic zit? Alleen al vandaag ging de beursscores tot 10% lager. Reden is concurrent Eli Lilly, want dat heeft een pil gemaakt die net zo effectief lijkt als Ozempic."*

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## 717. Big Take

Episode: Generic Versions of Weight Loss Drugs Will Upend the Market

Date: 2026-02-05 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of generic GLP-1 weight loss drugs across global markets like the U.S., China, and India, highlighting evolving consumer adoption and distribution strategies such as partnerships with e-commerce platforms to facilitate access. It covers market dynamics including pricing, regulatory differences, patient demand, and potential growth as generics enter the market.

*"Some estimate it to be around 1%. GLP-1 medications are much more popular in the U.S., where recent polling has found roughly 12%, one in eight adults, have taken them."*

## 718. Finans Podcast

Episode: Finans Weekend: Pa 10 maneder har alt ndret sig - hvad skal Novo gre?

Date: 2025-04-26 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs, such as Wegovy and Ozempic, on Novo Nordisk's sales growth and stock performance, noting challenges in market uptake and sales execution, with potential implications for Novo's financial outlook and executive pressure.

*"...man ikke har kunnet slge primrt lige sa meget Wegovy og Osampic i hverken USA eller resten af verden, som egentlig var budgeteret med i starten af aret."*

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## 719. Trends

Episode: Beursupdate dinsdag 19/08/25 met Patrick Casselman

Date: 2025-08-19 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's new drug approval related to GLP-1 based treatments for diabetes and obesity, highlighting a positive investor reaction and potential for market recovery despite competition from Eli Lilly. There's mention of expanded applications of GLP-1 drugs and ongoing competitive dynamics in the sector.

*"Het is eigenlijk gebaseerd op hetzelfde zoals Ozempic en Wegovy, voor diabetes, voor obesitas, is het nu het middel ook toepasbaar in die zeldzame leverzakken."*

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## 720. OHNE AKTIEN WIRD SCHWER - Tagliche Borsen-News

Episode: "Airbnb, Uber, DoorDash - Milliarden-Gigs" - Telekom, Rheinmetall, Eli Lilly, Scout24

Date: 2025-08-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent quarterly results where Eli Lilly reported better performance in the weight loss drug segment compared to Novo Nordisk, gaining market share with their GLP-1 weight loss injectables. However, Eli Lilly's stock dropped due to concerns over their new weight loss pill's underwhelming study results with less weight loss and more side effects compared to expectations, while Novo Nordisk's shares rose despite previous lowered growth forecasts.

*"Eli Lilly hat die Wachstumsprognose gestern angehoben. Vor allem auch, weil sich die Abnehmspritzen wirklich gut entwickeln. ... Gestern kamen dann aber eben Studiendaten raus. Und die haben gezeigt, dass die Abnehmpille zu weniger Gewichtsverlust und zu mehr Nebenwirkungen fuhrt."*

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## 721. Diss and Tell

Episode: Listen Now: Business Wars | The Race to Ozempic

Date: 2025-11-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the soaring demand for the GLP-1 drug Ozempic, highlighting the supply shortages and the resulting proliferation of dangerous counterfeit products. It covers the competitive dynamics between pharmaceutical giants Novo Nordisk and Eli Lilly in trying to meet demand, but does not deeply analyze the impact on food and beverage industry or operator views.

*"The miracle weight loss drug Ozempic took America by storm, with celebrities and influencers singing its praises. But as demand explodes, supply just can't keep up."*

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## 722. Stock Market Today With IBD

Episode: Mixed But Positive Market Action; Eli Lilly, Deutsche Bank, Nebius In Focus

Date: 2025-11-11 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's strong market performance driven by its growth in obesity drugs, particularly highlighting the company's leading position in the GLP-1 weight loss drug market and superior efficacy compared to competitors like Novo Nordisk. The commentary includes stock performance details and outlook on future product competition.

*"Now it feels like in the last several months, it's very clear that Eli Lilly has won the obesity wars, or at least the current round."*

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## 723. Schwab Network

Episode: LLY Leading Weight Loss Trade, Hold Economic "Trickle Down Effect"

Date: 2025-12-16 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on related industries like fitness, apparel, and nutrition, highlighting the positive effects on consumer health behaviors and market opportunities. The conversation also touches on a bullish strategy for Eli Lilly stock, a key player in the GLP-1 drug market, reflecting optimism about continued innovation and market momentum.

*"I mean, it's really going to be a great decade for people wanting to stay in shape and make themselves feel better about themselves... Protein was not very popular to talk about. Now it is. You need protein to keep muscle, and that's what some of these weight-loss drugs now are preventing the disintegration of muscle tissue."*

## 724. Family Health Lab

Episode: GLP-1s "THE BEST DRUGS THAT HAVE EVER COME ALONG" Dr Rob Cywes

Date: 2025-09-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1's biological role in insulin release and appetite suppression, relating it to diet phases and effects on satiety, highlighting GLP-1 drugs like Ozempic and Manjaro but focusing mainly on physiological mechanisms rather than industry impact.

*"Everybody now knows what GLP-1 is. It's Ozempic. It's Manjaro. It's those drugs, right?"*

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## 725. Lives Well Lived

Episode: MARION NESTLE: the politics of food

Date: 2025-12-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 weight loss drugs on eating behavior and consumer experiences, noting both their short-term health benefits and side effects. It highlights changing eating habits due to the drugs, with many users losing weight though some discontinue use due to cost or side effects.

*"But everybody lost weight on them. Oh no, that's not true. Some people did not lose weight on them, but most people do. And that means they're eating less."*

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## 726. Living a Nutritious Life with Keri Glassman

Episode: Episode 59: Navigating Food Noise and Hunger Hormones: The Truth Behind Calocurb's Science

Date: 2025-05-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 as a hormone involved in appetite regulation, mentioning GLP-1 receptor agonists as weight loss medications and comparing their effect to a hops extract called Amarisate (marketed as CaloCurb) that triggers appetite-suppressing hormones including GLP-1. The conversation highlights how such compounds reduce caloric intake significantly, linking hormone science to potential food and supplement industry impacts.

*"Many of us know about GLP-1 because we know about the GLP-1 receptor agonists, all the different medications that are available... GLP-1 also isn't the only hormone that affects our appetite... CaloCurb is essentially just Amarisate, the hops that was researched... reduces your caloric intake up to 18% as compared to people on GLP-1 medications that see about a 24% reduction in caloric intake."*

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## 727. Our Hen House: Vegan & Animal Rights Movement | Stories from the Frontlines of Animal Liberation

Episode: Reading Between Industry Lines: What Gives Big Meat the Cold Sweats | Rising Anxieties

Date: 2025-10-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like semaglutide on the food and beverage industry, highlighting how these drugs suppress appetite and reduce calorie intake, which could significantly change consumer eating behaviors and affect producers, especially meat growers.

*"Beef's ozempic-sized challenge. Are producers ready to take it on? GLP-1 drugs suppress appetite and have been shown to reduce calorie intake by up to 800 calories per person per day. GLP-1 drugs will impact consumer demands and expectations."*

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## 728. Intelligent Medicine

Episode: ENCORE: Q&A with Leyla, Part 1: Ozempic Case Study

Date: 2025-05-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses a patient's experience using the GLP-1 drug Ozempic for weight loss, highlighting significant weight reduction and overall health improvement despite some side effects. The conversation provides anecdotal evidence of the transformative impacts of GLP-1 drugs on individual consumer behavior regarding weight management.

*"So remarkably, she lost 16 kilos, which translates to 35 pounds weight. And she is at optimal weight."*

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## 729. Media Monarchy

Episode: #MorningMonarchy: December 3, 2025

Date: 2025-12-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss and diabetes drugs, focusing on their pricing strategies, market competition involving major pharmaceutical companies and telehealth providers, and mentions their broader impact on consumer behavior and related industries like restaurants.

*"Both Lilly and Novo's weight loss and diabetes shots have list prices upwards of \$1,000. By cutting out middlemen like insurers, they're able to sell the drugs directly to the suckers at lower prices."*

### 730. Abel James Show

Episode: David Page of Diners, Drive-Ins and Dives on Eating Nose-To-Tail

Date: 2025-09-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker shares a personal account of using the GLP-1 drug Ozempic to manage diabetes and weight, highlighting its benefits in appetite suppression but noting it is not a cure-all and requires lifestyle changes. They detail how the drug contributed to significant health improvements alongside dietary adjustments.

*"I'm on Ozempic now. Ozempic is not a panacea. Ozempic will deal with appetite it will not deal with all of the other reasons someone like me turns to food boredom emotion excess."*

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### 731. Purpose Driven Movement | Health and Fitness Podcast

Episode: Beyond Prescription: Understanding GLP-1 Treatments with Jennifer Halsall & Dr Lou Atkinson from The Collective

Date: 2025-06-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 agonist medications like Ozempic, highlighting their role beyond weight loss in improving blood sugar control, blood pressure, kidney disease, and potential effects on Alzheimer's, framing them as part of a broader shift towards regenerative health.

*"GLP-1s are glucagon-like peptide one... originally used for type 2 diabetes... but recently shown to have significant effects for people living with obesity, improving not just weight loss but blood sugar control, blood pressure, and even potential impact on Alzheimer's disease."*

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### 732. Business of Drinks

Episode: 102: What's Really Driving Growth at a \$50M Independent Retailer - With Jon Halper of Top Ten Liquors - Business of Drinks

Date: 2026-02-04 | Relevance: 75/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Jon Halperin discusses the impact of GLP-1 drugs on the alcohol retail market, viewing them as a structural shift affecting drinking frequency and consumer buying intentions, particularly among higher-income, health-conscious demographics. While these drugs are influencing consumption patterns and store formats, Jon remains optimistic about the cyclical nature of the alcohol category.

*"He doesn't see GLP-1s as a short-term blip. He sees them as a structural shift that's already changing, drinking frequency, basket size, the intentions, the buying intentions of consumers, especially among higher income and health conscious demographics."*

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### 733. Women's Health

Episode: 3.31.25

Date: 2025-03-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 medications as a non-surgical alternative and complement to weight loss surgery, highlighting their increasing use among women with obesity and their benefits for weight management and related health risks. It notes a surge in GLP-1 use coinciding with a decline in bariatric surgeries and outlines the medications' ability to reduce hunger and control blood sugar.

*"These GLP-1 medications are offering a non-surgical alternative for some people and enhancing results for others, making it easier to achieve and maintain weight loss."*

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### 734. Agbioscience

Episode: 375. Bay State Milling's Ed Fish on food is health, innovating "in the middle" + connecting food to agriculture

Date: 2025-07-14 | Relevance: 75/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker discusses the emerging impact of GLP-1 weight loss drugs on the food industry, highlighting how consumers on these drugs seek nutrient-dense foods with adequate protein and fiber. The conversation places GLP-1 drugs within a broader trend towards health and wellness, emphasizing their potential to significantly influence consumer behavior and food product development.

*"The impact it's going to have on food is not just people are going to eat less... Those on the GLP-1 drugs might be seeking out different things in their food like, hey, I'm eating less. I need to be thoughtful about, am I getting enough protein? Am I getting enough fiber? And so they're more intentional about seeking out nutrient-dense foods."*

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### 735. Vital Signs with Jacob Effron and Nikhil Krishnan

Episode: Ep 59: Photon Health CEO Otto Sipe on the Future of Pharmacies, PBMs and GLP-1s

Date: 2025-05-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs have disrupted the traditional Pharmacy Benefit Manager (PBM) pricing model due to unprecedeted demand, leading to higher net prices and challenges in negotiating standard rebates. It highlights the complex dynamics of supply and demand impacting drug pricing and the implications for healthcare payers and operators.

*"I basically was like, look, why are the net prices for GLP-1 drugs higher than the cash rates? And if that is true, then what is your PBM doing? And in essence, I actually think that GLP-1s have broken the PBM model."*

## 736. Huberman Lab

Episode: The Science of Hunger & Medications to Combat Obesity – Dr. Zachary Knight  
Date: 2025-11-04 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses the mechanisms of weight loss drugs, including GLP-1 drugs like Ozempic, highlighting their role in weight loss and potential future use in combination with other treatments such as leptin. It also covers the neuroscience of hunger and feeding behavior relevant to understanding how these drugs might affect appetite and weight maintenance.

*"Well, we are definitely going to talk about GLP-1, Ozempic, and some of the related compounds in a few minutes."*

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## 737. Star Wars: on TV Podcast Industries

Episode: MTT #92: The worst flu season in 15 years, a measles resurgence & Medicaid cuts  
Date: 2025-03-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The discussion focuses on the physical side effects of GLP-1 drugs, particularly skin sagging following significant weight loss, and subsequent demand for cosmetic surgery. It offers a medical perspective on patient behaviors and post-operative considerations but does not address impacts on the food and beverage industry or changing consumer behavior.

*"When sagging skin affects the face, and this often happens following the use of GLP-1 medications, patients tend to request cosmetic procedures sooner than the resulting problems can be hidden under clothes."*

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## 738. Lisa Dent

Episode: How to stay safe in frigid weather  
Date: 2025-12-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses how the popularity of GLP-1 weight loss drugs like Ozempic and Wegovy is causing diners to eat and drink less, affecting restaurant industry practices such as portion sizes and menu offerings. Restaurants are adapting by emphasizing protein and smaller portions to balance consumer behavior changes and cost challenges.

*"Popularity of the GLP medications like Ozempic and Wegovy are leading diners to eat and drink less, causing restaurants to rethink portion sizes and menu strategies."*

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## 739. Good Morning America

Episode: Wednesday, June 11  
Date: 2025-06-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast covers new research on GLP-1 weight loss drugs like Wegovy and Zeppound, highlighting that many patients discontinue use early resulting in less weight loss and sugar reduction than clinical trials suggested. The discussion also touches on possible reasons for discontinuation, such as cost and insurance coverage challenges.

*"New research out this morning suggests stopping the medications too soon could make it harder to lose weight."*

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## 740. Live Your Best Midlife

Episode: I Was Offered Free GLP-1s-Here's Why I Said No (And What to Do Instead)  
Date: 2025-05-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses concerns about GLP-1 weight loss drugs, particularly highlighting significant side effects such as loss of lean muscle mass and potential negative impacts on metabolism and weight regain risk. The speaker advises caution and promotes alternative approaches to weight loss.

*"Studies have indicated that a substantial portion of the weight loss through GLP-1 receptor agonists is from lean body mass. For instance, research on semaglutide has shown that approximately 40% of total weight loss is lean mass."*

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## 741. Intermittent Fasting

Episode: Balancing Fast Weight Loss with Maintaining Results  
Date: 2025-07-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs for weight loss, highlighting their appetite-suppressing and insulin response benefits but also noting significant muscle loss and potential thyroid issues. It also addresses the common problem of weight regain after stopping the drugs and concerns about long-term side effects and costs.

*"Even things like the GLP-1 drugs, right? What do those do? They help you lose weight. Why? Well, like, well, okay, curbing appetite. It is helping with insulin response, no doubt about it. But what they don't tell you is that at least one third of that weight is muscle loss."*

## 742. The Model Health Show

Episode: Burn Belly Fat FAST With This 3 Step Strategy | Ben Greenfield

Date: 2025-08-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast provides an in-depth explanation of how GLP-1 drugs function to suppress appetite and aid fat loss, describing their impact on digestion and noting significant side effects including nausea and emotional effects like depression. The speaker contrasts these drugs with natural methods of increasing satiety and reflects on the broader human experience of food and eating.

*"The unfortunate side effect of going to a doctor and getting a prescription for a GLP agonist is, you know, Ozempic, Wegovy, or Zepatide, Reditrotide, any of these peptides, is that when they do the prescription, it comes in a standard dose which is high enough to have a lot of different side effects."*

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## 743. The Model Health Show

Episode: Burn Belly Fat FAST With This 3 Step Strategy | Ben Greenfield

Date: 2025-08-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 drugs primarily in the context of their appetite suppressant effects and side effects, highlighting both the benefits of prolonged satiety and the challenges such as nausea, gastrointestinal issues, and emotional side effects. The commentary contrasts natural appetite regulation methods with pharmaceutical GLP-1 agonists, focusing on physiological and psychological impacts rather than direct effects on the food and beverage industry.

*"The unfortunate side effect of going to a doctor and getting a prescription for a GLP agonist is that when they do the prescription, it comes in a standard dose... Nausea, gastrointestinal disturbances, constipation... You do see reports of depression and even suicidal tendencies in people who are on these standard dosages of GLP agonists."*

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## 744. Fitness Stuff (for normal people)

Episode: Train Like an Athlete, Candy Mid-Workout, GLP-1 Honesty, and a Wild New Hunger Hormone

Date: 2025-05-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses new developments in appetite control related to GLP-1 weight loss drugs, highlighting emerging research into alternative hunger regulation mechanisms and comparing these new approaches to existing GLP-1 agonists like Ozempic. It emphasizes potential benefits such as fewer side effects while still effectively suppressing appetite.

*"All the new weight loss drugs that keep coming out, like it started with semaglutide or Ozempic... each new one that comes up, it's like, okay, now it's a dual agonist and now it's a triple agonist."*

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## 745. The Future of Dermatology

Episode: Inside the World of GLP-1: Your Questions Answered

Date: 2025-05-27 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily in the context of their weight loss effects and the changing conversations around beauty and anti-aging. While acknowledging their effectiveness, the speakers also express concerns about overuse, celebrity-driven hype, and shortages impacting diabetic patients.

*"...they are getting overhyped. And they're also, the other sad thing is like diabetic patients are unable to get the medicines that they need. There's a shortage of these medications, which is a problem."*

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## 746. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The Benefits of Microdosing GLP-1 with Katie Sorensen, NP-C

Date: 2025-10-27 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a nurse practitioner discussing microdosing GLP-1 drugs for weight loss and explaining the value of personalized medical coaching in supporting patients using these medications. The focus is on managing side effects and lifestyle changes to improve patient outcomes.

*"We feel like... the people on GLP-1s aren't often given the support they need to make their journey the best it can be, so we've really found purpose in filling that gap and making sure people have long-lasting, truly successful journeys."*

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## 747. The Refined Hippie

Episode: GLP-1, the Microbiome, and Finding Balance: A Holistic Look at Weight and Wellness with Carly Foley

Date: 2025-11-12 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the popularity and science behind GLP-1 drugs like Ozempic, including microdosing trends and natural ways to support GLP-1 production through lifestyle and diet. The hosts explore the holistic perspective of weight loss and wellness involving the microbiome and the potential impacts of dietary choices on GLP-1.

*"GLP-1 is such a hot topic these days, as we know. Everybody's talking about it. It's on all the news channels. I just found out a handful of people I know that I'm super close with are taking it."*

## 748. Gonn dir Erfolg - Der Podcast fur Macher:innen

Episode: Ozempic - Hype oder Hoffnung?

Date: 2025-05-18 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 receptor agonist drug used primarily for type 2 diabetes and weight loss. It explains the drug's mechanism and rising popularity, noting its lifestyle use beyond medical indications.

*"Ozempic enthält den Wirkstoff Semaglutid. Das ist ein GLP-1-Rezeptor-Agonist. Das heißt, es armt so ein bisschen die Wirkung des körpereigenen Hormons GLP-1 nach."*

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## 749. The Daily Aus

Episode: Summer series: The young Aussies using Ozempic

Date: 2025-12-28 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode centers on the rise and mainstreaming of Ozempic, a GLP-1 drug, discussing its impact on health, body image, and societal conversations, including ethical and accessibility concerns. It highlights increased demand and changing perceptions among young people but also touches on distressing issues like disordered eating and body image regression.

*"Ozempic and other similar medications have slowly but surely crossed into the mainstream, bringing with them new conversations about body image, ethics, health and accessibility."*

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## 750. El Terrible (LA) Podcast

Episode: 97.9 FM La Raza Los Angeles El Terrible 8AM Nutricionista Sandy Cortez - Conviene Inyectarse Ozempic?

Date: 2025-10-14 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic (semaglutide), a GLP-1 drug originally for diabetes but now popular for weight loss, explaining its appetite suppression effects and noting that many are using it recreationally, often sourced from med spas. The conversation touches on why people are rapidly losing weight with it and cautions about medical prescription requirements and potential consequences.

*"Bueno, el semaglutide o Ozempic fue creado particularmente para personas con diabetes para ayudarles a controlar, por supuesto, el azúcar. Pero lo que se ha visto y lo que se descubrió es que a través de esta medicina las personas que tienen diabetes pues están bajando de peso."*

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## 751. Conquer Your Weight

Episode: Episode #159: With So Many GLP Options, How Do You Know Which One to Choose?

Date: 2026-01-28 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on providing information about various GLP-1 weight loss drug options, their usage, pricing changes, and practical guidance for patients. It is aimed at helping individuals choose the best GLP-1 medication tailored to their personal needs, with an educational tone rather than industry impact analysis.

*"We often hear from people who haven't been given much information about their GLP medications. No one has told them how to handle side effects, what nutrition recommendations they should follow, or what to expect in the long term."*

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## 752. Intelligent Wealth Podcast

Episode: Novo Nordisk stock CRASHED: Buying opportunity or trouble ahead?

Date: 2025-08-09 | Relevance: 80/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's dominant position in the GLP-1 drug market, recent stock struggles, and long-term growth potential due to increasing demand for diabetes and obesity drugs. Analysts suggest the market has overreacted to short-term competition and present this as a buying opportunity for investors.

*"I think the demand for this type of drug is only going to increase."*

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## 753. Real Food Stories

Episode: Nutrition Went Off the Rails in 2025 (And That's Just a Start)

Date: 2025-12-17 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the trend of microdosing GLP-1 drugs like Ozempic as a casual appetite suppressant, highlighting concerns about their medical seriousness and the cultural implications of diet mentality resurgence. The host reflects on midlife women's desperation for control amid changing bodies and metabolism.

*"One of the loudest trends of 2025 was the idea that microdosing GLP-1s was an effective and smart way to use the medication of the year... It became almost like a supplement, which is honestly wild to me because GLP-1s... are very serious medications, and we do not want to mess with something that is a serious medication that you should be going to see your doctor about."*

## 754. The Mark Simone Show

Episode: Mark's 11am Monologue.

Date: 2025-06-25 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of the GLP-1 drug Ozempic and its effects on consumer behavior in the food industry, highlighting how restaurants are adapting their menus to accommodate patients who can only eat small portions.

*"A lot of people are on Ozempic. They believe now 1 in 8 Americans on Ozempic. Here's the thing. If you're on Ozempic, you will lose the weight because you can't eat. It fills you up. You can eat a couple of bites and that's it."*

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## 755. Strong Not Starving

Episode: Food Noise & Weight Loss Meds... The future?

Date: 2026-02-03 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on societal attitudes toward dieting and food, highlighting changes in consumer behavior and mental challenges like food noise experienced by users over the last two years.

*"Just when the idea of weight loss at any cost was being given some very, very public scrutiny on a large scale, weight loss drugs entered the chat and things changed."*

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## 756. Food Freedom

Episode: Episode 120: The Side Of GLP-1 Not Many Are Talking About

Date: 2025-07-14 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, focusing on their popularity and the overlooked issues such as food addiction root causes and serious side effects, including lawsuits. The host emphasizes the need for a more honest conversation about these drugs beyond appetite suppression.

*"The problem is we're not having an honest enough conversation about the bigger picture. The root cause of being disordered is being swept under the rug."*

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## 757. The You Lounge

Episode: The You Lounge Episode 9 - GLP-1's and Alcohol

Date: 2025-05-23 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the effects of GLP-1 weight loss drugs on alcohol metabolism and consumption, explaining how these medications affect appetite, blood sugar, and gastric emptying, leading to changes in alcohol tolerance and intoxication. It provides insights relevant to consumers and operators about changing behaviors related to alcohol use while on GLP-1 treatment.

*"GLP-1s...help to regulate the blood sugar, insulin and appetite. They slow gastric emptying, they blunt hunger signals and they support your weight loss."*

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## 758. Game-Changing Health

Episode: Should You Eat When You're Not Hungry on a GLP-1? (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2025-12-08 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion about GLP-1 drugs, particularly focusing on how they affect appetite and eating behaviors. The host, a registered dietitian who has personal experience taking GLP-1 medication, addresses common questions regarding the necessity of eating when not hungry while on these drugs.

*"I'm Gianna, a registered dietitian. I take a GLP-1 myself for over three years now and I talk all things GLP-1s here on the podcast."*

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## 759. Aging Out Loud

Episode: Ozempic, Oprah, RFK & The Quick AND Very Expensive Fix To Weight Loss

Date: 2025-02-15 | Relevance: 85/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the off-label use of Ozempic, a GLP-1 drug originally for diabetes, being prescribed for weight loss, highlighting the high cost and insurance coverage challenges. It touches on the increasing demand for weight loss drugs similar to Ozempic and the medical community's evolving approach.

*"Because Ozempic is considered off-label, insurance coverage for Ozempic prescribed for weight loss is often limited or non-existent, unlike when it's prescribed for type 2 diabetes where most insurance plans, including Medicare and Medicaid, cover it."*

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## 760. METABOLIC AF

Episode: GLP-1 PILLS = dumb as f\*ck

Date: 2026-02-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 pills as a new, less potent alternative to injections, noting their FDA approval but questioning their effectiveness and user adherence. The speaker also mentions potential side effects and consumer behavior impacting their adoption, while

offering supplementary advice for those using GLP-1 drugs for fat loss.

*"As exciting as they are, I'm not too bullish on [GLP-1 pills]. If I were going to put money on, I think it was Novo Nordisk, I probably wouldn't."*

## 761. Thyroid Answers Podcast

Episode: Shorts Episode 7: The Thyroid - GLP-1 Trap

Date: 2025-06-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily from a health and physiological perspective, highlighting their mechanism and concerns about their effects, especially when combined with thyroid medication. It cautions about potential issues and challenges of relying on GLP-1 drugs for weight loss and blood sugar regulation, but does not focus on the food and beverage industry or consumer behavior.

*"And I think it's a challenge, I think it's a problem. And these GLP-1 drugs are all the craze now, even though some of the people in functional and integrated medicine are pushing these really heavily."*

## 762. METABOLIC AF

Episode: GLP-1 Plateaus: why they happen and what to do

Date: 2026-01-31 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses why weight loss plateaus occur with GLP-1 drugs, emphasizing metabolic slowdown and side effects that impact how patients eat and exercise. It provides practical advice on managing these plateaus through routine adjustments and supplements to improve fat loss outcomes.

*"GLP-1 in itself isn't some like magical fat loss pill... It puts you in a better position to lose fat by increasing insulin sensitivity, decreasing stomach motility, and making you feel fuller."*

## 763. Salad With a Side of Fries Nutrition, Wellness & Weight Loss

Episode: More on GLP-1 Meds & How to Increase GLP-1 Naturally

Date: 2025-03-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 medications primarily from a wellness and weight loss perspective, exploring their growing popularity, media portrayal, and personal experiences with clients using the drugs, alongside natural ways to increase GLP-1. While it doesn't specifically address the food and beverage industry's reaction, it touches on changing consumer behavior and perceptions around these drugs.

*"Did you see the Super Bowl ad from hers that basically weaponized diet culture to then sell you their version of a GLP-1 medication?"*

## 764. Optimal Metabolism

Episode: Episode 246- Boosting GLP-1 Naturally: What Drug Companies Won't Admit or Tell You

Date: 2025-09-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 hormones and medications, including their benefits and side effects, natural ways to boost GLP-1, and considerations for those using or considering GLP-1 drugs. The focus is more on health and natural alternatives rather than direct impacts on the food and beverage industry.

*"If you are on one now, this is a fantastic episode to listen to. And I would highly suggest that you pass this episode along to anyone who's on the medication, maybe can't afford it now, they want to come off, they're having some side effects."*

## 765. PT Pintcast - Physical Therapy

Episode: The GLP-1 Opportunity: PT Marketing That Actually Converts

Date: 2025-11-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs in the context of marketing opportunities and consumer behavior, highlighting how companies use GLP-1 branding for meal programs and addressing clinical concerns such as muscle loss during weight reduction. The speaker considers creating complementary services like muscle protection programs targeting consumers using GLP-1 drugs.

*"Some do well, some do terrible. The big negative that I've heard is you lose a lot of muscle in addition to losing the weight."*

## 766. GLP-1 Hub: Support, Community, and Weight Loss

Episode: How GLP-1 Patients Became Advocates w/ Kim Carlos

Date: 2026-02-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an interview with Kim Carlos, a GLP-1 user and obesity advocate, discussing the challenges of obesity as a disease, medication access issues including drug shortages, and changing public perceptions about GLP-1 drugs. It highlights the advocacy efforts to improve understanding and policy related to these medications.

*"Kim just compared obesity to cancer. And if that made you a little uncomfortable, that's good, because that discomfort is exactly why millions of people are still fighting for access to this medication that can save their lives."*

## 767. Game-Changing Health

Episode: Meet Mike On A Mission & Learn How You Can Increase GLP-1 Access

Date: 2025-09-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker shares a personal journey of battling obesity and type 2 diabetes, detailing the challenges of weight loss and the experience of obtaining GLP-1 drugs like Ozempic and Mounjaro for treatment. The discussion highlights issues around drug shortages and the emotional impact of treatment choices.

*"I had already planned when I was going into that meeting to at least have a conversation around Ozempic... I want to go on Ozempic."*

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## 768. The Joe Cohen Show

Episode: The Truth About GLP-1 & Ozempic: Natural Hacks for Weight Loss & Blood Sugar Control

Date: 2025-03-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the mechanisms and benefits of GLP-1 drugs primarily for weight loss and blood sugar control, focusing on natural GLP-1 agonists as alternative approaches. The conversation highlights the potency of GLP-1 drugs compared to natural supplements and their impact on appetite reduction and metabolic health.

*"There's a lot of drugs out there that increase GLP-1. They're mainly used for diabetes and weight loss. And there's a growing amount of people that are really using these tools successfully."*

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## 769. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 Access & Women's Care: Fixing a Broken Healthcare System P2

Date: 2025-10-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion centers on barriers to access for GLP-1 drugs including cost, insurance coverage, pharmacy availability, legal cases regarding access rights, and the challenges providers face in dosing due to patient variability and drug shortages. There is also mention of creative dosing strategies to manage these challenges.

*"I personally think that, you know, restrictions on, you know, fear around malpractice, because at the end of the day, I want to be able to continue to do what I, what I do for patients."*

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## 770. My Life On GLP1

Episode: My Life On GLP-1: Thanksgiving Holiday Special - Weight Gain Fear with Holiday Indulgences

Date: 2025-11-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the experience of using GLP-1 drugs over the Thanksgiving holiday, focusing on how these medications suppress appetite yet do not fully prevent overeating due to emotional and social factors during holiday indulgences. It highlights that GLP-1 drugs affect hunger signals but that personal and family dynamics can influence consumption behavior.

*"GLP-1 medications work by slowing down how fast your stomach empties, regulating blood sugar, and yes, suppressing appetite by affecting your brain's hunger signals."*

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## 771. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Intuitive Eating: A New Perspective on GLP-1 with Bonnie Giller, RD

Date: 2026-01-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs for weight loss from a dietitian's perspective, highlighting initial skepticism, their effectiveness, but also concerns about patients using them as a quick fix without addressing underlying behavioral issues related to diet and food relationships.

*"In the beginning, I was not a fan of the GLP-1 meds. I was definitely skeptical... It was like another quick fix for chronic dieters who hadn't addressed their relationship with food."*

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## 772. Cancerwise Podcast

Episode: GLP-1 drugs and cancer treatment: Research and risks

Date: 2025-09-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the history, mechanisms, and clinical considerations of GLP-1 drugs, focusing on their use in cancer patients with diabetes and obesity. It covers how these drugs are used during different phases of cancer treatment and their role in weight management for improved patient outcomes.

*"These drugs back in the 1970s, there were some glucose clamp studies done, and they found out that patients who took oral glucose had more insulin release than patients who took IV glucose. And scientists discovered that there were some hormones that the body was producing called incretins that were contributing to that increased insulin response with oral glucose."*

### 773. MacroHabits Podcast

Episode: Ep.16 - Naturally Boost GLP-1 Hormone, Reduce Cravings, Manage Glucose, & The Importance of Fiber

Date: 2026-01-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode explains what GLP-1 hormones are, their role in appetite regulation and metabolic health, and emphasizes natural ways to boost GLP-1 levels through diet and habits rather than solely relying on GLP-1 drugs like Ozempic. It highlights how fiber plays a significant role in naturally triggering GLP-1, stabilizing blood sugar, and promoting satiety.

*"GLP-1 is the hormone that medications like Ozempic and Trisepatide mimic, but your body already makes it naturally... Fiber is the strongest natural GLP-1 trigger."*

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### 774. The Dr. Brighten Show

Episode: GLP-1 Weight Loss in Menopause: How HRT Amplifies Results

Date: 2025-08-28 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily in the context of menopause and perimenopause, covering their effects on metabolism, brain, and heart health, along with their interaction with hormone therapy. It provides an educational overview rather than industry-specific impacts or commentary on the food and beverage sector.

*"We're going to talk about GLP-1 receptor agonists like semaglutide, aka ozempic. We're going to talk about how they work and how they differ from one another."*

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### 775. Think from KERA

Episode: Ozempic doesn't work for everybody

Date: 2025-09-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, Wagovi, and Munjaro, focusing on their effectiveness in weight loss, noting that they don't work for everyone and highlighting individual experiences and societal perceptions about these medications. It touches on the complexity of diet culture and drug response variability.

*"About 13% of people taking Ozempic don't lose significant weight on it."*

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### 776. The Dr Pompa Podcast

Episode: Dr. Pompa Solo: Stop Ozempic Before THIS Happens

Date: 2025-10-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses concerns and skepticism around GLP-1 drugs like Ozempic, highlighting potential long-term hormonal and health issues, drawing parallels with past diet drugs, and criticizing the current widespread use without sufficient understanding of consequences.

*"Let's just give it five years and see where we are. I'll tell you where we're going to be. It's going to be a hormone disaster."*

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### 777. The Dr Pompa Podcast

Episode: Dr. Pompa Solo: Stop Ozempic Before THIS Happens

Date: 2025-10-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, highlighting concerns about its safety, potential long-term health risks, and comparisons to past hormone diet fads. The speaker warns about possible negative outcomes of widespread GLP-1 use without addressing root health causes.

*"They're definitely losing weight. There's obviously a reason for that. What weight are they losing? And where does it end? Because see, that's the problem. This does not end pretty."*

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### 778. 100.5FM Radio Laeveld

Episode: Wat om te weet van Ozempic

Date: 2025-04-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug initially developed to treat type 2 diabetes, explaining the biological mechanism by which it promotes weight loss. It covers the drug's effects on blood sugar control, energy levels, cravings, and gastric emptying but does not delve into direct impacts on the food and beverage industry or operators' perspectives on changing consumer behavior.

*"Ozempic treed op as hier die GLP1 hormoon. Dit bind ook en activeer ook hierdie hormoon."*

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### 779. The Mark Simone Show

Episode: Hour 2: Ozempic Menu Items?

Date: 2025-06-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drug Ozempic on eating habits and the food and beverage industry, highlighting that some restaurants are adapting by offering smaller portion menu items targeted at users who experience reduced appetite and food intake

due to the drug.

*"Hey, a lot of people are on Ozempic. A lot of people. They believe now 1 in 8 Americans on Ozempic. Here's the thing. If you're on Ozempic, you will lose the weight because you can't eat."*

## 780. Navigating Ozempic-#Ozempic

Episode: Ozempic Risks Exposed: Vision Loss Warnings, Lawsuits Surge as Celebrity Weight Loss Trend Continues

Date: 2025-06-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses recent developments related to Ozempic and other semaglutide drugs, focusing on rare but serious side effects such as vision loss and gastroparesis, as well as the growing number of lawsuits against the manufacturer. It highlights consumer concerns and legal scrutiny tied to these GLP-1 weight loss drugs.

*"The European Medicines Agency announced that a very rare but serious side effect has been associated with Ozempic, doubling the risk of developing non-arteritic anterior ischemic optic neuropathy, a condition causing painless and often irreversible vision loss."*

## 781. Radboud Reflects, verdiepende lezingen

Episode: Afvallen met Ozempic: wassen neus of wondermiddel? | Tijn Kool en Gert Olthuis

Date: 2025-02-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug initially intended for diabetes but found to cause weight loss, addressing its effects and societal implications around obesity treatment. It also touches on challenges such as drug shortages and the pharmaceutical industry's role, reflecting mixed views on the widespread use of GLP-1 drugs like Ozempic.

*"Overgewicht is een steeds groter probleem... we hebben Ozempic. Dat is het wondermiddel op de markt.. Maar misschien is het dan ook weer niet zo simpel. En moeten we dat eigenlijk wel willen, iedereen aan de Ozempic?"*

## 782. Navigating Ozempic-#Ozempic

Episode: "Ozempic Breakthrough: Promising Research Reveals Potential Life-Saving Benefits Beyond Diabetes Treatment"

Date: 2025-07-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the recent stabilization of Ozempic supply following a period of shortages, emphasizing its current approved use for type 2 diabetes management and the lack of official approval for general weight loss. It touches on the impact of supply issues and new research establishing Ozempic's reputation beyond diabetes and weight loss treatment.

*"Novo Nordisk, the pharmaceutical company behind Ozempic, now assures that both current and new patients prescribed Ozempic for type 2 diabetes should be able to access the drug without previous limitations."*

## 783. Boston Public Radio Podcast

Episode: BPR Full Show 8/19: Ozempic Jealously

Date: 2025-08-20 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of GLP-1 weight loss drugs like Ozempic and Wegovy, highlighting societal impacts such as jealousy and relationship strains due to weight loss discrepancies among loved ones. It also touches on limited access for diabetic patients and changing consumer behaviors influenced by celebrity trends.

*"More than one in every 10 Americans has used GLP-1 drugs for weight loss ... Jealousy from your loved ones. Problems in the marriage."*

## 784. Moncrieff

Episode: Should the state pay for Ozempic?

Date: 2025-12-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the perception and justification of state funding for Ozempic, a GLP-1 weight loss drug, emphasizing its role as a legitimate medical treatment for obesity, correcting misconceptions about weight loss, and highlighting the benefits for patients who struggle to lose weight through lifestyle changes alone.

*"Now we have medications and that's great."*

## 785. The One Strong Mother Podcast

Episode: Demystifying "Ozempic Face": The Truth About GLP-1s

Date: 2025-08-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode addresses public perceptions and concerns about GLP-1 weight loss drugs, specifically the phenomenon termed 'ozempic face,' describing its physical effects and misconceptions. The host provides an overview of GLP-1s like Ozempic and discusses common fears and the reality of side effects, aiming to clarify misunderstandings but without extensive detail on the impact on food and beverage industry or consumer behavior changes.

*"I've been asked so many times about GLP-1s and the dreaded, what people are going to call, ozempic face... people out there who do legit look like a bag of bones on... Ozempic or GLP-1s..."*

## 786. Philip Teresi

Episode: Should Medi-Cal pay for Ozempic/Wegovy?

Date: 2025-05-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs like Ozempic and Wegovy in the context of health plans like Medi-Cal covering their cost. It highlights their effectiveness in appetite suppression and weight loss, but also raises concerns about potential muscle loss and the distinction between medical necessity and cosmetic use.

*"I am tentatively in favor of any health care plan, publicly administered or otherwise, covering Ozempic and those semaglutide medications with the asterisk that I want to see at least one long-term study, not funded by a pharmaceutical company, on the muscle loss side effect."*

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## 787. Nathan, Nat & Shaun

Episode: Best Bits | Ozempic, Is It Worth It?

Date: 2026-01-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise in prescriptions of Ozempic, a GLP-1 drug, noting its appetite suppressant effects and impact on users' food cravings. The speakers explore how these drugs reduce constant food-related thoughts and help with weight management, reflecting a recent interest in their usage.

*"And what they are is they're essentially appetite suppressants. So they give you feel full and it also cuts out the food noise."*

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## 788. Talk Your Abs Off

Episode: Ozempic Explained: What Your Doctor and Trainer Think About It | Episode 18

Date: 2025-06-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features a discussion around GLP-1 drugs like Ozempic, exploring changing perspectives within the fitness and health community about obesity medications. It highlights both skepticism and growing acceptance, emphasizing the need for support for those appropriately using these medications.

*"I also am not afraid to admit when I'm wrong... One of the continuing education credits that I recently did... was about obesity medication. And honestly, it changed my view of obesity medications and who should use it, who shouldn't use it."*

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## 789. The Sean Hannity Show

Episode: War Against Ozempic - March 10th, Hour 2

Date: 2025-03-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact and debate around GLP-1 weight loss drugs like Ozempic, focusing on concerns about cost, congressional support, and public health implications, alongside mentions of lifestyle changes as alternatives. The conversation highlights financial and policy issues related to these drugs but does not provide detailed industry insights from operators or executives.

*"Today, over 100 members of Congress support a bill to fund Ozempic with Medicare at \$1,500 a month. Most of these members have taken money from the manufacturer of that product, a European company called Novo Nordisk."*

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## 790. Mind Pump: Raw Fitness Truth

Episode: 2597: Before You Take Ozempic, Wegovy, or Mounjaro Listen to This!

Date: 2025-05-15 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an informative discussion on GLP-1 weight loss drugs like Ozempic, Wegovy, and Mounjaro, focusing on the risk of muscle loss and how to mitigate adverse effects through exercise and nutrition strategies. It is targeted at listeners interested in fitness and weight management but does not delve into industry impact or operator commentary.

*"So GLP-1s, Ozempic, Wegovy, Mounjaro, they're taking the world by storm, but pause before you take them. Listen to us because 40% in some of the studies of the weight you lose can come from lean body mass, which includes muscle."*

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## 791. Morning Medical with Dr. Chow

Episode: AI Breast Cancer Screening, Night Owl Heart Risks, and US Medical Education Reform

Date: 2026-01-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the medical concerns and side effects related to GLP-1 weight loss drugs such as Mounjaro, Wegovy, and Saxenda, focusing on their link to gallbladder issues and pancreatitis. It highlights both success stories and serious health risks, indicating ongoing debate and need for further research.

*"Ahmed Ahmed, the president of the British Obesity and Metabolic Specialist Society, has noticed an increase in patients needing gallbladder surgeries, with many reporting they had used weight loss injections."*

## 792. Ca va beaucoup mieux, l'hebdo

Episode: L'INTEGRALE - Ozempic, thon contamine... Le programme du samedi 27 decembre 2025

Date: 2025-12-27 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic and Mounjaro with Dr. Diana Kadouch, highlighting proper medical use for obesity with comorbidities, injection methods, and dose management. It critically notes misuse for minor weight loss and stresses medical oversight.

*"Je voudrais que vous puissiez me prescrire de l'ozampique, vous me diriez, eh ben Flavie, revoyez votre hygiène alimentaire, faites du sport."*

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## 793. Utisraportti podcast

Episode: Veronkevennykset, oikeusvaltio ja Ozempic

Date: 2025-04-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers on the significant health issue of obesity in Finland and the role of GLP-1 drugs, particularly Ozempic and its alternatives like Wegovy and Mounjaro, as weight loss treatments originally developed for diabetes. It highlights the under-discussed potential of these drugs in addressing obesity.

*"Mun mielestä taa on alihoidolla Suomessa. Tasta ei kayda keskustelua, vaikka pitais. Ja ma puhun nyt siis laihdutuslaake-osempikista."*

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## 794. Discover how to navigate grocery shopping to be a healthier you

Episode: GLP-1 - Hype, Hope, and the Whole Picture

Date: 2025-07-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 as a hormone produced in the gut and its evolution from a diabetes treatment to a weight loss aid impacting the majority interested in waistline management. It covers the science behind GLP-1's role in weight loss and the lifestyle implications for health.

*"They noticed when they were researching these experimental compounds on mice, obese mice started losing weight... for the majority of the population, they're interested in their waistline... if I'm on GLP-1, I'm going to lose weight."*

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## 795. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: P2: What Causes Obesity? The Biology We Were Never Taught & GLP-1's Role P2

Date: 2025-12-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: This discussion covers how GLP-1 receptor agonists are changing perceptions of obesity treatment by showing dramatic weight loss effects, while emphasizing the need for comprehensive care including nutrition and physical activity to avoid negative health consequences. It also notes policy progress and challenges related to obesity treatment coverage.

*"What's happened is these GLP-1 receptor agonists that are now available are helping people think a little differently about obesity... But it's kind of a double-edged sword because at the same time, it shouldn't just be write a script and that's the end of it."*

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## 796. On Assignment

Episode: This is the town that Wegovy helped build

Date: 2025-10-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: This podcast episode discusses Novo Nordisk's GLP-1 weight loss drug Wegovy and its significant economic impact on the small Danish town of København. It also addresses challenges including mistakes in market execution and a significant decline in Novo Nordisk's market value, reflecting broader turmoil in the obesity drug market.

*"Novo Nordisk had a clear first-mover advantage, but it became clear last year that they had made some mistakes in the execution of this wonder drug. So the turmoil you've seen in the obesity drug market has really been reflected in the company as well. Its market value has plunged by more than \$400 billion, which is more than Denmark's combined economic output."*

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## 797. On The Pen GLP-1 News

Episode: GLP-1 State of the Union

Date: 2025-11-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses updates on GLP-1 drug delivery options, focusing on Eli Lilly's developments including adjustable quick pens and changes in prescription fill policies. This affects dosing flexibility and potentially drug costs for patients.

*"Eli Lilly is working on approval from Medicare on the quick pens, allowing adjustable dosing which could cut drug costs in half by prescribing smaller doses from the larger pen."*

## 798. World Business Report

Episode: US hosts critical minerals landmark summit

Date: 2026-02-04 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic and Wegovy on the pharmaceutical market, highlighting Novo Nordisk's challenges with declining sales due to competition and patent expiries, while contrasting with Eli Lilly's positive growth outlook. The conversation touches on market dynamics and competitive positioning but does not deeply explore effects on the food and beverage industry or detailed consumer behavior changes.

*""What is challenging from a Novo's perspective is that the obesity market has characteristics that are very dissimilar to most other categories in pharmaceuticals and for sure compared to diabetes. Because it's a self-pay market, the dynamics are very, very different on many fronts.""*

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## 799. FT News Briefing

Episode: What to expect from Jay Powell's Jackson Hole speech

Date: 2025-08-20 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's recent market challenges and strategy related to GLP-1 weight loss drug Ozempic, including price reductions and competition from Eli Lilly. It covers investor reactions to the company's pipeline and market share dynamics but does not delve deeply into impacts on the food and beverage industry or operator insights about changing consumer behavior.

*""Shares in Novo Nordisk have jumped over the past few days. On Monday, it said it was slashing the price of its diabetes and weight loss drug Ozempic for Americans without insurance.""*

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## 800. The Rundown

Episode: Novo Nordisk's Wegovy Gets U.S. Approval for Liver Disease, Sam Altman Warns of AI Bubble

Date: 2025-08-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's Wegovy approval for liver disease, expanding GLP-1 drug market beyond weight loss, competition with Eli Lilly, and pricing strategies impacting accessibility. It highlights evolving medical applications and significant market potential.

*""GLP-1 drugs are evolving way beyond just weight loss these days. We're talking about treatments for heart disease, kidney problems, and now liver conditions.""*

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## 801. The Rundown

Episode: Buffett Buys Google, Novo Nordisk Cuts Obesity Drug Prices, and Public Launches AI Brokerage

Date: 2025-11-17 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's price cuts on their GLP-1 weight loss drugs WeGovie and Ozempic to broaden access and compete with copycat compounds. It highlights Novo Nordisk's strategic move to attract more patients by reducing costs and anticipates increased usage of GLP-1 drugs due to price reductions and government initiatives.

*""Novo Nordisk is cutting the prices of their weight loss drug WeGovie and Ozempic. The company says they're dropping the cash pay price from \$4.99 a month down to \$3.49 a month as part of a push to broaden access to their blockbuster weight loss drugs.""*

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## 802. Borsmorgon

Episode: Halsovardssektorn under press av Trump

Date: 2025-05-23 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the market uptake of GLP-1 drugs in the US, comparing Eli Lilly and BioGen's products and mentioning Novo Nordisk's upcoming phase 3 studies on GLP-1 treatments, highlighting ongoing volatility in the sector. It reflects on how two companies building the market is beneficial and previews further discussion on key players like Eli Lilly and Novo Nordisk.

*""Oftast är det bra att två bolag bygger en marknad. Istället för att ett bolag ska utbilda hela marknaden.""*

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## 803. Daily Stock Picks

Episode: Market Movers & Must-Watch Stocks for a short Thanksgiving week!

Date: 2025-11-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on consumer behavior and companies in the pharmaceutical sector, especially comparing Eli Lilly and Novo Nordisk, with a positive outlook on Eli Lilly's leadership and growth potential in the GLP-1 space. It speculates on future market scenarios where GLP-1 pills enable consumers to enjoy indulgent foods without weight gain, highlighting potential widespread demand.

*""Imagine going to Arby's and gain the meats, okay? And then being able to drink a large fountain Coke, not diet Coke, real sugar Coke, and getting a bucket of curly fries. And then being able to take a pill so you never gain a pound from that type of meal. That's the world America wants to live in.""*

## 804. World Business Report

Episode: EU chief says Europe must fight for its future

Date: 2025-09-10 | Relevance: 75/100 | Source: SourceSignal.insider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive challenges faced by Novo Nordisk, a major producer of GLP-1 weight loss drugs like Wegevy and Zempik, highlighting significant job cuts due to increased competition from rivals such as Eli Lilly and pressures on European public health budgets. This indicates shifting market dynamics impacting the industry but does not deeply explore the food and beverage industry's response or consumer behavior changes.

*""We will simplify structures, cut duplications and sharpen our focus. Unfortunately, this also means reducing our global workforce by around 9,000 positions, including about 5,000 roles here in Denmark."""*

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## 805. The Rundown

Episode: Weight Loss Drugmakers Hit with Antitrust Lawsuit, Trump's Plan Brings Down Energy Stocks

Date: 2026-01-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the antitrust lawsuit involving Eli Lilly and Novo Nordisk over their GLP-1 weight loss drugs, focusing on the legal battle with a compounding pharmacy and patent expiration timelines. It highlights the tension in the market but does not delve deeply into how these developments affect the food and beverage industry or consumer behavior.

*"Eli Lilly and Novo Nordisk are being sued over their GLP-1 duopoly."*

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## 806. WSJ What's News

Episode: What's News in Earnings: Tough Times Come for Big Food

Date: 2025-08-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion addresses GLP-1 drugs as one of several new trends affecting big food companies alongside health and wellness trends, political pressures, tariffs, inflation, and consumer behavior changes. It highlights the challenges companies face adapting to these pressures simultaneously but does not provide deep analysis specific to GLP-1 drugs.

*"One is GLP drugs. The other is what you just mentioned, which is this sort of make America healthy again movement, which is putting political pressure on these companies to reduce certain additives like artificial flavors, artificial colors, corn syrup, et cetera."*

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## 807. The Truth

Episode: Can we reverse the obesity epidemic?

Date: 2025-07-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on food consumption behavior and highlights how some food manufacturers are attempting to counteract these drugs by bioengineering more addictive foods. It includes perspectives on the mental struggle of obesity patients, the role of the food industry in obesity, and commentary on drug effectiveness.

*"With the new generation of weight loss injections curbing appetites, some food manufacturers are actually trying to fight back. There's a company that's bioengineering foods to outsmart Ozempic and other GLP-1 medications."*

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## 808. Freakonomics Radio

Episode: 660. The Wellness Industry Is Gigantic - and Mostly Wrong

Date: 2026-01-23 | Relevance: 75/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion highlights recent developments in GLP-1 drugs, including new formulations like oral Wagovi and their significant health benefits such as reducing cardiac risks and affecting the brain's reward system, which may influence behaviors related to food, alcohol, tobacco, and drugs.

*"One of the biggest home runs is they have this enormous effect very quickly in terms of reducing cardiac risk factors and cardiac mortality."*

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## 809. Superwomen with Rebecca Minkoff

Episode: Motherhood, Hormones, and the Fight to Feel Like Yourself Again

Date: 2025-10-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonists, including distinctions between drugs and supplements claiming similar effects, explaining their biological function and addressing consumer concerns around safety and efficacy. The conversation also touches on the complexity of GLP-1 terminology and its implication for satiety signaling.

*"The best metaphor that I've found to think about it is a key and a lock. You have a hormone called GLP-1 and receptors in your body, and when that hormone meets its receptor, it signals your brain that you're full and tells your body to stop eating."*

## 810. @BEERISAC: OT/ICS Security Podcast Playlist

Episode: AI, Consumer Behavior, and the Future of Food with Andreas Duess

Date: 2025-05-20 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the impact of GLP-1 drugs on the snack industry within the broader context of changing consumer behavior in the food and beverage sector, highlighting the shift in product demand and market dynamics influenced by these weight loss drugs.

*"we also cover ... what GLP-1 drugs are doing to the snack industry"*

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## 811. Keto/Carnivore Conversations

Episode: 168. Dr Robert Cywes - Card are not the problem - this is!

Date: 2025-12-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs as a transitional tool for weight loss and metabolic health, emphasizing the importance of behavioral and dietary changes alongside medication. The speakers caution against relying solely on drugs like GLP-1 as permanent solutions, advocating for lifestyle transformation instead.

*"...and then use medications like GLP ones, if warranted, if warranted to help you along the journey as a transitional tool, not as a permanent tool like Eli Lilly would have you take."*

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## 812. The CrossFit Podcast

Episode: Fasting, Ozempic, and Food Addiction With Dr. Jason Fung (EP. 033)

Date: 2025-09-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Discussion focuses on the role of GLP-1 agonist drugs like Ozempic in regulating hunger and metabolic responses, positioning these drugs as promising tools alongside fasting in weight management, though without detailed analysis specific to the food and beverage industry or operational insights.

*"I've mentioned them several times, the GLP-1 Agonist, the Ozempic, the Wagobi. What's your opinion on the use of these tools? The problem is not overeating per se, which is eating more calories in than calories out. The problem is over hunger."*

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## 813. Life After MLM

Episode: Episode 313 : Beth and Matt

Date: 2025-09-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on concerns about oversight and regulation of GLP-1 drugs, particularly compounded pharmacies producing generic versions amid supply shortages. There's also mention of the high costs and marketing practices influencing consumer behavior, highlighting regulatory challenges and industry exploitation.

*"They're making a copy of it, right? So it's essentially like a generic version and they're going and making the compound themselves. So FDA doesn't oversee that. You don't know what you're getting necessarily."*

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## 814. Breast Implants, Explant Surgery, and Breast Implant Illness with Robert Whitfield MD

Episode: Episode 113: How GLP-1 Agonists Affect Gut Health Cravings and Long-Term Weight Loss with Marcelle Pick, NP

Date: 2025-04-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features a discussion with a nurse practitioner about GLP-1 agonists, highlighting their effectiveness for significant weight loss and diabetes, while also addressing concerns about side effects like bone and muscle loss and challenges in dosing. It emphasizes GLP-1 drugs primarily as appetite control medications rather than direct weight loss solutions.

*"I mean, the side effects now that we're starting to see, especially in women that are doing it, are bone loss. Not a good thing. It's hard to get that back. And also muscle loss."*

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## 815. Food Junkies Podcast

Episode: Episode 248: Dr Guillaume de Lartigue - Memory and Food Cravings

Date: 2025-09-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic acting on brain receptors to reduce hunger and cravings, potentially affecting food motivation and reward but with unclear impacts on memory functions. The conversation explores how these drugs might influence consumer eating behavior by dampening food-related drives.

*"Ozempic definitely acts in the brain and it acts in, particularly in regions that are impacting hunger and reward. So it acts on both and it's likely it contributes by acting on both of these regions simultaneously, it reduces cravings."*

## 816. Fit Positive Confident

Episode: Biohacking part 2

Date: 2025-04-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic in the context of biohacking for weight loss, explaining their mechanism of appetite reduction and impact on blood sugar, alongside personal experiences with the medication. The conversation touches on how these drugs are used as tools for weight management without necessarily changing diet habits.

*"A lot of people are using it as a biohacking tool, you know, just to manage weight loss without really making much change to the way they eat."*

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## 817. The Dude Man Podcast

Episode: Hasn't Played Baseball In Twenty Years

Date: 2025-06-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 drugs like Ozempic being used as a first-line treatment for weight loss instead of diet and exercise, expressing skepticism and concern about this medical shift. The speaker critiques the reliance on medications over lifestyle changes and comments on the cultural and health implications surrounding this trend.

*"It's from a medical journal this is being advertised now they're saying GLP-1 drugs can be used first for weight loss says the American College of Cardiology diet and exercise no longer the main first line strategies for weight no longer the main first line strategy."*

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## 818. Later, with Mo'Kelly

Episode: Ozempic Lawsuits, Billy Joel's Documentary & Kevin Spacey's Failed 'Cancellation'

Date: 2025-08-20 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs such as Ozempic, highlighting their short-term weight loss benefits but expressing concerns about long-term health complications, including lawsuits related to serious side effects. These points reflect an outsider's perspective on both the promise and risks of GLP-1 drugs.

*"More than 2000 people have filed lawsuits targeting Ozempic and Zepbound. And the claims are the drugs cause dangerous and sometimes permanent health problems."*

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## 819. Shaye Ganam

Episode: EV's, Canola Tariffs, Artificial Sweeteners

Date: 2025-09-05 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic on consumer behavior, particularly in relation to smaller portion sizes and decreased snack consumption in the food industry. Bruce Winder, a retail analyst, highlights that Ozempic is more than a fad, representing a lifestyle change that affects how people eat and take vitamins.

*"The Ozempic trend has actually impacted the snack market where people are buying less snacks and people are buying smaller sizes."*

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## 820. Late Night Health Radio

Episode: Unpacking the Hidden Risks of Popular GLP-1 Weight Loss Drugs: What You Need to Know

Date: 2025-02-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses potential risks and side effects of GLP-1 weight loss drugs, the lack of effective supplement alternatives, and recommendations for supportive measures such as supplements and exercise. It highlights mental health concerns and the need for more data on supplements' effectiveness compared to GLP-1 drugs.

*"And then, you know, the first one is a big deal. Are there supplements that will help people lose weight, drop weight that don't have side effects?"*

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## 821. Fitt Insider

Episode: Hims vs Novo Nordisk, Running vs at-home fitness, Women's performance research scores \$50M

Date: 2026-02-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses HIMSS's launch of a compounded semaglutide pill as a needle-free alternative to GLP-1 injections, touching on legal challenges from Novo Nordisk and implications for direct-to-consumer healthcare. The segment highlights competitive dynamics in the weight loss drug market but does not deeply analyze impacts on the food and beverage industry or consumer behavior changes.

*"HIMSS launches a GLP-1 pill. HIMSS is expanding its weight loss lineup with a compounded semiglutide pill. Access starts at \$49 for the first month, positioning it as a needle-free alternative to injections."*

## 822. Schwab Network

Episode: TSLA Best Selling SUV in China, MCD Double Downgrade, SJM Soft Guidance  
Date: 2025-06-10 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs as an underappreciated long-term threat to McDonald's, with analysts projecting a potential 10% or more drag on sales over time due to changing consumer behavior.

*"They think the GLP-1 weight loss drugs are an underappreciated long-term threat for Mickey D's. They think that a 1% drag on sales today could eventually build up to a 10% or more drag on sales over time."*

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## 823. FREENVESTING

Episode: Joe Rogan Experience \_2380 - Jordan Jensen(M4A\_128K)  
Date: 2025-10-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The speakers discuss the efficacy and dosing issues with GLP-1 drugs like Ozempic, highlighting potential benefits for morbidly obese patients but also cautioning about side effects such as muscle and bone density loss. They criticize pharmaceutical companies' research practices and emphasize the need for proper dosing tailored to individuals.

*"What do you think about ozempic?...The problem with it is that when they're dosing it out to people they're giving everyone the same dose, and it should be dependent upon how much weight are you trying to lose?"*

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## 824. Real Food Recovery

Episode: Creating GLP1's Naturally  
Date: 2025-04-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 agonist drugs like Ozempic and Trulicity, explaining how they function to slow gastric emptying and their origins, while contrasting them with natural GLP-1 hormone production influenced by diet. It addresses how these drugs allow consumers to continue eating ultra-processed foods by pharmacologically slowing digestion.

*"All they do, they don't give you more of the hormone. All they do is they create a process in your body that slows gastric emptying, which they have connected now to hormone being created by your body naturally because your body is slower in gastric emptying."*

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## 825. Nutrition For Mortals

Episode: What Is "Food Noise" Really?  
Date: 2025-03-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: Discussion centers on how GLP-1 receptor agonist medications, approved for weight loss around 2021, have influenced people's relationship with food by reducing 'food noise,' a term describing persistent thoughts about eating. The topic connects rising social media reports and media articles from 2023 highlighting these changes in consumer behaviors due to the drugs.

*"People were flooding social media with reports about how their food noise is now more quiet or went away after they started taking these GLP-1 receptor agonist medications like Ozempic or Wago or, you know, Terzepatide like Monjaro or Zepbound."*

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## 826. The Neuro Experience

Episode: How GLP-1s Reduce Alzheimer's and Cancer Risk | ft. Dr. Rocio Salas-Whalen  
Date: 2025-10-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the evolution and impact of GLP-1 drugs like semaglutide and terzepatide on weight loss, including upcoming triple agonist therapies that show significant promise. It highlights the increasing efficacy of these drugs and briefly touches on their mechanisms, signaling a major health and lifestyle impact.

*"I've heard people also saying that they're taking a certain probiotic or a prebiotic that actually has GLP-1 in it. Is that a thing? If it was working, there will be shortage of that probiotic and not of semaglutide or terzepatide."*

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## 827. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: Stop Plateauing on GLP-1s: The Metabolic Reset (with Dr. Dean Jones)  
Date: 2025-12-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs as a tool for weight loss and metabolic health, emphasizing holistic approaches and overcoming plateaus without relying solely on increased medication. It highlights personal experience and coaching strategies for sustainable transformation with GLP-1s.

*"using GLP-1s as a tool, not a crutch."*

## 828. Fast to Faith: Weight Loss & Hormone Support for Women Over 35

Episode: How We Use Smart Nutrition To Calm Hormones, Heal The Gut, And Restore Energy

Date: 2026-02-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 weight loss drugs like Ozempic (semaglutide), highlighting their popularity and side effects, alongside non-drug supplements like Metabolift that aim to naturally boost GLP-1 production to support metabolism and ease the transition off medications. It provides some clinical insights and consumer considerations about GLP-1 drug use and its impact on weight loss.

*"Metabolift is, here's one of the things that the GLP-1 drugs don't do. They don't increase your metabolism. They will potentially help you lose weight. They might help with your cravings..."*

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## 829. Everyday Wellness: Midlife Hormones, Menopause, and Science for Women 35+

Episode: Ep. 438 The Rise of GLP-1s: Key to Weight Loss and Metabolic Health with Alexandra Sowa, MD

Date: 2025-02-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily from a medical coverage and insurance perspective, explaining current FDA approvals, insurance hurdles, and patient challenges in accessing these medications. The focus is on how these drugs are positioned for obesity and type 2 diabetes treatment rather than on direct impacts on the food and beverage industry or changing consumer behavior.

*"When patients are hopeful that these GLP-1 drugs can be covered by their insurance, ... a lot of insurance companies are not mandated yet to consider obesity as a disease so they can exclude coverage."*

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## 830. Energized with Dr. Mariza

Episode: 621: The Truth About Metabolic Health, Hormones and GLP-1s with Tyna Moore

Date: 2025-02-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 peptides such as Ozempic and Trizepatide in the context of metabolic health, particularly their role in weight loss, managing inflammation, and improving conditions like pre-diabetes and cardiovascular risk. While not directly addressing the food and beverage industry, it highlights the health benefits and considerations of these drugs during perimenopause and metabolic health optimization.

*"We're going to be talking about how to use them properly to drop inflammatory weight, to actually lower inflammation across the board, to support the brain, and so much more."*

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## 831. The Bright Side: A Hello Sunshine Podcast

Episode: Understanding GLP-1 Medications: Hormones, Menopause & the Science Behind the Headlines with Dr. Rocio Salas-Whalen

Date: 2026-01-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 weight loss drugs focusing on their effects on body image, health, and societal perceptions, featuring Dr. Rocio Salas-Waylan's insights including long-term use and personal experience. It addresses the emotional and cultural impact rather than direct food and beverage industry effects.

*"When you hear the word ozempic, what comes up for you? Does it feel like a breakthrough, like cause for celebration? Or does it make your heart ache a little? Like we're sliding back into this old narrative of celebrating dangerously thin bodies."*

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## 832. Weight Loss And ...

Episode: Expert Advice for Launching Your GLP-1 Weight Loss Journey in 2026

Date: 2025-12-10 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the upcoming surge in GLP-1 medication use starting in January 2026, emphasizing the importance of starting these drugs correctly to maximize benefits and avoid common pitfalls. The hosts provide guidance and resources for people embarking on a GLP-1 weight loss journey but do not touch on the impact on the food and beverage industry or consumer behavior changes specifically.

*"One of the biggest surges of people starting GLP-1 medications that I think we've ever seen."*

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## 833. The Last Word with Matt Cooper

Episode: How Ozempic Is Changing The World

Date: 2026-01-20 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal and social effects of GLP-1 weight loss drugs like Ozempic, focusing on changes in appetite, altered food and alcohol cravings, and shifting social perceptions of users as they lose weight. It highlights the drugs' impact on consumer behavior but does not deeply analyze industry implications.

*"The idea that you aren't craving food is really what they want, rather than you feel full."*

### 834. Dieting from the Inside Out

Episode: EP#381: What I Think of OZEMPIC for STRESS EATING

Date: 2025-09-03 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs like Ozempic for stress eating, emphasizing that these drugs are tools for weight loss but do not directly address emotional factors that drive stress eating. The host highlights that emotional hunger is distinct from physical hunger, and stresses that these medications may not fully solve stress eating problems.

*""OZEMPIC, or any of the GLP ones, they are a tool. They're just a tool. It's been an overabundance of people who have been on this drug for stress eating. They're shocked that they still stress eat.""*

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### 835. My Life On GLP1

Episode: My Life on GLP-1: Series 15 Trailer

Date: 2026-01-18 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses personal experiences and social perceptions related to GLP-1 drugs, focusing on stigma, changing relationships with food, and adapting to new norms. It emphasizes that changes in eating behavior due to these medications can be positive despite discomfort.

*""The relationship you are building with food now may look different than the one you had before. But different does not mean worse. It means changed.""*

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### 836. The You Lounge

Episode: The You Lounge Episode 15 - Behind the Blazer: Why So Many Corporate Women Are Turning to GLP-1

Date: 2025-07-04 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the increasing use of GLP-1 drugs among corporate women struggling with weight loss, highlighting the phenomenon within corporate settings but without deep industry or market analysis. The hosts share perspectives as weight loss coaches on why many corporate women turn to these medications.

*""Why do you think that so many high achieving corporate women are turning to GLP1?""*

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### 837. The Simply Strong Podcast

Episode: Breaking the Stigma Around GLP-1s - Why I Support Them for Women Over 35

Date: 2025-08-04 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast discusses GLP-1 drugs mainly from a supportive, health-focused perspective, emphasizing their benefits for women over 35 facing biological challenges like menopause and metabolic issues, and challenges the stigma around their use.

*""I want to challenge that hard because that, what we're not talking about is the women who have tried every single approach...and nothing is working.""*

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### 838. The Obesity Guide with Matthea Rentea MD

Episode: Reflux, Taste Changes & Food Aversions: Managing Unexpected GLP-1 Side Effects

Date: 2025-10-20 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses common side effects of GLP-1 weight loss drugs such as reflux, taste changes, and food aversions, providing insights from a board-certified obesity medicine physician based on clinical experience. While it focuses on managing these side effects, it offers practical information rather than industry or consumer behavior analysis.

*""I'm excited today to talk about some of the side effects that I don't think people get warned about when they're going on to a GLP-1 medication.""*

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### 839. The Chris & Joe Show

Episode: Hour 2: Your seat can be used as a flotation devise

Date: 2025-02-11 | Relevance: 80/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the expanding use of GLP-1 drugs like Ozempic beyond weight loss, mentioning their potential anti-inflammatory benefits and the likelihood of broader marketing for additional uses. They also touch on drug alternatives and receptor targets, indicating growing interest and evolving perceptions.

*""Do you think other doctors or doctors in general are going to catch on and market products like Ozempic and other semi-glutides for more than just their weight loss effects? It will happen."""*

## 840. Bariatric Surgery Success

Episode: Can Certain Foods Boost GLP-1 Naturally?

Date: 2026-01-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the natural activation of GLP-1 through certain foods compared to GLP-1 medications, emphasizing that while food can stimulate GLP-1 release, the effect is much weaker than that of pharmaceutical drugs. It explains the physiological role of GLP-1 and how fiber-rich diets can complement the use of GLP-1 drugs.

*"The amount of natural GLP-1 released and its effects are not remotely compared to GLP-1 drugs. Instead, think of it this way. Food and drugs can complement each other."*

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## 841. Dr. Joseph Mercola - Take Control of Your Health

Episode: Why GLP-1 Drugs Trigger Hair Loss

Date: 2026-01-16 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the side effect of hair loss linked to GLP-1 drugs due to rapid weight loss and nutrient deficiencies, highlighting clinical reports and metabolic impacts. It focuses on biological mechanisms rather than effects on industries or consumer behavior.

*"Adults using GLP-1s for prediabetes or weight control describe abrupt appetite changes followed by shedding. Dermatologists point to rapid weight loss as the spark, the same pattern seen after crash dieting or illness."*

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## 842. JAMA Network

Episode: JAMA Neurology : GLP-1 Receptor Agonists in Idiopathic Intracranial Hypertension

Date: 2025-07-14 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 receptor agonists in treating idiopathic intracranial hypertension, highlighting the potential benefits linked primarily through weight loss effects. The discussion centers on neurological implications, mechanisms, and clinical considerations without focusing on the broader food and beverage industry impact.

*"The challenge would be, I guess, maintaining equipoise about whether it really has a benefit, or is it simply their weight loss?"*

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## 843. GLP-1 Studio Podcast

Episode: What BioCare & Robard Are Getting Right About GLP-1 Nutrition and Support

Date: 2025-12-23 | Relevance: 70/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers around the nutritional challenges and opportunities arising from GLP-1 weight loss drugs, emphasizing how products like BioCare shakes can support users by providing necessary protein and nutrients amidst reduced food intake. The speakers address concerns about muscle loss and highlight efforts by companies to adapt their product offerings to better serve the GLP-1 community's needs.

*"I personally would rather a healthier choice than a bag of chips or another coffee on the go or something that may not be the best option for me."*

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## 844. The Tamsen Show

Episode: The #1 GLP-1 Doctor: What Works, What Doesn't & What's Next

Date: 2025-12-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 weight loss drugs on muscle, bone, and skin health, emphasizing potential risks such as muscle and bone loss, and skin sagging ('ozempic face') if weight loss is too rapid or nutritional needs aren't met. It highlights the importance of monitoring body composition and protein intake during GLP-1 drug use.

*"What's the risk of GLP-1 if not used properly? Muscle loss. So with that muscle loss, with time, it can also lead to bone loss and causing osteoporosis."*

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## 845. Metabolic Mind

Episode: Are We Using GLP-1 Medications All Wrong? with Dr. Ben Bikman

Date: 2025-07-14 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion focuses on the effects of GLP-1 weight loss drugs, comparing them to other weight loss methods like gastric bypass and caloric restriction, emphasizing the metabolic health impact and muscle mass loss associated with GLP-1 usage. The speakers express curiosity about long-term metabolic consequences and consider whether muscle loss is a drug effect or related to reduced food intake and absorption.

*"So it does at least bring some comfort to the fact that it's not a direct effect of the drug. For example, or in other words, it doesn't mean the semaglutide is somehow directly damaging muscle tissue. But again, it's rather just a feature of the overall metabolic milieu of someone who is perhaps poorly nourishing your body."*

## 846. The Empowered Health Dialogues Podcast

Episode: Why OZEMPIC (Semaglutide) Will CRASH and BURN

Date: 2025-09-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses OZEMPIC, a popular GLP-1 drug for weight loss, critiquing it as a temporary solution that undermines metabolism and leads to weight rebound once discontinued. The hosts argue that it is not a sustainable or healing treatment, labeling it as a 'miracle drug' destined to fail and cause long-term harm.

*"OZEMPIC. It's not healing your body. It's hijacking it."*

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## 847. WORK IT LADY PODCAST- JOIN US!

Episode: WHAT IN THE HEALTH IS GOING ON WITH OZEMPIC AND BLINDNES?

Date: 2025-02-11 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast episode discusses emerging concerns about potential blindness linked to GLP-1 drug Ozempic, citing a study involving nine patients and highlighting possible ocular nerve damage caused by rapid blood sugar changes. The conversation focuses on safety issues rather than the impact on the food and beverage industry or consumer behavior.

*"Review links three potentially blinding eye conditions to GLP-1 drugs like OZEMPIC."*

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## 848. Kate Dalley Radio

Episode: 041025 SHORT 10 MIN -OZEMPIC TRUTH Dr Bryan Ardis

Date: 2025-04-10 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses concerns regarding popular GLP-1 weight loss drugs Ozempic and Wegovy, highlighting reports from oncologists about increased cancer diagnoses among users and warning of known black box thyroid cancer risks. It challenges the marketed portrayal of these drugs as GLP-1 hormone treatments and raises safety alarm about their venom protein composition.

*"Also, the number one selling drugs in America right now are two weight loss and diabetes drugs called Ozempic and Wegovy. There is a massive explosion by oncologists reporting directly to me and going into the media now that many people on those drugs are coming in with new diagnoses within three years of starting those drugs. They already have a black box warning to cause thyroid cancer, and anybody who takes it between 12 months and 36 months."*

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## 849. The Neuro Times

Episode: Ozempic Blindness? What You Need to Know

Date: 2025-02-14 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the health implications of GLP-1 drugs like Ozempic, focusing on potential vision risks and the importance of managing blood sugar levels. It also covers alternative medications and emphasizes lifestyle modifications for diabetes and weight management.

*"Managing your blood sugar levels is critical. Whether you have diabetes or taking these medications for weight loss. Remember, these drugs directly affect blood sugar regulation."*

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## 850. The Lady Bod Pod

Episode: Ozempic Vagina: Saggy Labia or Yay-bia???

Date: 2025-12-18 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the mechanisms of GLP-1 receptor agonists like Ozempic, explaining how they suppress appetite, delay gastric emptying, and regulate blood sugar. The focus is on the biological effects rather than their impact on the food and beverage industry or consumer behavior changes.

*"Ozempic is a brand name like several other injectable therapies that are part of a class of medications known as semaglutides or GLP-1 receptor agonist."*

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## 851. Walk, Don't Run to the Doctor with Miles Hassell, MD

Episode: 38. Make Your Own Ozempic

Date: 2025-07-02 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic as popular weight loss options but emphasizes caution due to historical drug toxicities and highlights a preference for alternative lifestyle methods. It provides some overview and contextual background of weight loss drugs, noting concerns about side effects and financial implications from past drugs.

*"And so you hear about all these people losing weight on the GLP-1 drugs. That's like Ozempic and Zepbound, Monjaro and Wegovy."*

## 852. Show Me Today - The Voice of Missouri

Episode: Ozempic Face in Missouri: Social Media Buzz Meets Medical Reality

Date: 2025-11-25 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the physical effects of rapid weight loss associated with GLP-1 drugs like Ozempic, focusing on the cosmetic and health implications of loose skin. The conversation includes medical insights but does not extensively cover the impact on the food and beverage industry or changing consumer behaviors as related to GLP-1 drug usage.

*"Ozempic Face is the changes that you see when someone undergoes rapid weight loss."*

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## 853. Aging Out Loud

Episode: Isn't Ozempic A Diabetes Drug?

Date: 2025-02-12 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug originally for type 2 diabetes treatment that has been repurposed for weight loss, explaining its mechanism and effects on insulin resistance and metabolic health. It addresses common questions and concerns about the drug, detailing its impacts without specific commentary on food and beverage industry changes or executive perspectives.

*"From Oprah to Kathy Bates to Elon Musk, many well-known people who have been openly struggling with their weight for years have drastically changed their appearance by taking Ozempic."*

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## 854. Nathan, Nat & Shaun

Episode: Best Bits | Ozempic Confessions & Brickman Chats

Date: 2025-07-10 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising use and effects of GLP-1 drugs like Ozempic, focusing on their appetite suppressant qualities, side effects, and the perception that these drugs are tools to aid weight loss rather than standalone solutions. The conversation touches on changing attitudes towards weight management and mentions side effects and the need to maintain fitness alongside drug use.

*"They're essentially appetite suppressants. So they give you fullness and it also cuts out the food noise."*

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## 855. The Fred Show On Demand

Episode: What's Trending: Fred's Lunch Dilemma, Travis Kelce Maybe Retiring, & Ozempic

Date: 2025-02-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent research and personal experiences related to Ozempic, a GLP-1 drug, highlighting its potential in reducing alcohol cravings and consumption, as well as concerns about side effects like vision problems. It touches on the broader implications of GLP-1 drugs beyond weight loss, but without deep focus on the food and beverage industry's reaction or consumer behavior changes.

*"Literally, on the same day, Ozempic might be an alcohol addiction treatment... A new study highlights vision problems in patients taking semaglutide and trisepatide, popular drugs for type 2 diabetes and obesity."*

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## 856. Navigating Ozempic-#Ozempic

Episode: Ozempic Unveiled: Legal Battles, Medical Breakthroughs, and the Evolving Landscape of a Groundbreaking Medication

Date: 2026-01-17 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent legal developments related to semaglutide medications, including pending multi-district litigation cases citing severe side effects like vision impairment and gastrointestinal issues, alongside positive medical expansions like Ozempic's kidney protection approval. It focuses primarily on the evolving legal landscape and medical updates rather than detailed consumer or industry behavior changes.

*"As of January 5th, 2026, the Ozempic multi-district litigation now contains 3,630 pending cases, representing one of the most substantial pharmaceutical lawsuits in recent history."*

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## 857. Food Love with Chris Mezera

Episode: Ozempic Won't Do THIS for You... The Secret to Losing the Last 15 Pounds

Date: 2025-08-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses a personal story involving Ozempic, a GLP-1 weight loss drug, highlighting both its positive effects on weight loss and its limitations, particularly in maintaining weight loss and addressing psychological hunger. The host shares client experiences to emphasize that while Ozempic aids in initial weight loss, it may not fully satisfy cravings or eliminate the need for ongoing behavioral changes.

*"One of the first things about Ozempic is that whatever weight a person loses in that first year, there isn't going to be any additional weight and they have to keep taking the drug to maintain whatever weight loss they received in that first year."*

## 858. Eating For You

Episode: Episode 157: Why Weight Regain Happens After Weight Loss Medications

Date: 2026-01-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a balanced overview of how GLP-1 weight loss drugs like Wegovy and Mounjaro work, focusing on their appetite-suppressing effects and the limitations related to muscle preservation and eating behavior. It emphasizes understanding body composition beyond just weight loss and the challenges in maintaining weight after medication use, without expressing a strong pro or anti-medication stance.

*"The modern weight loss medications such as Zempic, Wegovy, and Mounjaro are what are called GLP-1 receptor agonists. They work through appetite suppression and appetite regulation... But what they don't address is preserving your muscle."*

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## 859. The Immunobuddies

Episode: Episode 179: Impact of Diet on Immunotherapy and Practical Approaches Part 3 with Immunotherapy Dietician Raiatea Van-Reenen University Hospital Derby

Date: 2026-01-30 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion centers on the impacts of GLP-1 weight loss drugs like Wegovy and Mounjaro, noting significant weight loss benefits alongside evolving side effects such as pancreatitis and colitis. The speaker expresses caution due to limited data, especially concerning use alongside immunotherapy and potential nutritional risks.

*"We have seen significant improvements in weight levels with the various different drugs on the market, so Wegovy or Mounjaro particularly, but we also have seen an evolving side effect profile including pancreatitis and colitis."*

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## 860. Joe Cannon Health

Episode: Can You Get Rhabdo From GLP-1 Meds Like Ozempic and Wegovy?

Date: 2025-12-16 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses potential health risks associated with GLP-1 drugs like semaglutide (Wegovy and Ozempic), focusing on reported cases of rhabdomyolysis following dosage increases. It provides specific medical case examples but does not cover impacts on the food and beverage industry or consumer behavior.

*"Here's a report of a 36-year-old man who went to the hospital complaining of dark-colored urine and severe leg pain, which he described as being a 9 out of 10 on the pain scale."*

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## 861. Newshour

Episode: What happens next in Venezuela?

Date: 2026-01-04 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt discusses GLP-1 weight loss drugs like Ozempic and Wegovy, explaining their mechanism related to natural hormones controlling appetite and blood sugar. It highlights the increasing popularity and expected global expansion as patents expire.

*"They're based on one of the natural hormones that we have in our body. These hormones are released from the intestines when we eat and they do a number of things."*

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## 862. The Story

Episode: Why weight loss drugs will change even more than you think

Date: 2025-06-15 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses personal experiences using GLP-1 drugs like Ozempic for weight loss, focusing on changing perceptions of food and satiety rather than industry or consumer behavior impacts directly. It touches on accessibility and cost of the drugs in the UK.

*"Yes, exactly. And obviously that's what Ozempic is for, that feeling of satiety."*

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## 863. Stock Movers

Episode: Novo Soars on Obesity Pill Approval; Huntington Ingalls Rallies; Warner Bros

Date: 2025-12-23 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the recent FDA approval of Novo Nordisk's GLP-1 weight loss pill, its market impact including stock gains, and competitive positioning against Eli Lilly's injectable and upcoming pill versions. It provides market context but does not deeply analyze changes in consumer behavior or direct effects on the food and beverage industry.

*"Shares of Novo Nordisk are up seven percent after that approval to sell the pill version of its blockbuster obesity shot."*

## 864. Trends

Episode: Beursupdate donderdag 11 september 2025 met Tom Simons

Date: 2025-09-11 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's significant layoffs and reduced profit growth forecast despite strong sales of GLP-1 drugs like Wegovy and Ozempic, highlighting a market shift with competitors like Eli Lilly also reaching high sales levels.

*"Novo plus concurrent Eli Lilly, die verkopen zo'n 40 miljard dollar aan die GLP-1 middelen."*

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## 865. Stock Movers

Episode: Oracle Falls on Disappointing Cloud Sales; Eli Lilly Jumps; Gemini Rallies

Date: 2025-12-11 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses positive results from Eli Lilly's phase three trials of their GLP-1 obesity shot, highlighting a significant body weight reduction of 23% over 68 weeks, and notes a positive market reaction alongside rising shares of competitor Novo Nordisk.

*"The body weight being reduced by a whopping 23% over 68 weeks in this study using their new obesity shot."*

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## 866. What the Flux

Episode: ResMed investors sleep soundly | Figma pops 250% on IPO | Ozempic faces a new challenger

Date: 2025-08-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses weight loss drugs like Ozempic as a perceived threat to ResMed's CPAP machine sales, but highlights that these drugs are actually aiding diagnosis of sleep issues and driving demand for ResMed's products. This reflects changing consumer behavior and unexpected market dynamics influenced by GLP-1 weight loss drugs.

*"Weight loss drugs like Ozempic were seen as a major risk to ResMed because losing weight can improve sleep apnea symptoms. But the opposite actually happened. People started going to their doctors for weight loss drugs and were being diagnosed with sleep issues. They were getting prescribed with ResMed's devices too."*

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## 867. Stock Movers

Episode: Novo Nordisk's Pill, Ryanair Fined, Akzonobel's Activist

Date: 2025-12-23 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's approval to sell a pill version of its obesity drug WeGovie, highlighting its strategic importance against Eli Lilly's competition and potential impact on weight loss treatments transitioning from injections to pills. It notes the pricing and expected market introduction dates, emphasizing the competitive dynamics in the GLP-1 drug market.

*"Yeah, I mean, it's just interesting, isn't it, that next year could be the year that the weight loss drugs go from jab to pill, which would make things so much easier for people."*

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## 868. Stock Movers

Episode: Novo Nordisk Soars, Johnson & Johnson Drops, ServiceNow Falls

Date: 2025-12-23 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's approval for a pill version of its obesity drug, highlighting its competitive edge against Eli Lilly in the GLP-1 weight loss drug market. The discussion centers on stock movements and the market implications of this approval.

*"Novo Nordisk won approval to sell a pill version of its obesity shot with Govi in the United States."*

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## 869. BioSpace

Episode: Novo Board Upended, ESMO Excitement, FDA Awards, Replimune's U-Turn

Date: 2025-10-22 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs focusing on pricing challenges and regulatory updates, including Novo obtaining expanded indications for its oral semaglutide pill and the complexity of the GLP-1 market with a preference for oral formulations effective for weight loss.

*"The current will go be list price and that, you know, just for, for a little bit more context is some gluteide for weight loss is \$1,349 for a 28 day supply."*

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## 870. WALL STREET COLADA

Episode: Recuperacion en Wall Street, Apple y Alibaba Apuestan por IA y Tesla Lanza Robotaxis.

Date: 2025-02-24 | Relevance: 65/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses CD Cohen's projection for the global GLP-1 drugs market for obesity, estimating growth to \$139 billion by 2030 driven by demand and expanding indications, with Eli Lilly and Novo Nordisk dominating the sector.

*"CD Cohen elevó su proyección para el mercado global de fármacos GLP-1 para obesidad a 139 billones hasta el 2030, con Eli Lilly y Novo Nordisk dominando el sector."*

## 871. Alles auf Aktien - Die taglichen Finanzen-News

Episode: Comeback der Glorreichen Sieben und die perfekte Sparplan-Taktik

Date: 2025-05-02 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs focusing on Eli Lilly's ZappBound experiencing a significant stock drop due to insurance reimbursement issues, competitive pricing pressures from Novo Nordisk, and recent financial results indicating lowered earnings guidance. The segment highlights competitive dynamics impacting the market but does not address food and beverage industry changes or operator and executive perspectives.

*"Aus Angst vor sinkendem Absatz des Abnehmemittels ZappBound sturzte die Aktie von Eli Lilly am Donnerstag zeitweise um mehr als 11% ab. Grund ist die Entscheidung des Versicherers CVS, ZappBound nicht langer zu erstatten."*

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## 872. Finans Podcast

Episode: Finans Update 8. juli: Novo star svagt i nste runde pa vggtabsmarkedet

Date: 2025-07-08 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion covers the competition between Novo Nordisk and Eli Lilly in the GLP-1 weight loss drug market, highlighting the differences in administration and perceived advantages of Eli Lilly's pill over Novo Nordisk's, as analyzed by a European pharmaceutical industry investor.

*"Hvis der er et alternativ, hvor du ikke behver at gre det, vil det selyfligelig have betydning for mange,' siger storinvestoren om fastekravene ved Novo Nordisks pille i forhold til Eli Lilly's teknologi."*

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## 873. Borsmorgen

Episode: Roda borser efter Israels attack mot Iran - oljepriset stiger

Date: 2025-06-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of compounded generic versions of GLP-1 drugs (like Novo Nordisk's Wegovy) on the market, how Novo Nordisk is innovating sales through telehealth agreements, pricing segmentation, and market dynamics involving insurance and direct consumer purchases. It highlights shifts in distribution channels and pricing strategies affecting consumer access to GLP-1 weight loss drugs.

*"...Novo has written agreements with telehealth companies that sold compounded drugs, to instead sell their genuine Wegovy, reaching many customers directly in a somewhat revolutionary sales method."*

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## 874. Addiction Medicine Made Easy | Fighting back against addiction

Episode: Weight Loss Surgery Doesn't Treat Food Addiction

Date: 2025-10-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker explains GLP-1 drugs as medications that signal fullness to the brain, allowing weight loss without dietary changes, and mentions their emerging use in reducing addictive behaviors like alcohol consumption and binge eating. The discussion highlights how GLP-1 drugs impact feelings of satiety rather than providing a complete solution to food addiction.

*"Now, no lecture on food would be complete without talking about GLP-1 medications. So GLP-1 is a hormone that is made naturally by the body... these medications are artificially telling our brain that we're full despite our crappy diet."*

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## 875. Breaking Up With Binge Eating

Episode: Olivia's Journey: How Medication Helped Silence Her Food Noise

Date: 2025-09-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features an individual's personal experience using semaglutide, a GLP-1 receptor agonist, to manage binge eating disorder, discussing the effects of the medication and touching on research trends and opposing views. It provides insight into real-world impacts of GLP-1 drugs, relevant to understanding changing consumer behavior in food consumption.

*"Pharmaceutical companies advertise to us, but like, what's it really like?"*

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## 876. The Human Garage Experience

Episode: Big Pharma's Venom Secret: Ozempic, Vaccines & Food Supply Exposed

Date: 2026-01-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy (semaglutide), focusing on misconceptions about their composition, lifelong usage, and side effects, highlighting that these drugs contain a venom protein from the Gila monster rather than the GLP-1 hormone itself. The discussion leans towards skepticism about the drugs and critiques pharmaceutical marketing.

*"Ozempic, for everybody who hasn't tried it yet, is a lifelong prescription. Did you know this? It's lifelong. Lifelong. It's once a week for life. You never stop it. And if you don't stop it, if you stop it, there are horrible side effects."*

## 877. Extend Podcast with Darshan Shah, MD

Episode: 119. Dr. Rocio Salas Whalen: How To Lose Weight On GLP-1s Without Losing Muscle  
Date: 2025-12-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides an in-depth scientific overview of GLP-1 as a hormone and its role in preventing obesity-related diseases. It explains the history, mechanism, and positive impacts of GLP-1 drugs, mainly focusing on their health benefits rather than their effects on the food and beverage industry or consumer behavior.

*"Yes. And so the critical hormone in this process is GLP-1. And I want to talk about the mechanisms about how GLP-1 works."*

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## 878. Everyday Wellness: Midlife Hormones, Menopause, and Science for Women 35+

Episode: BONUS: This Natural Compound Cuts Calories by 18% - The Most Promising Alternative to GLP-1 Drugs with Sarah Kennedy  
Date: 2025-09-15 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs in the context of weight management, comparing them to a new supplement called CaloCurb which reduces caloric intake differently. It highlights potential benefits and challenges of GLP-1 drugs, especially for metabolic health and managing hunger but also considers alternatives and adjunct therapies.

*"We were chatting before we started recording about, you know, the rise of GLP-1 drugs and how they have really impacted profoundly metabolic health and utilization of these drugs for innumerable amount of disorders."*

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## 879. The Glossy Beauty Podcast

Episode: Reinventing a heritage beauty brand with Borghese COO Dawn Hilarczyk - plus, industry news  
Date: 2025-09-04 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the adoption and effects of GLP-1 drugs, including oral versions and celebrity endorsements, highlighting how these drugs are being normalized and used for varying degrees of weight loss beyond medical necessity. However, there is no direct discussion on how GLP-1 drugs are affecting the food and beverage industry or operators' behavior.

*"Yeah, I mean, as you were saying, going to a pill version could be just such a huge breakthrough for people who were interested, but maybe put off by the idea of having to do an injectable."*

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## 880. Program Yourself Thin Podcast

Episode: Episode 520: 3 Reasons Your Goal Weight Sucks  
Date: 2025-03-31 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 weight loss drugs, highlighting concerns about rapid muscle loss and potential negative effects of fast weight reduction, while also acknowledging the complexity and mixed perceptions around these medicines. They express skepticism about the pharmaceutical industry's motivations and note the lack of long-term testing on non-diabetic users using these drugs for weight loss.

*"I think they will say, a relatively bad thing about the medicine potentially is that you lose weight so quick you do lose muscle mass... they are losing too much muscle that they pretty much will never be able to get back."*

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## 881. Abel James Show

Episode: David Page of Diners, Drive-Ins and Dives on Eating Nose-To-Tail  
Date: 2025-09-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker shares a personal experience using Ozempic (a GLP-1 drug) to manage appetite and improve blood sugar levels, highlighting its role in weight loss alongside dietary changes. While acknowledging the drug's benefits in appetite suppression, the speaker notes it is not a cure-all, emphasizing the need for lifestyle adjustments.

*"I'm on Ozempic now... Ozempic is not a panacea. Ozempic will deal with appetite it will not deal with all of the other reasons someone like me turns to food boredom emotion excess."*

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## 882. The Dude Man Podcast

Episode: Hasn't Played Baseball In Twenty Years  
Date: 2025-06-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the emerging medical acceptance of GLP-1 drugs like Ozempic as primary treatment for weight loss, criticizing the reliance on these drugs over lifestyle changes. It highlights skepticism and concerns regarding the medical community's shift to pharmaceutical solutions for obesity.

*"They're saying GLP-1 drugs can be used first for weight loss says the American College of Cardiology diet and exercise no longer the main first line strategies for weight no longer the main first line strategy."*

### 883. Stay Well with Dr. Zorba Paster

Episode: Study finds Ozempic cuts risk of chronic kidney disease complications, Epidurals linked to reduction in serious complications after childbirth, Moroccan Fava Bean Soup

Date: 2025-06-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses new research findings that Ozempic, a GLP-1 drug, significantly reduces the risk of major kidney disease complications in patients with type 2 diabetes, highlighting its health benefits. Although it outlines the drug's medical impact, it does not address how GLP-1 weight loss drugs are affecting the food and beverage industry or consumer behavior changes.

*"There was a 24% lower likelihood of having a major kidney event, like losing half of your kidney function, needing to go on dialysis, going into kidney failure, needing a transplant in the Ozempic group."*

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### 884. Flex Diet Podcast

Episode: Episode 342: Balancing Nutrition and Social Life with David Page

Date: 2025-09-11 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker discusses their personal experience using Ozempic, a GLP-1 drug, for weight loss and diabetes management, describing significant positive health outcomes but also noting that while Ozempic suppresses appetite, it does not address emotional eating behaviors.

*"And she put me on Ozempic, which A, technically is for diabetes, but also has an appetite suppressant element to it."*

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### 885. Futureproof with Jonathan McCrea

Episode: Extra: Solving Obesity

Date: 2025-02-18 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the biological mechanisms of GLP-1 drugs like Ozempic, mapping how these drugs bind in the human hypothalamus compared to mice models, providing scientific insight into appetite and obesity regulation. However, it does not directly address the impact on the food and beverage industry or consumer behavior changes.

*"I think the whole world suddenly knows what Ozempic is. There's this new class of weight loss and diabetes drugs. And so we map, for example, for the first time in humans where, in effect, Ozempic, or at least the source hormone, GLP-1, binds to within the hypothalamus."*

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### 886. 77 WABC News Hour with Noam Laden

Episode: The MTA is begging for more money again. Zohran Mamdani says Andrew Cuomo is liar.

Date: 2025-08-20 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic and Wegovy on the restaurant industry, noting that reduced appetite and less eating out are leading to financial challenges for restaurants. Pricing of these drugs is also addressed in the context of access and affordability.

*"First time someone said to me, I think some of our business downturn is the Ozempic effect. These GLP-1 drugs, I'm hearing it from across the spectrum now that folks are eating out less."*

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### 887. Real Time with Bill Maher

Episode: Overtime - Episode #704: Andrew Huberman, Frank Bruni, Christopher Rufo

Date: 2025-08-26 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, focusing on their effectiveness in weight loss, the challenges of maintaining weight without lifestyle changes, potential side effects, and emerging legislative issues around compounding pharmacies. While positive about their potential benefits, concerns about metabolism reduction and side effects are also highlighted.

*"The interesting thing about Ausempick that bothers a lot of people is that it is very expensive and if you go off it, you gain the weight back unless you do something like resistance training, aka weight training, to keep the muscle that you have because muscle is a highly metabolically active tissue."*

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### 888. Schwab Network

Episode: Stock Market Morning Minute: TSLA, MCD, AAPL

Date: 2025-06-10 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: Redburn Atlantic downgraded McDonald's stock citing the threat posed by GLP-1 weight loss drugs to consumer appetites, projecting a cumulative long-term impact that could greatly reduce sales, especially among lower income consumers. The analyst highlighted potential behavioral changes that reshape dining habits and decrease habitual demand at restaurant brands.

*"The firm sees the GLP-1 weight loss drugs suppressing consumer appetites and presenting an unprecedented longer term threat for McDonald's."*

## 889. Late Night Health Radio

Episode: Unpacking the Hidden Risks of Popular GLP-1 Weight Loss Drugs: What You Need to Know

Date: 2025-02-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion focuses on the use of GLP-1 weight loss drugs, concerns about their mental health side effects and lack of comprehensive data, and consideration of supplements and lifestyle factors to support patients using these medications. The conversation highlights caution and the need for further research rather than enthusiasm for GLP-1 drugs.

*"Patients have reported, you know, changes in mood swings and also, you know, the lack of reward or excitement when it comes to eating food."*

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## 890. Late Night Health Radio

Episode: Tuning In: How Your Body's Energy Field Could Be the Key to Better Health

Date: 2025-11-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the usage of GLP-1 inhibitors, including concerns about off-label use and mental health side effects, the lack of effective supplement alternatives, and recommendations to support patients using GLP-1 drugs through supplements and lifestyle changes. However, it does not focus heavily on how these drugs affect the food and beverage industry or operator perspectives on changing consumer behavior.

*"patients who are maybe not in need of it, so to speak, are using it... mental health side effects... changes in mood swings and also, you know, the lack of reward or excitement when it comes to eating food."*

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## 891. Friends With Fertility

Episode: Beyond the Scale: Dr. Spencer Nadolsky on Obesity, Hormones, and Better Health

Date: 2025-07-02 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a discussion about GLP-1 drugs, focusing on the importance of obtaining FDA-approved versions for obesity and type 2 diabetes treatment, the risks of unregulated black market purchases, and pricing options including Eli Lilly's direct program to make drugs more affordable. It highlights consumer safety concerns rather than industry or operator behavioral impacts.

*"The best way is getting the FDA approved stuff... if there's an indication, then you try to get FDA approved versions... Eli Lilly does this thing called Lilly Direct, and they make it cheaper... That's how you guarantee that it's good grade."*

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## 892. My Wife the Dietitian

Episode: Ep 180. Navigating GLP-1 Weight Loss Meds with Ana Reisdorf, RD

Date: 2025-06-17 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs focusing on their effectiveness and side effects, particularly concerns about misuse, long-term muscle and bone health, and the misunderstanding of the medication as a 'magic pill' for weight loss. The speaker highlights potential risks of malnutrition and muscle loss, especially among older adults using these drugs for weight loss.

*"My bigger concerns, honestly, are not the side effects like caused by the medication because I believe that most of them are relatively manageable. My concern is really like what happens when people don't, when people see it as the magic pill, they don't have to do anything else."*

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## 893. America Trends Podcast

Episode: EP 836 Obesity Inhibitors: A Breakthrough in Medicine

Date: 2025-02-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the history and use of pharmacotherapy for obesity, including newer GLP-1 receptor agonists, highlighting patient considerations, ongoing lifestyle interventions, and challenges like medication affordability and accessibility.

*"For my patient population, many of these patients have been on pharmacotherapy for quite some time. Now, these newer agents, the GLP-1 receptor agonists, the ones that we're hearing about, were not in the conversation as much."*

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## 894. Plant Based Briefing

Episode: 994: [Part 1] Obesity: Is a GLP-1 Deficiency Its Cause, and How to Treat It Without Ozempic and Other Drugs by Dr. Michael Greger at NutritionFacts.org

Date: 2025-02-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic as a treatment for obesity, highlighting skepticism about their promotion and funding biases, while emphasizing the role of food environment and lifestyle in the obesity epidemic. It questions the over-reliance on medication and the implications for patient autonomy and insurance coverage.

*"Are these GLP-1 drugs the answer to the obesity epidemic? The head of the European Association for the Study of Obesity was pretty bullish, conveniently failing to disclose that his group had received millions of dollars from the drugmaker."*

## 895. The School of Doza Podcast

Episode: What's the GLP1 Secret to Weight Loss and Better Health?

Date: 2025-03-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 hormones in weight loss and blood sugar regulation, highlighting how diet, particularly healthy fats like avocados and eggs, can stimulate natural GLP-1 production. It connects GLP-1 drugs' effects with dietary approaches and metabolic health, mainly in the context of diabetes and weight management.

*"The foods that I eat... help your digestive tract increase more GLP-1 to be released. That hormone helps us with blood sugar and helps us with weight. The same thing you're injecting yourself with every week."*

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## 896. The Rejuvenating Health Podcast

Episode: E134 | Quieting Food Noise

Date: 2025-11-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the concept of 'food noise' and how GLP-1 drugs relate to managing this mental chatter around food by affecting hunger hormones like ghrelin and leptin. The focus is on the biological and psychological aspects of appetite regulation rather than direct industry impact.

*"If you've ever looked into GLP-1s, you've heard the surrounding term about food noise and how it decreases food noise. But essentially, food noise is that constant mental chatter about food and thinking about what you'll eat next..."*

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## 897. The Kick Sugar Coach Podcast

Episode: Dr. Susan Peirce Thompson: Why Some Foods Are Harder to Quit Than Cocaine

Date: 2025-03-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Dr. Susan Peirce Thompson compares weight loss results of GLP-1 drugs like semaglutide (Ozempic) with her Bright Line Eating program, noting that her program results in roughly double the initial weight loss compared to GLP-1 drugs, and discusses the gradual dosage build-up required for semaglutide due to side effects.

*"Research shows that when people start losing weight in the first two months, they lose three to 5% of their weight. Now with Bright Line Eating, they lose way more than that, just about double that... they have to start on like a one-eighth or one-tenth of the dose and gradually build you up."*

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## 898. BrainStim

Episode: 338: GLP-1

Date: 2026-01-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, explaining their function and widespread media presence, and touches on concerns about their cost and potential health impacts. The host critiques the popular use of GLP-1 drugs and compares them to past weight loss trends, highlighting skepticism about their safety and effectiveness.

*"Honestly, do we really understand what GLP-1 is?...GLP-1 is something that's naturally produced in the body."*

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## 899. Medical Medium Podcast

Episode: 126 GLP-1 Insanity

Date: 2026-02-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast episode critically discusses GLP-1 drugs, arguing that their use for weight loss is misguided, highlighting concerns about their side effects and the pharmaceutical industry's motives. It warns listeners about instant gratification approaches and the potential harm of these medications.

*"GLP-1 drugs are like throwing a bandage over a dirty infected wound. Nothing good comes out of forcing your pancreas to produce more insulin for somebody that's trying to lose weight."*

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## 900. Game-Changing Health

Episode: Do You Need Carbohydrates on a GLP-1? (Yes - Here's Why From a Dietitian on a GLP-1)

Date: 2026-01-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode, hosted by a registered dietitian, discusses GLP-1 drugs primarily in the context of nutrition and sustainable health practices. The host is launching a program specifically for GLP-1 users and provides insights on diet management while on GLP-1 medications.

*"I am launching a program for my GLP-1 girdies. So if you are someone taking a GLP-1 medication, I think you're going to love it. I think you're going to be obsessed with it and I'd love to have you."*

## 901. Wholesome Nutrition with Hannah

Episode: Here's How to Naturally Boost GLP-1 Without the Shot

Date: 2025-10-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs as a hot topic and shares a past client's mixed experience with using GLP-1 medication for weight loss, focusing on pros, cons, and alternatives. It highlights the importance of considering individual responses and offers insights for those thinking about starting or already using GLP-1 drugs.

*"She just talks about her experience. You know, she had far more cons than she had pros, but it did work for her."*

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## 902. The ALL ME Podcast

Episode: Episode 134: Weight Loss, Wellness, and the Truth About GLP-1 - Dr. Maureen Gibbons

Date: 2025-11-04 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode focuses on GLP-1 drugs like Ozempic and Wegovy, offering an honest and educational discussion about their use and impact, featuring an expert guest. It touches on medical and behavioral aspects but does not deeply analyze effects on food and beverage industry or changing consumer behavior specifically.

*"We're today going to talk about the topic of GLP-1, which stands for glucagon-like peptide one, which most of our listeners are probably going to recognize things like Ozempic and Wegovy first."*

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## 903. Dishing Up Nutrition

Episode: GLP-1 with Guidance: Why Working with a Nutritionist Changes Everything

Date: 2026-01-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses what GLP-1 drugs are, how they function by mimicking a natural hormone to regulate blood sugar and appetite, and addresses common questions on nutrition and usage with these medications. It aims to clear confusion and educate listeners on the benefits and considerations of GLP-1 drugs.

*"GLP-1 medications... basically mimicking or enhancing this natural hormone."*

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## 904. Unsolicited Advice with Coach Joey Szolowicz

Episode: Ep. 81 - GLP-1's, A Coach's Perspective

Date: 2025-04-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy, highlighting their rise in popularity for fast weight loss and their original medical use for type 2 diabetes. The speaker notes that these drugs help regulate appetite and have become a major topic in the health and wellness community, reflecting changing consumer behaviors.

*"Since about a year and a half ago when they hit the scene, they became the main topic of discussion in the fast weight loss community."*

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## 905. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: Eat Like a GLP-1 Super Responder (with Erin Palinski-Wade)

Date: 2025-11-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses effective use of GLP-1 drugs for weight management and metabolic health, emphasizing the importance of metabolic preparation and lifestyle support alongside medication. It features a registered dietitian sharing best practices for optimized GLP-1 drug results, including appetite regulation and insulin management.

*"With a GLP-1, I mean, you think about it, it's a tool, right? So if someone's on a GLP-1, they're using it either to manage their blood sugar or lose weight or a combination of both. And so it's one tool, but it's not going to do all the work for you."*

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## 906. The Elise Tzurkov Podcast

Episode: Magic Pill or Misunderstood? GLP-1 & Midlife Weight

Date: 2025-09-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses the widespread use and perception of GLP-1 drugs, highlighting both their popularity among public figures and the social stigma attached to their use. The host reflects on how these drugs are impacting individuals but does not delve deeply into their effects on the food and beverage industry or detailed consumer behavior changes.

*"I think that was a big one. Jordan Syed, if you don't follow Jordan Syed, you should. He's really funny. He's great. He's really strongly opinionated. And he is like the fitness coach that is like, keep it simple and just do the fucking shit and be in a calorie deficit and all the things. And he came out saying that he was on a GLP-1 as a trial for eight months and that he learned so much about himself and that it was like the greatest thing he ever did."*

## 907. METABOLIC AF

Episode: The Biggest GLP-1 Mistake 90% of Women Are Making (Semaglutide vs Liraglutide)

Date: 2025-12-26 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily as weight loss aids, emphasizing their ease of use despite side effects, and highlights human behavior factors influencing their adoption. It also mentions the health and wellness perspective related to appearance and cost-benefit reasoning in using GLP-1s for weight loss.

*"It's very easy to do a GLP-1 to lose weight... People are so focused on losing weight."*

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## 908. Bariatric Surgery Success

Episode: Inside the GLP-1 Kitchen: Where Science Meets Delicious

Date: 2025-12-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on a cookbook tailored for people using GLP-1 weight loss drugs or post-bariatric surgery patients, aiming to provide recipes that are nutritionally dense, small in portion size, and suitable for those dealing with nausea or difficulty eating large meals. It reflects on how GLP-1 medications influence dietary needs and taste preferences.

*"We specifically and intentionally created recipes that are smaller portions, but pack a lot of nutrition."*

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## 909. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Protein Basics for GLP-1 with Dr. Travis Masterson and Dr. Michelle Cardel

Date: 2025-11-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features Dr. Michelle Cardel discussing her extensive work with GLP-1 weight loss drugs, including behavioral programs tailored for GLP-1 users and the holistic impact of such medications on diet quality, physical activity, and quality of life. The conversation touches on the importance of protein intake for people on GLP-1 medications and weight management.

*"I've helped develop the first ever scalable and commercially available GLP-1 behavioral program, tailored for people on GLP-1 medications, and I tend to focus a lot on conducting research and clinical trials assessing efficacy with drugs like semaglutide or terzepatide."*

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## 910. Systems Over Goals

Episode: GLP-1 Nutritional Considerations

Date: 2025-02-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This podcast episode discusses nutritional considerations for individuals using GLP-1 drugs specifically for weight loss, emphasizing hydration and proper medical supervision but does not address the impact on the food and beverage industry or consumer behavior shifts.

*"One of the biggest nutrition considerations while you're on these [GLP-1 drugs] is to make sure that you're getting enough hydration."*

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## 911. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: Rethinking GLP-1's for Inflammation, Thyroid and Hormone Health (with McCall McPherson)

Date: 2026-01-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses dosing strategies for GLP-1 weight loss drugs, concerns about rapid weight loss such as muscle loss and 'Ozempic face,' and emphasizes the importance of slower weight loss for better long-term outcomes. The conversation also touches on medication dosing preferences, focusing on non-standardized doses aimed specifically for weight loss rather than diabetic doses.

*"We do not use any standardized medication simply because I don't think people should be using diabetic doses of medication for weight loss."*

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## 912. Weight Loss Winformation

Episode: Episode 238: GLP-1's, Part 2. A Conversation with Kellie Wilson: Bariatric Surgery with a Side of GLP-1

Date: 2025-07-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal experiences and challenges with GLP-1 drugs relating to weight loss, emphasizing the need for comprehensive care that includes aftercare and psychological support alongside medication. It reflects on the slow but steady weight loss approach and acknowledges some limitations of GLP-1 treatments in individual cases.

*"Absolutely. And maybe that will happen because when I started in the bariatric community, which was 20 years ago, I was a loner... and maybe that will happen with the GLPs. We'll see."*

## 913. We Only LOOK Thin

Episode: Episode 402 - GLP-101

Date: 2025-10-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a layperson-oriented discussion about GLP-1 drugs, explaining how they work, common side effects, and social perceptions, emphasizing the normalization of using such medications for weight loss. The discussion focuses on the biological mechanism and social commentary rather than the impact on the food and beverage industry or operators' behavior.

*"I think that sometimes there can be some shame around going on a weight loss drug. And I think that we as a society need to get past that."*

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## 914. Sleep Takeout

Episode: Episode 110 - S5 Reality Check GLP Medications

Date: 2025-11-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast segment discusses the challenges faced by healthcare providers, particularly non-specialists, in managing GLP-1 medications, including insurance barriers and expanding indications such as treatment for sleep apnea. It touches on the broader implications of GLP-1 drugs' usage but does not directly address impact on the food and beverage industry or consumer behavior.

*"I just had such a frustrating week on, I would say, three quarters of my patients this past week required me to at least do about 15, 20 minutes of work on paperwork to get their GLP-1 medicine approved by their insurance."*

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## 915. GLP-1 Hub: Support, Community, and Weight Loss

Episode: Finding Balance, Confidence & a New Career with GLP-1s: Bryana's Story

Date: 2025-10-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses a personal success story of weight loss using GLP-1 drugs and touches on safety considerations around compounded GLP-1 medications, providing advice on how to verify their safety amidst evolving FDA regulations.

*"Yes, compound GLP-1s are safe with a huge asterisk. It really depends where they are coming from."*

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## 916. Mind Over Macros

Episode: The Great GLP-1 Debate

Date: 2025-08-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity of GLP-1 weight loss drugs such as Ozempic, Wegovy, and Zipbound, highlighting varied opinions including concerns over misuse and lack of research, as well as recognition of their benefits when used appropriately.

*"GLP-1 medications are gaining more popularity. Ozempic, Wegovy, Zipbound. I'm sure you've heard of them before. And now we are seeing the popularity just increase."*

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## 917. Seems Like Diet Culture

Episode: 159. Influencers Lying About Ozempic?!

Date: 2025-05-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the social impact and culture around Ozempic, a GLP-1 drug, focusing on how influencers are using or misrepresenting the drug and its effect on body image and diet culture. The episode addresses the societal implications and misinformation rather than detailed industry or consumer behavior analysis from operators.

*"Whenever we have a new type of drug or product that can significantly change someone's body or appearance, and there's a chance that it can be done inconspicuously or without having to tell people, it usually happens."*

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## 918. We Time Convo

Episode: Season 3, EP5 - Ozempic

Date: 2025-10-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic, touching on their celebrity-driven popularity, potential health concerns, pricing, and varying effects on different populations. The conversation highlights both the appeal of quick weight loss and uncertainties about long-term health impacts and psychological factors.

*"I think that's the selling point for a lot of people now, like, hey, I can get thin quick and maybe maintain this, but that price tag of a thousand dollars is going to be quite scary."*

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## 919. The Chris Michaels Show

Episode: Ozempic on the ropes?

Date: 2025-03-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drug Ozempic causing notable weight loss effects and the food industry's response, particularly Big Food companies attempting to reformulate foods to bypass these drugs' effects. The tone is critical of both the drug's effects and the

food industry's efforts.

*"There is a food company called Big Food, and what are they doing? They are trying to engineer food to bypass Ozempic."*

## 920. The Longevity Link

Episode: Can Ozempic Extend Your Lifespan?

Date: 2025-09-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode explores whether GLP-1 drugs like Ozempic can extend lifespan and health span, examining scientific research and public perceptions. It focuses on longevity implications rather than effects on the food and beverage industry or consumer behavior changes.

*"The big question we're tackling today is could Ozempic, semiglutide, you know, its generic name or just GLP-1s, the class of drugs they're in, could they actually extend your life?"*

## 921. Ransomed Bodies Project

Episode: #356 - Ozempic... Worth It?

Date: 2025-04-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the effectiveness of Ozempic, a GLP-1 drug, in significantly reducing cravings and altering brain responses to food, highlighting its widespread use and powerful impact on weight loss compared to natural methods. It emphasizes how Ozempic changes consumer behavior by reducing appetite and food-related thoughts, which could have implications for the food and beverage industry.

*""Ozempic is a very, very powerful drug... it literally rewires your brain.""*

## 922. Primetime with Isaac and Suke

Episode: You Can Buy Ozempic At Costco Now!

Date: 2025-10-09 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the availability of GLP-1 weight loss drugs Ozempic and Wegovy at Costco, highlighting their popularity and high cost, and comments on Costco's broad product range. There's mention of these drugs being expensive prescriptions due to list price and popularity, but the conversation remains mainly informal and anecdotal.

*"Costco is now selling the pricey blockbuster weight loss drugs Wegovy and Ozempic at discounted prices."*

## 923. Still Awkward with Sadie Young

Episode: 448.Ozempic, Teen Screens & the Product Going Zero Sugar

Date: 2025-12-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic primarily in the context of their weight loss effects and a new potential use in reducing alcohol cravings. It touches on consumer behavior changes around sugar intake and mentions price and prescription considerations but lacks detailed analysis on the food and beverage industry impact.

*""Like Ozempic, which is a GLP-1 is an appetite suppressant. Right. So you're saying this pill is an alcoholic suppressant? An alcohol suppressant? Yes. That makes you not want to drink alcohol if you're addicted to alcohol? That's what it says.""*

## 924. What Would Dr. Meyers Do?

Episode: Episode 117: Body Image & Eating Disorders in the age of Ozempic

Date: 2025-07-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the psychological and behavioral impacts of GLP-1 weight loss drugs like Ozempic, focusing on how these drugs affect patients with eating disorders and emotional eating. The conversation highlights both benefits, such as reduced binge behavior, and concerns about addressing only symptoms rather than underlying issues.

*""I sensed you were very clear that you were conflicted regarding the treatment because you were treating or the injectable treated the symptom, but not the underlying issue.""*

## 925. Boston Public Radio Podcast

Episode: BPR Full Show 8/19: Ozempic Jealously

Date: 2025-08-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the widespread use of GLP-1 weight loss drugs like Ozempic and Wegovy, highlighting social and personal impacts such as jealousy and relationship issues arising from uneven usage among loved ones. It touches on the drugs' popularity and societal effects rather than detailed industry or consumer behavior shifts.

*""More than one in every 10 Americans has used GLP-1 drugs for weight loss... the unintended side effects of people taking Ozempic or those other weight loss drugs, or not taking them, include jealousy from your loved ones and problems in the marriage.""*

## 926. Oprah's Weight Loss Dilemma: The Ozempic

Episode: Oprah Winfrey Opens Up About Ozempic Weight Loss Journey Sparking Nationwide Conversation on Health and Medication

Date: 2025-11-08 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Oprah Winfrey's public use of the GLP-1 drug Ozempic for weight loss, highlighting both positive personal health impacts and the controversy it generated in public discourse. It touches upon the medication's increasing prescription beyond diabetes management and the societal reactions to its popularity.

*"Oprah expressed that Ozempic helped her manage not only her physical appearance, but also her relationship with food and ongoing health challenges."*

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## 927. It's Not You, It's Your Hormones

Episode: 22. Ozempic: The Truth No One's Talking About

Date: 2025-08-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drug Ozempic primarily from the perspective of an integrative health practitioner providing opinions on its effects and usage among clients, highlighting both interest in its results and concerns about side effects.

*"I am just not totally convinced based on what I know of it that I want to jump on an injectable that makes you forget to eat, poop or feel joy."*

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## 928. Health in Faith | How to Lose Weight Fast, Metabolism, Keto Diet, Detox, Workout, Bible Verse for Health

Episode: 11 | 3 Natural Ozempic Alternatives That Actually Support Weight Loss

Date: 2025-10-25 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic and other GLP-1 weight loss drugs, highlighting their popularity and the desire to find natural alternatives that align with the host's faith. It reflects on the drugs' benefits but also expresses caution regarding side effects, dependency, and spiritual considerations.

*"Maybe you've heard of it from celebrities, social media or even your doctor, maybe you're even thinking about taking it yourself. It's been hailed as the miracle weight loss injection. But as a child of the most high God, is this really the best thing for you to choose to shed those excess pounds?"*

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## 929. Fitzy, Wippa & Kate

Episode: The New Pill Melts Fat Faster Than Ozempic!

Date: 2025-06-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the upcoming development of a GLP-1 pill as an alternative to injectable drugs like Ozempic, highlighting ease of use and commercial potential, with a lighthearted and positive tone.

*"Eli Lilly Research shows that the same GLP-1 that you use the jab for an Ozempic, which lowers a patient's weight and blood sugars, it's going to be turned into a pill very soon."*

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## 930. Talk Your Abs Off

Episode: Ozempic Explained: What Your Doctor and Trainer Think About It | Episode 18

Date: 2025-06-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a family and obesity medicine doctor and a personal trainer discussing GLP-1 drugs like Ozempic and their impact on obesity treatment, with emphasis on changing perceptions within the fitness industry and the need for support for appropriate users of these medications.

*"I also am not afraid to admit when I'm wrong... my view of obesity medications and who should use it, who shouldn't use it, things like that."*

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## 931. Decoding Health

Episode: Ozempic Class Action Reveals Dangerous Side Effects

Date: 2025-10-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a class action lawsuit targeting Ozempic and similar GLP-1 drugs, clarifying distinctions between brand uses and dosing, and highlighting the scale of legal challenges faced by these medications. There is an explanation of the drug delivery methods and the lawsuit's nature, but no direct discussion on effects on the food and beverage industry or consumer behavior changes.

*"Ozempic is specifically semaglutide for type 2 diabetes from Novo Nordisk."*

### 932. Reversing Hashimoto's - Heal The Thyroid

Episode: Why Celebrities Are Quitting Ozempic and Switching to THIS

Date: 2025-09-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses celebrities abandoning the GLP-1 drug Ozempic due to side effects like nausea, fatigue, and stomach paralysis, and turning to alternative supplements. It highlights concerns about rebound weight gain and significant side effects, providing a critical view of GLP-1 drugs.

*"Many of these celebrities who praise Ozempic at one point of time are quietly abandoning it because Ozempic does work great but it comes with a whole bunch of side effects of nausea, fatigue, tiredness, muscle loss and even stomach paralysis."*

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### 933. Sunrise

Episode: Kids found forming secret Ozempic clubs at schools

Date: 2025-03-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the concerning trend of children using GLP-1 drug Ozempic without medical supervision, highlighting risks related to safety and lack of long-term data for pediatric use. Experts express worry about misuse, potential side effects, and unstudied impacts on developing children.

*"We do not have the data to support its use for kids who either are overweight or maybe even not overweight and are just using it to try and get skinnier because they might be boarding on an eating disorder."*

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### 934. Black Women's Health

Episode: Is Ozempic the New Menopause Fix? Let's talk GLPs & HRT

Date: 2025-09-04 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the emerging use of GLP-1 drugs beyond obesity and diabetes treatment, specifically for menopause-related weight gain, highlighting that women are using these drugs despite limited scientific evidence and ongoing studies. The focus is on the confusion and self-administration practices among women seeking menopause relief through GLP-1 and hormonal replacement therapies.

*"There are doctors who are prescribing HRTs and GLPs for menopause... preliminary studies... we need to do more studies."*

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### 935. The Komplete Nutrition Podcast

Episode: Episode 9- Ozempic, Mounjaro, Wegovy....A Dietitian's Opinion

Date: 2025-04-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides a dietitian's explanation of GLP-1 receptor agonists, describing their history, uses for weight loss and blood sugar management, and mode of administration, while contextualizing them among various diet trends.

*"it is definitely these weight loss injections that we're going to talk about today. The GLP-1 receptor agonists."*

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### 936. Our Sleeved Life Podcast

Episode: GLP-1s Are Rewiring Our Brains?! A Doctor's Take Interview W/ Dr Spencer Nadolsky Epi 321

Date: 2025-07-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features a doctor discussing the evolution and impact of GLP-1 drugs such as semaglutide (Ozempic) on obesity treatment, highlighting how these medications provide hope and improve patients' ability to engage in behavior therapy, resulting in enhanced quality of life. The conversation includes historical context and the mechanisms of GLP-1 but does not directly address food and beverage industry impacts or operators' perspectives.

*"Now with these medicines, it's like, oh, wow. Now we can actually do the behavior therapy stuff that we always wanted to."*

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### 937. On The Pen GLP-1 News

Episode: A PCOS and Tirzepatide Trial. Finally

Date: 2026-01-27 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses recent developments in GLP-1 drugs, including the approval of multi-dose vials for ZepBound and Majora, the competitive market dynamics with Wegovy pills gaining traction, and pricing considerations affecting injectable GLP-1 drugs like those from Eli Lilly and Novo Nordisk.

*"The Wegovy pill is kicking butt and taking names to the tune of tens of thousands of new scripts per week, putting pressure on the injectable market, especially on Eli Lilly, who is definitely losing some ground to Novo Nordisk and the Wegovy pill."*

## 938. Legendary Life | Transform Your Body, Upgrade Your Health & Live Your Best Life

Episode: 653: Ozempic, Wegovy, Mounjaro: Miracle Drugs or Misleading Hype? (What You Need to Know) - Part 2

Date: 2025-10-27 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, Wegovy, and Mounjaro with an emphasis on client experiences and how the drugs' effectiveness is influenced by lifestyle changes such as diet and exercise. It provides insights into nuanced effects rather than blanket claims, highlighting both successes and shortcomings from a coaching perspective.

*"The truth is this, when GLP-1 agonists work, it's because people also improve their habits. So they're strength training, eating protein, managing stress."*

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## 939. Radio Fitness Revolucionario

Episode: Farmacos Obesidad, Terapia Testosterona y Longevidad, con Antelm Pujol

Date: 2026-01-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the physiology and neurological effects of GLP-1 agonists used in obesity treatments, mentioning drugs like Ocempi and Wigobi, and also references newer drugs acting on related pathways.

*"Empezando por los farmacos contra la obesidad, que estan muy de moda, Ocempi, Wigobi y compania, que son agonistas del GLP-1, pero como funcionan realmente a nivel fisilogico y tambien neurologico, que es donde parece que tienen mas efecto?"*

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## 940. The RLB Weight Loss Podcast

Episode: #48 - The RLB Weight Loss Podcast - Everything You Need To Know About Mounjaro!

Date: 2025-02-17 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the rising popularity of Mounjaro, a GLP-1 weight loss drug, highlighting its prevalence on social media and its comparison with other weight loss injections like Saxenda and Ozempic. The host reflects on its boom in early 2025 and shares observations about consumer behavior and marketing dynamics related to these drugs.

*"It feels like everyone is on it. I'm feeling a bit left out not being on it. Everyone isn't on it by the way. It just feels like that at the moment because obviously as I record this podcast we're a few weeks into the new year."*

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## 941. Pittsburgh News Today | 2 Min News | The Daily News Now!

Episode: Wegovy Now in Pill Form: Novo Nordisk's New Weight Loss Solution

Date: 2026-01-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's new pill form of the GLP-1 drug Wegovy, highlighting easier access potentially increasing usage among people who avoid injections due to needle phobia. It covers product details including dosing, instructions, and pricing, noting the drug's success for weight loss and diabetes control.

*"Many people avoided the shots because of needle phobia, so this pill could open the door for more users."*

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## 942. The Finimize Daily Brief

Episode: China Just Approved A New Weight-Loss Drug, And American Utility Firms Are Powering Up On Infrastructure Spending

Date: 2025-07-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses China's approval of a new weight-loss drug by Innovent Biologics, positioning it as a serious competitor to existing GLP-1 drugs by Novo Nordisk and Eli Lilly, and mentions upcoming patent expirations and the potential influx of cheaper local versions. It highlights the expanding market in China and the premium pricing of these drugs without delving into consumer behavior or impacts on the food and beverage industry.

*"Chinese regulators just approved Innovent Biologics' Mazdatide drug, creating Novo Nordisk and Eli Lilly's first serious competitor."*

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## 943. Alles auf Aktien - Die taglichen Finanzen-News

Episode: Das verdienen Dax-CEOs und 70-Milliarden-Crash bei Novo Nordisk

Date: 2025-07-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's dramatic loss in market value following profit warnings and CEO changes related to their GLP-1 weight loss drugs (Ozempic and Wegovy), highlighting supply shortages and demand driven by non-medical use. The impact on the company's stock and market perception is emphasized but without deeper industry or consumer behavior analysis in food and beverage sectors.

*"Doch aus Knappheit und Hype sind plötzlich Gewinnwarnungen, Prognosekürzungen und CEO-Wechsel geworden. Das gab es gleich alles auf einmal gestern. Und entsprechend verliert die Novo Nordisk-Aktie schneller an Wert als Patienten. Damit Kilos verlieren können."*

## 944. Z 7op7

Episode: Beursupdate dinsdag 19/08/25 met Patrick Casselman

Date: 2025-08-19 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's new GLP-1 based drug approval by the US drug authority, market reactions including stock price movements, competition with Eli Lilly, and potential market expansion due to the drug's application in rare liver diseases beyond diabetes and obesity.

*"Met Patrick Asselman bespreken we de marktreactie op Novo Nordisk, dat groen licht kreeg van de Amerikaanse geneesmiddelenautoriteit om een nieuw geneesmiddel op de markt te brengen."*

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## 945. Erichsen Geld & Gold, der Podcast fur die erfolgreiche Geldanlage

Episode: Was sind eigentlich "Qualitätsunternehmen"? (Mit Beispiel)

Date: 2025-04-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk as a quality company largely due to its strong market leadership in diabetes treatment and its stock's significant growth driven by weight loss drugs, indicating positive impacts from GLP-1 related products. However, recent share price corrections prompt analysis of whether the company's fundamentals remain strong amid changing market conditions.

*"Ein meines Erachtens nach wie vor sehr gutes Beispiel für ein echtes Qualitätsunternehmen aus Europa ist Novo Nordisk. Der dänische Fabarkonzern, der sich auf die Behandlung von Diabetes und anderen chronischen Erkrankungen spezialisiert hat und der in den letzten Jahren durch die Decke gegangen ist hinsichtlich des Kurses aufgrund der Abnehmpräparate."*

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## 946. Trends

Episode: Trends Beleggen Podcast #218: S&P weer in de gevarenzone - Aandelen: Novo Nordisk & WDP

Date: 2025-05-28 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk and its GLP-1 drug, Ozempic, focusing on its transformative impact beyond diabetes treatment to obesity and weight loss, leading to increased demand and shortages. This reflects significant changes in consumer health behavior and opportunities in related sectors.

*"Omdat we het nog niet vaak hebben besproken, de meeste mensen zullen het wel kennen. Maar waar moeten we het vooral van kennen? Ja, Novo Nordisk is misschien niet op zich een zo bekende naam. Maar een van hun producten is dat wel, Ozenpik. Dat is zelfs, op een moment, een begrip, een fenomeen geweest."*

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## 947. The Finimize Daily Brief

Episode: Novo Nordisk Trimmed Its Forecasts, And Investors Offloaded Crypto

Date: 2025-11-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the competitive landscape of GLP-1 weight loss drugs, focusing on Novo Nordisk's slowed sales growth and forecast trims versus Eli Lilly's strong obesity drug sales, workforce cuts at Novo, and a bidding war with Pfizer for MetSara. It highlights industry challenges including changing drug price rules impacting market performance.

*"Danish pharmaceutical firm Novo Nordisk's sales growth slowed last quarter, and profit came in toward the lower end of predictions, just 7% for the year. Plus, this forecast trim was Novo's third of the year."*

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## 948. Investeringspodcasten

Episode: Afsnit 276: Dollarsvkkelse, statsgld og Europa med Jeppe Christiansen

Date: 2025-05-28 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the leadership change at Novo Nordisk amidst challenges in the obesity treatment market, noting the competitive pressure from Eli Lilly entering the GLP-1 weight loss drug market, with significant stock price impacts and concerns over succession planning.

*"Man kan jo se, at Eli Lilly hedder sig ind på den her store markedsandel, som Nordisk har fået, fordi de har vret tidligere på markedet med Fedme-produkterne, end Eli Lilly har."*

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## 949. Stock Movers

Episode: Novo Nordisk Rallies, Johnson & Johnson Slides, ServiceNow Falls

Date: 2025-12-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's stock rally driven by the approval of an oral GLP-1 obesity drug, highlighting investor optimism and competition with Eli Lilly. The mention indicates strong market interest in GLP-1 weight loss drugs but does not deeply analyze the impact on food and beverage consumer behavior or industry operators.

*"...people are really interested in this oral pill that we know Novo Nordisk just got approval in the U.S. for the pill version of its obesity shot with Goya."*

## 950. Investeringspodcasten

Episode: Afsnit 282: Novo Nordisk i det strste fald nogensinde

Date: 2025-07-30 | Relevance: 75/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast episode discusses a significant downward adjustment on Novo Nordisk's revenue expectations, which is linked to lower-than-expected performance of its GLP-1 drug sales, indicating challenges in the market including competition and pricing pressures. The conversation reflects concern about the company's future prospects in GLP-1 drug rollout, especially in the US market.

*"...den alt for store nedjustering, som Novo Nordisk kom med i går tirsdag.' and '...man maske ikke ruller sa godt ud i USA, og man skal vlg mellem, om det er konkurrence med Ilaj Lili...'"*

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## 951. Stock Movers

Episode: Novo Nordisk Drops; Alibaba Soars; Biogen Rises

Date: 2025-11-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges Novo Nordisk faces with its GLP-1 weight loss drug Ozempic, including a recent setback from Alzheimer's disease trials and competition from Eli Lilly, impacting investor sentiment and stock performance. There is also some speculative commentary on the potential impact of oral GLP-1 formulations and pricing on market adoption.

*"I think when they have the oral thing, that's going to be big. When the price comes down even more, that'll be big."*

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## 952. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: Can You Come Off GLP-1? Former FDA Commissioner Explains

Date: 2025-07-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal and medical perspectives on GLP-1 drugs highlighting their biological effectiveness for obesity treatment and the challenges in changing eating behaviors, touching on how these drugs do not rely on willpower but act on biology. It also compares processed foods to cigarettes, highlighting food's complexity in obesity management.

*"what these GLP-1 drugs show and demonstrate unequivocally, hopefully we can all agree that those drugs work through biology and it's biology, I mean, at work."*

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## 953. Ask the Expert North Texas

Episode: What food trends worked in 2025 and what food trends could we see in 2026?

Date: 2026-01-02 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising use of GLP-1 weight loss drugs and how food companies are adapting by offering smaller portion sizes and higher protein content in foods to suit the appetite changes caused by these medications. It also touches on potential behavioral impacts on adults using GLP-1s and their families.

*"So many people are using GLP-1s to try to lose weight... You're seeing companies try to package food differently to anticipate that they're going to get full more quickly. So smaller portions. Trying to put more protein in the food product so that these folks are actually making sure that they're getting in their daily protein needs."*

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## 954. "Earn That Body Podcast" with Kim Eagle

Episode: #398 Red Flags In The Fitness Industry!

Date: 2025-06-29 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs like Ozempic among fitness influencers who micro-dose them for weight loss, warning listeners to be cautious about unverified health claims and noting the drugs are more appropriately used for obese individuals rather than those simply aiming to get leaner. The speaker offers an opinion on appropriate use and expresses concern about misleading fitness advice.

*"A lot of them are micro-dosing GLP-1s. That's like Ozempic, okay? And they're not telling you. They're telling you that, oh, they're doing their own program and that's why they lost a ton of weight. And yet, they're micro-dosing GLP-1s and that's why they've lost a lot of weight."*

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## 955. The Repertoire Podcast

Episode: Repertoire Report: The Mindset That Holds A Chef Back

Date: 2025-07-16 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing presence of GLP-1 weight loss drugs in the US population and considers the implications for the food industry, especially in terms of chefs needing to be more flexible and accommodating of customers using GLP-1 drugs alongside other dietary restrictions.

*"Around 15% of US adults by 2030 will be using these drugs for weight loss purposes... We're so resistant to changing the way we do things, even though we are meant to serve food for others."*

## 956. The Rest Is Money

Episode: 177. Are Food Giants The New Big Tobacco?

Date: 2025-06-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs are being recognized for their role in breaking food addiction by dampening cravings for ultra-processed and highly palatable foods, thus potentially influencing consumer behavior in the food industry. While not deeply technical, the conversation highlights personal experiences and the mechanism by which these drugs curb addiction-like food responses.

*"So it's really interesting with these fat jabs, these GLP-1s, is that they essentially, they work by breaking addiction."*

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## 957. Food Freedom and Fertility Podcast

Episode: Caitlin is On a GLP-1: Why and How is She Planning On Using it Differently

Date: 2025-11-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses various GLP-1 drugs such as semaglutide and tirzepatide, detailing their active ingredients, forms, and growing popularity, including cultural references like celebrities using them. It explains the differences between brand name and compounded versions and describes how these drugs are administered at home.

*"There's no way you haven't heard of ozempic at this point. We've even talked about it on this podcast. But yeah, definitely."*

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## 958. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: #47 - GLP-1's Secret Ally: No Sugar (with Michael Collins)

Date: 2025-06-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the role of sugar reduction in the effectiveness of GLP-1 drugs, emphasizing how managing sugar and carb intake can reduce reliance on GLP-1 medication and facilitate weight loss. It also explores GLP-1 drugs as tools for managing sugar addiction and promoting metabolic health.

*"GLP-1s are diabetes drugs. They work by managing blood sugar. So here's the truth, no one's really saying. The less sugar and carbs you eat, the less medication you may need."*

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## 959. The BeanCastTM Marketing Podcast

Episode: 0802-The BeanCast: I Was Shocked

Date: 2026-01-19 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on the snack food industry, with speculation that while disruption may not be significant now, snack companies should monitor trends and potentially pivot towards healthier options as consumer behavior shifts.

*"I do think that while it may not be a big problem, I think like most irritants to the bottom line, I think it is something that snack food companies should pay attention to."*

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## 960. Newstalk Weekend

Episode: Should restaurants modify their menus to cater to those on weight-loss drugs?

Date: 2025-11-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs, particularly Ozempic, are impacting consumer appetite and thereby the food and beverage industry, with restaurant operators observing changes in ordering behaviors but rejecting altering menus drastically to cater to users of these drugs.

*"I think this kind of fad of creating a menu for people on Ozempic I think it is just a bit o..."*

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## 961. einfach. besser. essen.

Episode: Abnehmen (zu) leicht gemacht? Meine Meinung zur Abnehmspritze

Date: 2025-10-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a nutrition expert discussing the GLP-1 drug Semaglutide (referred to as the 'Abnehmspritze'), explaining its origins as a diabetes treatment and its off-label use for weight loss. The host clarifies she is not a medical professional but shares public perceptions and her perspective on the drug's effect on weight management.

*"Und fur die drei Menschen auf dem Planeten, die noch nicht gehort haben, was das ist, wir nennen es die Abnehmspritze, aber eigentlich ist es ein Medikament, das fur Diabetikerinnen entwickelt wurde. Und dann hat man festgestellt, dass es ihnen auch hilft, Gewicht zu verlieren."*

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## 962. DiMatta's Food Fight Podcast

Episode: How MMA Will Shape You: Celebrating Three Years, Friendship, Health of our Nation. Round 2 - Tyler Mooney

Date: 2026-02-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast excerpt discusses the use of Ozempic, a GLP-1 drug, highlighting concerns about users losing muscle and not learning sustainable dietary changes. It also touches on the challenges of long-term dependency and the risk of weight regain after stopping

the drug.

*"People are losing muscle faster than they normally would because the Ozempic is just eating it away... they're losing weight, great, but they're not doing anything. They're not learning how to change."*

### 963. Chewing the Fat with Jeff Fisher

Episode: Heads Up, Eyes Open... | 5/22/25

Date: 2025-05-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic, highlighting significant negative side effects such as increased risk of depression, suicidal thoughts, and dental issues including dry mouth and tooth decay. It reflects concerns about these side effects even as users experience weight loss.

*"Now, I mean, I say more because we have talked about the weight loss injections. Ozempic, Mongera, Wigavoy, Zepbound, GLP-1s. You have a risk of depression, suicidal thoughts, potentially leaving patients, you know, dying, actually dying to lose weight."*

### 964. Abel James Show

Episode: David Page of Diners, Drive-Ins and Dives on Eating Nose-To-Tail

Date: 2025-09-13 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker shares a personal experience using Ozempic, a GLP-1 drug, highlighting its role in appetite suppression and diabetes management while acknowledging it is not a cure-all for eating behaviors. The discussion reflects on lifestyle adjustments alongside medication use.

*"I'm on Ozempic now Ozempic is not a panacea Ozempic will deal with appetite it will not deal with all of the other reasons someone like me turns to food boredom emotion excess"*

### 965. Peak Human - Unbiased Nutrition Info for Optimum Health, Fitness & Living

Episode: Sapien Podcast- The Dark Side of GLP-1 and the Art of Being Nourished

Date: 2026-01-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, specifically semaglutide and Ozempic, focusing on their mechanism related to appetite suppression and weight loss, while expressing skepticism about their long-term effects and side effects. It includes anecdotal observations of individuals using GLP-1 drugs and critiques the idea of chemically altering natural processes for weight loss.

*"These GLP ones and these other peptides... that's like trying to cheat nature... you can't cheat nature no matter what people try and then it backfires."*

### 966. Healthcare Rap

Episode: What's Missing From Many Weight Loss Journeys (#438)

Date: 2025-07-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the variable response to GLP-1 weight loss drugs among patients, highlighting that 5-10% of patients may have slower or no weight loss and that coaching and support are provided to those individuals, emphasizing a holistic and human-centered approach to weight management.

*"about 5-10% of patients are not going to have the same physiological response to these medications... we have created coaching and support for that cohort of patients."*

### 967. The ASHHRA Podcast

Episode: #196 - The Science and Economics of GLP1s

Date: 2025-12-04 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the manufacturing costs of GLP-1 drugs, the pricing and availability through compounding pharmacies versus brand manufacturers like Eli Lilly, and consumer considerations about product source and trust. It highlights potential market shifts as pharmaceutical companies seek to limit compounding pharmacy supply.

*"We've seen the drug manufacturers now come out and really kind of target what's going on with the compounding. And you've seen them try to squash it from that standpoint of it's not a shortage anymore. We need to stop this."*

### 968. Defocus Media Eyecare and Optometry Podcast Network

Episode: GLP-1 and Its Impact on Health: Pearls and Pitfalls for Eye Care Professionals

Date: 2025-03-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a discussion with a registered dietitian about GLP-1 receptor agonists, explaining their role as metabolic switch hormones affecting hunger and metabolism, and highlighting the emerging understanding of these medications like Ozempic and Wagogi.

*"GLP-1, I call them your switch hormones. So they're really your metabolic switch. And in many of us, our switch is dysfunctional or delayed or it's operational, but our choices are suppressing its capabilities."*

## 969. Fitt Insider

Episode: Neko Health's US launch, Tom Brady co-signs GLP-1s, Women's health scales up

Date: 2026-01-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 weight loss drugs in the context of expanding access and celebrity endorsements, highlighting increased visibility and acceptance but does not deeply analyze food and beverage industry impacts or detailed operator insights.

*"Tom Brady is the newest face of GLP-1s. Seven-time Super Bowl champion Tom Brady was named Chief Wellness Officer of EMED, which provides GLP-1 care to employers."*

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## 970. TODAY

Episode: TODAY News January 6: U.S. and Venezuela Latest | Flu Cases Hit Highest Levels in Decades | Kennedy Family Mourns Tatiana Schlossberg

Date: 2026-01-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the recent FDA approval and availability of Novo Nordisk's GLP-1 drug Wegovy in a pill form, highlighting its potential to increase usage by being needle-free, lower cost, and more approachable. It notes how GLP-1 drugs are becoming widely used for weight loss and how the pill version may impact consumer behavior and drug adoption.

*"There is a ton of interest in a pill version of a GLP-1. Dr. Shawna Levy says patients have been asking about it for months. How big of a deal is it to have a needle-free option? I think people are much more comfortable with a pill. It's much more approachable."*

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## 971. The Jake Skorheim & Spike O'Neill Show

Episode: Hour 3: Wonderful Side Effects

Date: 2025-10-07 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Costco beginning to sell GLP-1 weight loss drugs Ozempic and Wegovy at reduced prices compared to typical retail, touching on pricing, insurance coverage, and manufacturer agreements. The hosts comment on the impact of these drugs on consumers' access and affordability but do not delve deeply into industry-wide implications or operator perspectives.

*"Costco pharmacies will offer Ozempic and Wegovy to their members...they can offer it for five hundred bucks a month where everybody else is thirteen hundred."*

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## 972. THE EMBC NETWORK

Episode: Your Guide to Keeping Blood Sugar in Check

Date: 2025-12-01 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the popular GLP-1 drug semaglutide (marketed as Ozempic and Wegovy) used for weight loss, highlighting its mechanism, rising popularity, and emerging concerns about side effects such as stomach paralysis and potential mental health impacts. It also touches on the societal trend of using pharmaceutical weight loss drugs as an easy solution compared to lifestyle changes.

*"A popular drug may cause stomach paralysis. The diabetes drug Ozempic and its sister drug for weight loss, Wegovy, utilize the same medication, semaglutide... these things have side effects."*

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## 973. Rochester Living with Mark Siwiec and Corey James Moran

Episode: Episode 227 - How to Build a Scalable Business in Rochester

Date: 2026-01-26 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the personal experience of using the GLP-1 drug Wegovy for weight loss, noting substantial weight reduction and increased appetite control. The conversation touches on the stigma and secrecy around using such drugs but highlights the positive impact on individual health and lifestyle.

*"I started with Wegovy, one of the GLP ones. I'm on the shot, so I can't take all the credit. Because it makes me not hungry."*

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## 974. Lose Weight for Good for Women Over 40 | Weight Loss for Women Over 40 | Weight Loss Meals | Flexible Eating | Sustainable Weight Loss

Episode: Episode 188: Why Weight Loss After 40 Is Getting Harder in the Age of GLP-1s

Date: 2025-08-24 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: This podcast episode discusses the rise in popularity of GLP-1 drugs like Ozempic and Wegovy for weight loss among women over 40, highlighting shifts in mindset and challenges to sustainable weight loss associated with these medications. It touches on changing consumer behaviors due to GLP-1s but does not deeply analyze impacts on the food and beverage industry or perspectives from operators or executives.

*"If you have been watching friends, co-workers, celebrities, maybe even the neighbor drop weight seemingly overnight and seemingly effortlessly thanks to medication like Ozempic or Wegovy, you're not alone."*

## 975. Australia Overnight

Episode: Australia Overnight with Pat Panetta - Sunday 06 July, 2025

Date: 2025-07-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast features a listener discussing personal negative experiences with the GLP-1 weight loss drug Wegovy, highlighting side effects and cautioning against relying solely on the drug without lifestyle changes. The discussion also touches on potential mental and nutritional side effects of these drugs.

*"I took it for a few weeks and I did lose weight, but I can honestly say I wouldn't recommend it to anyone. And that's a pretty strong statement. I think it has a really bad effect."*

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## 976. Godcaster 2

Episode: No Agenda - 1741 - "Nurse Injector"

Date: 2025-02-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses concerns about GLP-1 weight loss drugs, focusing on the risks of obtaining black market versions and the pharmaceutical industry's control over approved products, highlighting side effects and consumer safety issues. It references incidents where improper dosage or black market drugs led to serious health consequences.

*"They are doing everything they can to make sure that you do not get your GLP-1 except in their approved Overpriced package."*

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## 977. FREENVESTING

Episode: Joe Rogan Experience \_2380 - Jordan Jensen(M4A\_128K)

Date: 2025-12-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses concerns and observations about GLP-1 drugs like Ozempic, focusing on issues with dosing, side effects such as muscle and bone density loss, and potential misuse in the general population versus their benefits for morbidly obese patients. The speakers express skepticism about pharmaceutical company practices but recognize the drugs' effectiveness for specific medical needs.

*"What do you think about ozempic?... It kills your appetite but if you're morbidly obese and you might die from that, yeah, this is probably a good solution."*

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## 978. Woman's Hour

Episode: Mounjaro price rise, The Real Housewives of London, Nail bars

Date: 2025-08-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion revolves around the use of GLP-1 weight loss drugs like Mounjaro and Ozempic, focusing on treatment switching challenges, side effects, cost concerns, and safety issues with non-official providers. The mention includes a personal perspective from someone working in fashion, highlighting the impact of these drugs on industries and individual experiences.

*"I was on Ozempic and I had quite sort of severe side effects. So that's when I switched in the first place."*

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## 979. Tampa Home Talk Radio

Episode: GLP-1s, Ozempic & Real-World Weight Loss

Date: 2025-11-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centered on GLP-1 drugs, explaining their mechanism for appetite suppression and differences between types, alongside personal experiences with weight loss and related health improvements, highlighting lifestyle changes. The conversation also touched on the integration of primary care and functional medicine within the weight loss practice.

*"The GLP-1, it basically tells your body you're full, you're satiated, and it kind of shuts off hunger."*

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## 980. Bathroom Diaries

Episode: E.186 The Skinny Games: GLP-1 Agonists Explained by Dr. Sofia Din

Date: 2025-09-21 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Dr. Sofia Jin discusses GLP-1 agonists as tools for health and longevity, emphasizing careful use to assist with weight management and overall body function over time. The focus is on using GLP-1 drugs responsibly to promote a healthier, longer-lasting physique rather than rapid or unhealthy weight loss.

*"The best thing to do with GLP-1 Agonists is to do it very carefully, to use it as a longevity medicine, to use it as the help that you need to navigate through life and all the distractions that it is going to throw at you, whether it is in the form of food or whether it is in the form of stress or whether it is in the form of just aging."*

## 981. Fit + Fueled Life Podcast

Episode: Ep311: How to Safely Wean Off GLP-1s (Without Losing Your Results)

Date: 2025-11-03 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast host shares her personal experience with using GLP-1 drugs to manage blood sugar issues and discusses considerations around dosing and side effects. The discussion provides educational insights into GLP-1 usage from a health and wellness perspective rather than industry or market effects.

*"I spent a good eight weeks on a GLP-1 and I had a great experience. I mean, I only have good things to say about it. I had no side effects."*

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## 982. A Holistic Dose

Episode: Pass the Turkey, Hold the Pressure: Your First Thanksgiving on GLP-1s | EP 29

Date: 2025-11-11 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss their personal experiences using GLP-1 drugs during the holidays, highlighting changes in their eating habits and how traditional heavy foods are less appealing or tolerable. They share a perspective on adapting to new routines around food consumption influenced by GLP-1 medication.

*"With the GLP-1s, it's like I can't stomach as much of that stuff. It's like the rich food makes a lot of us sick."*

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## 983. Black Iron Radio

Episode: Using GLP-1s? Nutrition Still Determines the Outcome

Date: 2025-12-22 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the importance of nutrition coaching for people using GLP-1 weight loss drugs, emphasizing the variability in individual responses and the support needed to optimize outcomes and manage side effects. The hosts highlight the role of health and nutrition professionals in helping users navigate challenges and misinformation surrounding GLP-1 medications.

*"People actually do need a lot of support because there's a lot of struggles that they go through on the medication."*

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## 984. The Health and Wellness Connection PODCAST

Episode: Fries, Lies & Blind Eyes: TikTok Health Trends Exposed

Date: 2025-06-12 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic and Wegovy, highlighting their effectiveness for weight loss and diabetes management, but also noting concerns about side effects such as facial changes, psychiatric effects, and potential risks like macular degeneration. The discussion reflects both positive benefits and emerging medical concerns related to long-term use.

*"Now, a new study has come out from the University of Toronto where they found that people with type 2 diabetes who are prescribed GLP-1s were more than twice as likely to develop wet acute macular degeneration."*

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## 985. The Pound of Cure Weight Loss Podcast

Episode: Episode 76: What Finally Worked After Decades of Dieting: The Truth About Food Noise & Sustainable Weight Loss

Date: 2025-12-15 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features guests discussing their personal weight loss journeys involving GLP-1 drugs, highlighting positive outcomes and medical endorsements, touching on the challenges of weight management and the role of GLP-1 treatment.

*"After consultation with our PCP, he referred us to you folks and the possibility of a GLP-1. And we went from there."*

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## 986. Peptides for Women

Episode: Episode 23: What Women with Autoimmune Disease and Food Noise Need to Know About GLP-1s, with Brandy Buskow

Date: 2025-12-18 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast guest shares a personal experience with GLP-1 drugs, particularly Ozempic, highlighting the rapid and significant decrease in preoccupation with food and appetite, indicating a positive impact on weight management and mental focus. The discussion touches on how GLP-1s changed eating behavior and improved quality of life, linking to broader implications for people struggling with diet and weight issues.

*"Within four days, I could have cried... I did not know that that's what a normal brain feels like, where you're not thinking about your next meal."*

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## 987. Game-Changing Health

Episode: To Skip A GLP-1 Dose or Not Skip: Recapping My Europe Trip & How I Did My GLP-1 (Tirzepatide/Semaglutide)

Date: 2025-10-21 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The host, a registered dietitian and personal trainer, discusses her personal experience and considerations around taking GLP-1 drugs like Tirzepatide/Semaglutide while traveling, touching on the debate about proper use and adherence to medication schedules during

vacations. The episode also promotes an upcoming program for GLP-1 medication users.

*"I actually was listening to a conversation... and people felt very strongly against, or like people seem very angry that people may not take their medicine if they were going on vacation."*

## 988. Project Joyful

Episode: Herbal Options For Stimulating GLP-1

Date: 2025-10-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 hormones and GLP-1 receptor agonist drugs, explaining their biological role, effects on weight loss and diabetes, and mentioning side effects. It also introduces the concept of metabolic syndrome related to GLP-1 but does not focus on food and beverage industry impacts or operator/executive views on consumer behavior changes.

*"GLP-1 receptor agonists, like those popular injectable medications, are synthetic compounds that mimic the action of the natural GLP-1 hormone. So they bind to the same receptors and they trigger the same effects. So you get increased insulin release. You get reduced appetite. And you get delayed gastric emptying."*

## 989. The Weight Loss War

Episode: Conquering Personal Dragons with GLP-1 Insight

Date: 2025-02-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast provides an overview of GLP-1 drugs, explaining how they aid weight loss by reducing appetite, slowing gastric emptying, and controlling cravings through effects on the brain. The discussion is primarily educational, focusing on how these drugs help regulate eating behavior to support weight management.

*"They send the signals sooner so we aren't overeating. We are eating just enough."*

## 990. Game-Changing Health

Episode: 2 Common Regrets People Have When Starting A GLP-1 (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2026-01-26 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 drugs like Ozempic and Mounjaro, focusing on issues such as insurance coverage, lab work requirements, and potential undiagnosed type 2 diabetes among users. It highlights how patients may start GLP-1 treatments without proper lab diagnostics, impacting insurance claims and treatment validation.

*"Most of those commercial insurances are going to cover Mounjaro or Ozempic... if you have a type 2 diabetes diagnosis."*

## 991. The Real Heal - Intimate Conversations with Holistic Health Experts

Episode: Unlock Natural GLP-1: Boost Your Body's Fat-Burning Power!

Date: 2025-05-01 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 agonists as popular weight loss drugs, highlighting their mechanisms and side effects, while promoting natural alternatives to boost GLP-1 levels through diet. It touches on the appeal and concerns about these drugs but does not cover impacts on the food and beverage industry or operators' perspectives.

*"Medications like Ozempic and Terzepatide are highly effective for weight loss, but they can have significant downsides."*

## 992. RP Strength Podcast

Episode: Should Everyone be Taking GLP-1 Medication?

Date: 2025-02-24 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses managing GLP-1 drug dosing and nutrition to mitigate gut-related side effects, emphasizing cautious dose escalation and medical supervision. The speakers share practical advice but do not provide medical prescriptions or detailed industry implications.

*"If you can manage the dose well and your nutrition well, almost everyone has a good time on these drugs. If you mismanage the dose and mismanage your diet, almost everyone is going to have a real bad time on these drugs and have a few hospital trips."*

## 993. The Second Opinion Podcast with Dr. Paul Kolodzik

Episode: Exploring GLP-1: A Breakthrough in Reducing Alcohol Dependence with Dr. Paul Kolodzik

Date: 2026-02-05 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs, originally used for diabetes and weight loss, appear to reduce alcohol consumption by affecting appetite and brain-related cravings, as observed anecdotally by Dr. Paul Kolodzik. The focus is on the potential of these drugs to help reduce alcohol dependence through decreased interest in drinking.

*"I think the major effect with the GLP-1s related to alcohol is the central nervous system, the brain effect of the GLP-1s that really help people become much less interested, or the term I've heard from my patients is disinterested in alcohol."*

## 994. The Dr. Francavilla Show

Episode: Should I take a GLP-1 with Danielle Marston, FNP

Date: 2025-12-01 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features a detailed discussion with a nurse practitioner specializing in obesity medicine on the use of GLP-1 drugs for weight loss, exploring patient experiences and medical perspectives in a clinical setting. However, it does not deeply analyze the impact of these drugs on the food and beverage industry or operator-executive viewpoints on changing consumer behavior.

*"Today, we're going to address the topic I see all day, every day in my clinic, as well as my colleague, Danny, Daniel Marston sees, which is, should I take a GLP or GLP-1?"*

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## 995. We Only LOOK Thin

Episode: Episode 402 - GLP-101

Date: 2025-10-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses how GLP-1 drugs work, their potential benefits and side effects, and addresses societal stigma around using weight loss drugs, aiming to educate listeners about these medications.

*"So we're going to talk about how GLP-1 drugs work, common side effects of GLP-1 drugs, why it's important to let go of your reliance on hunger cues..."*

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## 996. Straight Talk about Cosmetic Surgery with Dr. Arthur Perry

Episode: Breast Lifting After Ozempic. WOR show 11/8/25

Date: 2025-11-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Dr. Arthur Perry discusses the impact of GLP-1 weight loss drugs like Ozempic and ZepBound, focusing on the cosmetic consequences such as rapid weight loss effects like 'Ozempic face' and related aesthetic procedures.

*"So here we are in the Ozempic era, right?... The consequence of this rapid weight loss is what we've been calling for the last few years Ozempic face, right? That's where you get the sunken in face."*

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## 997. The No Sugarcoating Podcast

Episode: #555 Ways Ozempic Fuels Binge Eating, Dangers of Ozempic and Hormone Imbalance & Going From Quick Fix to Root Cause Approach

Date: 2025-03-02 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses the misuse and overhype of Ozempic, a GLP-1 drug, highlighting concerns about it being treated as a quick fix and the negative implications of heavy pharmaceutical marketing, while advocating for deeper healing approaches to weight and eating issues.

*"In my opinion, lately, Ozempic has become a trend, a fad, a bandaid, and a quick fix. And it's being misused and abused for misaligned reasons. And of course, the PHARMA is making a ton of money off of this."*

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## 998. KFI Featured Segments

Episode: @TiffHobbsOnHere | More Americans on Ozempic go BLIND

Date: 2025-02-16 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the growing popularity of GLP-1 weight loss drugs like Ozempic, their effects including rapid weight loss and side effects, and public perceptions surrounding these drugs. It highlights how these drugs are increasingly used beyond diabetes management for weight loss but also notes health risks and societal impacts.

*"The popularity of Ozempic far outweighs the side effects, at least right now."*

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## 999. The Second Opinion Podcast with Dr. Paul Kolodzik

Episode: Ozempic for Everyone.....Really?

Date: 2025-09-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, highlighting their benefits beyond diabetes and obesity, including improved lipid profiles and potential reduced risks of heart disease, fatty liver, and Alzheimer's. It also touches on the trend of microdosing for safety and potential broader use advocated by a plastic surgeon, though noting these uses are outside FDA approvals.

*"Dr. Dubrow, out in California, basically says, hey, it lowers heart disease. It, you know, improves your cholesterol profiles. It's going to decrease the risk of fatty liver disease. Basically, everybody should be on a micro dose of Ozempic."*

## 1000. Bien Comer

Episode: OZEMPIC. Mitos y realidades con el Dr. Mijail Tapia

Date: 2025-02-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, focusing on its effects in weight loss, diabetes remission, and the controversies around its off-label usage. The conversation includes explanation of its mechanism and addresses benefits, risks, and misinformation.

*“Este medicamento ha sido noticia por sus sorprendentes resultados en la perdida de peso, en el control de la glucemia y en muchas otras cosas, pero justamente por estos resultados ha causado mucha controversia y tambien la informacion se ha tergiversado al grado que personas que quizá no lo necesitan lo estan utilizando.”*

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## 1001. Real Health with Karl Henry

Episode: From Stigma to Science: Aimee Donnellan on Ozempic

Date: 2026-02-05 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features an in-depth discussion about GLP-1 drugs, particularly Ozempic, covering their rise in popularity, social impacts, and health considerations through author Amy Donilon's perspective. While it addresses cultural and health aspects, the discussion does not deeply analyze the specific effects on the food and beverage industry or operator viewpoints on changing consumer behavior.

*“GLP-1s have never been more in the headlines. Ozempic, Monjaro and all the new ones that are coming along. It's a fascinating area of health. Essential for those who need it, and maybe not so essential for those who don't.”*

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## 1002. Face Facts by Dr Yusra

Episode: Ep71: How to Fix Ozempic Face Fast

Date: 2025-06-21 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the physical facial changes resulting from rapid weight loss associated with GLP-1 drugs like Ozempic, describing a phenomenon called 'Ozempic Face.' It explains the undesirable effects on facial fat pads and structure but does not cover the impact on the food and beverage industry or operators' perspectives on changing consumer behavior.

*“The phenomenon known as Ozempic Face relates to the changes that people experience in their face when they've undergone rapid weight loss.”*

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## 1003. The Empowered Health Dialogues Podcast

Episode: Ozempic SHOCKER: Diet Industry Lies About Weight Loss Exposed

Date: 2025-05-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug used off-label for weight loss, highlighting concerns about side effects, rapid weight loss consequences like facial sagging, and questioning the safety and efficacy of such drugs for dieting purposes. The hosts emphasize skepticism towards the diet industry's claims and suggest alternative healthier approaches without pills.

*“Yeah, there's a big problem with Ozempic. Many times people are so passionate and just want to lose weight so quickly, they overlook the things that could go wrong.”*

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## 1004. Food Psych Podcast with Christy Harrison

Episode: #337: Why Ozempic Isn't a Miracle Weight-Loss Drug with Amanda Martinez Beck

Date: 2025-07-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode features a nuanced discussion on Ozempic, a GLP-1 drug, including the guest's personal experiences, skepticism about the hype, and the social and cultural implications of GLP-1 drugs on eating behavior and diet culture.

*“For her Ozempic has fallen short of what the ads and influencers promise, the side effects she's experienced, her take on all the GLP-1 hype, and more.”*

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## 1005. Rethinking Wellness

Episode: Why Ozempic Isn't a Miracle Weight-Loss Drug with Amanda Martinez Beck

Date: 2025-03-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features a nuanced conversation with Amanda Martinez Beck about her personal experience taking Ozempic, a GLP-1 drug, focusing on its use for diabetes, its limitations for weight loss, societal perceptions, side effects, and the hype versus reality surrounding GLP-1 drugs.

*“Ozempic has fallen short of what the ads and influencers promise, and the side effects I've experienced show the complexity beyond the hype.”*

## 1006. Entertainment & Celebrity News Today | 2 Min News | The Daily News Now!

Episode: Amanda Bynes on Ozempic, Weight Loss, & Celebrity Trends

Date: 2025-12-15 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Amanda Bynes' use of Ozempic, a GLP-1 drug, for weight loss and mentions the growing trend of celebrities using GLP-1 drugs primarily approved for diabetes but used off-label for weight loss. There is mention of FDA approvals and medical concerns but no direct link to impacts on the food and beverage industry or operator perspectives.

*""While the FDA has only approved a few such drugs specifically for weight loss, many celebrities have openly admitted to using these injectables, which are primarily intended for type 2 diabetes patients.""*

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## 1007. Le Radiojournal

Episode: Radiojournal du 22 janvier - 14 h 00

Date: 2026-01-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses concerns raised by Health Canada about counterfeit and unapproved GLP-1 drugs like Ozempic and Mounjaro circulating in Canada, highlighting health risks and regulatory actions to prevent illegal sales. This indicates increasing consumer demand but also public health challenges associated with these weight loss drugs.

*"Sante Canada met en garde contre les versions non homologuees ou contrefaites des medicaments comme Ozempic ou Mounjaro, utilises pour traiter le diabete et recherches de plus en plus pour la perte de poids."*

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## 1008. Indianapolis News Today | 2 Min News | The Daily News Now!

Episode: GLP-one Drugs: Vision Loss Lawsuits Against Novo Nordisk & Eli Lilly

Date: 2025-12-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses lawsuits against GLP-1 drug makers Novo Nordisk and Eli Lilly concerning potential vision loss linked to drugs like Ozempic and Wegovy, highlighting consumer safety concerns. It covers plaintiff allegations and company responses but does not directly address effects on food and beverage industry or consumer behavior.

*"Pharmaceutical giants Novo Nordisk and Eli Lilly are currently defending their diabetes and weight loss medications, stating they are both safe and effective."*

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## 1009. My Life On GLP1

Episode: S13.E2: My Life On GLP1 - Migraines: The Shocking Connection & Headache Relief

Date: 2025-10-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode shares personal experiences and recent scientific findings indicating that GLP-1 medications, primarily used for diabetes and weight management, may also reduce migraine frequency through multiple physiological mechanisms. It highlights emerging evidence and patient anecdotes of improved migraine symptoms associated with GLP-1 drug use.

*"There was research published in 2025 that followed migraine sufferers who were also taking GLP1 medications and they found a 50% reduction in migraine days."*

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## 1010. Bah mange!

Episode: Wegovy, Mounjaro : medicaments miracles contre le poids... ou mirage moderne ?

Date: 2025-08-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs such as Wegovy and Mounjaro, explaining their mechanism and origins as diabetes medications that also promote significant weight loss. It weighs in on whether these drugs are a revolutionary treatment or a modern-day mirage, sharing studies and personal testimonies, as well as their implications for individuals with complex relationships to food.

*""Vegovi, c'est le nom commercial du semaglutide. Mounjaro, c'est le tirzepatide. A la base, ce sont des medicaments contre le diabete. Mais les chercheurs ont remarque que les patients perdaient aussi beaucoup de poids.""*

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## 1011. WKXL - New Hampshire Talk Radio

Episode: Living Life Holistically with Katy McBride

Date: 2026-01-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, explaining their origin as diabetes treatments and their off-label use for weight loss, including mentions of popular brands like Ozempic and Wegovy. It highlights the growing public interest in peptides and the evolving exploration of their applications but offers limited direct insight into impacts on the food and beverage industry.

*""They might call it GLP-1 or GIP. But a peptide is just, they're booming in the market because there was an accidental side effect from these peptides. People could lose weight."*

## 1012. The Briefing Room

Episode: Explainer: How do weight-loss drugs work?

Date: 2025-02-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast explains how new weight loss drugs, based on natural gut hormones, work by affecting insulin and appetite signals to aid weight loss. It provides background on obesity and introduces how modified hormones are used as medicines for weight management and type 2 diabetes.

*""The group of weight loss drugs that have perhaps attracted most attention recently are a group of drugs that are based on some of our natural gut hormones, which are secreted from the intestine when we eat.""*

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## 1013. Mounjaro

Episode: Neue Episode

Date: 2025-11-02 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker shares a personal experience using the GLP-1 drug Mounjaro, discussing dosage adjustments due to side effects like nausea, loss of appetite, and altered taste perception, which impacted their food intake and enjoyment. This reflects some consumer challenges associated with these drugs.

*""Ich nehme Mounjaro seit dem 22.07. ... ich hatte wirklich wochenlang gar nichts an Hungergefühl oder Geschmack, wo ich dachte, boah, da habe ich jetzt echt mal voll Lust drauf."""*

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## 1014. El podcast de Natalia Rodriguez

Episode: Novo Nordisk

Date: 2025-10-26 | Relevance: 70/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features an exclusive interview with Novo Nordisk executives discussing the company's history, innovation, and focus on diabetes, obesity, and metabolic therapies, which includes their GLP-1 drug offerings. The discussion highlights Novo Nordisk's commitment to addressing chronic diseases and evolving healthcare solutions centered on patients.

*""Nuestra fuerza esta en la innovacion y en las personas. Desde 1923 hemos evolucionado sin perder nuestra esencia, poner al paciente en el centro de todo lo que hacemos."""*

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## 1015. Breaking News | Latest Episodes

Episode: Buy discount Ozempic here now click this link

Date: 2025-08-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The episode discusses an individual's personal experience with the GLP-1 drug Ozempic, highlighting dramatic weight loss and reduction in cravings for food, alcohol, and pills, as well as mentions of discounted generic alternatives. It reflects on changes in addiction behaviors and potential impacts on consumer habits.

*""Almost immediately, Phil started losing weight. Within three months, he didn't need his blood pressure meds anymore. But the most dramatic change, all of Phil's cravings, not just for food, but for pills and alcohol, all those addictions, they just kind of vanished."""*

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## 1016. Stock Movers

Episode: Novo Nordisk Soars, Albermarle Climbs , Huntington Ingall Rises

Date: 2025-12-23 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast segment discusses the competitive landscape between Novo Nordisk and Eli Lilly in the GLP-1 weight loss drug market, noting Novo Nordisk's recent US approval for a pill version of their obesity drug and Eli Lilly's European acquisition efforts. It highlights market share battles, share price movements, and upcoming product launches.

*""And as we know, of course, its rival Nova Nordisk really getting a milestone here with an approval to be able to sell a pill version of its blockbuster obesity shot, We Govi, in the U.S."""*

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## 1017. GerMONEY: Deutschland handelt!

Episode: Earnings Season Volatilität clever nutzen XTB mit konkreten Tipps

Date: 2025-11-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the recent strong quarterly earnings from Eli Lilly and Novo Nordisk, two major pharmaceutical companies benefiting significantly from GLP-1 weight loss drugs like Ozempic and Wegovy. These drugs have driven substantial revenue boosts, highlighting their market impact and reflecting changing consumer behavior around these GLP-1 treatments.

*""Diese Dinger hieen irgendwie Ozempic und Vegovi. Ganz genau. Das sind genau die zwei Haupttreiber eigentlich gewesen, die massiven, eine sogenannte Revenue Boost nach sich gezogen haben."""*

## 1018. Schwab Network

Episode: BA Soars on Upgrade, LLY Double Downgrade, DPZ Earnings Slide

Date: 2025-04-28 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion centers on Eli Lilly's stock downgrade by HSBC due to concerns over valuation, market optimism on GLP-1 drugs, and competitive pressures from Novo Nordisk's Ozempic and Wegovy products. The analysts express caution about sustaining efficacy and consumer uptake of these drugs amid a shifting market environment.

*"They flagged the high valuation. They think the valuation is too high, especially when you compared it to the S&P 500... And then they still think that there is some competitive pressure for Eli Lilly... increasing competition from Novo Nordisk, OZNPIC and Wagovi."*

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## 1019. Schwab Network

Episode: Rebecca Walser: Hold NVDA, Buy NVO & LRCX, Caution MCD

Date: 2025-04-17 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk as a buy due to its position in the GLP-1 weight loss drug market and recent policy changes that extend market exclusivity. The conversation touches on competition with Eli Lilly and the financial attractiveness of Novo Nordisk's dividend yield.

*"Trump has just signed an executive order directing Kennedy to not renegotiate the Medicare pricing with, through Congress for like nine to 13 years. So this would give Novo another four years of proprietary pricing on Ozembek and Wagovi, which are obviously two of the largest weight loss and obviously diabetic treatments."*

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## 1020. Conversations on Health Care

Episode: Can You Have a 'Healthy' Thanksgiving? How the Food Industry Conspires Against Us

Date: 2025-11-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses changes in food product offerings in response to GLP-1 drug users, noting an increased focus on higher protein, vitamins, minerals, fiber, and lower sugar foods, indicating industry adaptation to changing consumer behavior.

*"Certainly, these things are related and are resulting in food companies responding by producing products that they think will appeal to GLP-1 users. And these are products that are higher in protein, higher in vitamins and minerals, higher in fiber, and lower in sugar."*

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## 1021. Food Junkies Podcast

Episode: Episode 244: Dr. Michael Greger

Date: 2025-08-28 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses natural approaches to enhancing GLP-1 effects through diet, contrasts them with pharmaceutical GLP-1 drugs, and touches on the risks and benefits of GLP-1 drug use in weight management. The guest also acknowledges the GLP-1 drug revolution but promotes dietary strategies to manage cravings.

*"If you could tell a younger version about yourself, something about obesity or Ozempic or GLP-1s, what would it be? It would be to buy stock in Novo Nordisk."*

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## 1022. Mamatoosa

Episode: What Are You Really Hungry For?

Date: 2025-10-21 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the physiological effects of GLP-1 drugs in mimicking natural satiety hormones and their role in hunger and emotional eating, emphasizing the complexity of hunger signals beyond simple nutrition.

*"Now everybody is aware of, you know, these GLP-1 drugs or glucagon-like peptide. Yeah. Which is essentially a mimic of a normal satiety hormone."*

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## 1023. Reset Your Life

Episode: EP 172: Should I Take GLP-1s for Weight Loss?

Date: 2025-09-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, emphasizing the complexity of deciding whether to use them and highlighting that they are just one tool among others for weight loss. It touches on Serena Williams' endorsement but stresses individual considerations and the evolving nature of bodies.

*"Just because Serena Williams is doing it doesn't mean that you should run out and get a prescription tomorrow."*

## 1024. The Brian Lehrer Show

Episode: How Economic Trends Are Reshaping Restaurants

Date: 2025-09-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs, like Ozempic, on the restaurant industry, focusing on observable trends such as restaurants offering smaller portion sizes to adapt to changing consumer eating habits. The topic is explored through calls from restaurant workers and owners sharing their experiences related to customer preferences and economic factors.

*"More restaurants offering smaller portion options because so many people are on Ozempic or other GLP-1 drugs."*

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## 1025. Waterbreak

Episode: The One Where We Talk About Ozempic

Date: 2025-08-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs such as Ozempic and semaglutides, explaining their widespread popularity in the health and fitness space and providing a general overview of what these drugs are. The hosts clarify drug names and note their relevance but do not deeply analyze impacts on food and beverage industry or consumer behavior.

*"These drugs, these semaglutide drugs are wildly popular right now. Heck, half of you guys are probably on them for all I know. I get asked about it all the time."*

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## 1026. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: #49 - Keto + GLP-1s: The Secret to Microdosing? (with Maria Emmerich)

Date: 2025-08-01 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode discusses how dietary strategies, particularly ketogenic and high-protein approaches, can help enhance GLP-1 signaling and support weight loss, including the use of GLP-1 drugs and microdosing. The conversation emphasizes natural ways to boost metabolic health and optimize the benefits of GLP-1 therapies, highlighting changing consumer interest in combining diet with medication.

*"Protein signals your stomach to tell you that you're full and satisfied and you will continually look for food until you hit your protein macro. That will give you the GLP-1 signaling and just instead of spending thousands of dollars on the medication, just eat more protein."*

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## 1027. Ginger and The Giant

Episode: GLP-1 MEDS + FAT VS CARB DEBATE | EP. 9 | DANILO SIPOVAC & NICK WALKER

Date: 2025-07-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speakers discuss personal experiences with GLP-1 drugs, focusing on dosage and effects on appetite suppression and weight management, highlighting differences in usage depending on activity levels. They suggest GLP-1 drugs are game-changing, especially for individuals who do not exercise much, but bodybuilders might prefer lower doses to maintain appetite.

*"I literally have not touched... See, this is where like, I'll say, most of these GLP ones, like, this is gonna sound really rude, but I'm trying to use the correct term, are for people that don't exercise."*

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## 1028. Macros and Metabolism Beautiful Peach Podcast with Caitlen Schmidt

Episode: What Happens to Your Metabolism on GLP-1s (and How to Fix It)

Date: 2025-10-08 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the metabolic effects and challenges faced by women using GLP-1 weight loss drugs, focusing on managing metabolism and fat regain after discontinuing these medications. It highlights the fears and emotional struggles users experience with GLP-1s like Ozempic, Wegovy, and Mounjaro, but does not specifically cover impacts on the food and beverage industry or operator perspectives.

*"Maybe you lost weight and maybe you lost it fat, you know, really, really fast, but now you're exhausted. You're scared to eat more. You're honestly sometimes a lot of times scared to actually stop using your GLP-1."*

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## 1029. The Fred Show On Demand

Episode: Highlights: 02/12/2025

Date: 2025-02-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent clinical findings involving Ozempic, a GLP-1 drug, including its potential to treat alcohol addiction by reducing cravings, as well as reported side effects like vision problems. The speakers also share personal experiences with GLP-1 drugs affecting cravings and taste.

*"Another day, another Ozempic story. And you want to talk about, like, let's go... Let's take a left turn and then let's take a complete and total right turn. ... Ozempic might be an alcohol addiction treatment... However, the second story is Ozempic causes blindness."*

## 1030. FULL COMP: The Voice of the Restaurant Industry Revolution

Episode: Guess Less, Profit More: Ronald Cardwell on Why Most Food Cost Strategies Fail

Date: 2026-02-06 | Relevance: 70/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on changing consumer eating habits and the resulting shifts in demand within the food and beverage industry, particularly noting decreased demand in grocery store snack aisles and potential changes in restaurant dining behavior.

*"The Ozempic effect, right? ... we're seeing the demand for bulk food production go down in grocery stores, right? So we had grocery store snacking aisles... we're seeing demand move out of those snack aisles, right? Which just tells me people's eating habits were starting to change."*

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## 1031. Humble and Fred

Episode: Listener Email

Date: 2025-08-20 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the increasing obesity rates in Canada and the rising use of GLP-1 drugs like Ozempic, noting that restaurants are reportedly shrinking portion sizes due to reduced appetite among users of these drugs, particularly in major cities like New York.

*"because of Ozempic have, have, are shrinking the portion size for people who are on these GLP inhibitors because they can't eat as much."*

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## 1032. Dr. Daliah Show Podcast

Episode: The Dr. Daliah Show Tuesday May 14 2024 Hour 1

Date: 2025-06-01 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the efficacy of GLP-1 weight loss drugs like Ozempic and Wegovy, highlighting that about 15% of patients are non-responders, and touches on the concept of precision medicine and genetic factors influencing drug effectiveness. It notes some public surprise at the non-response rates but generally frames these drugs as part of personalized medicine efforts.

*"So we are seeing more and more individuals saying the weight loss drugs are not working on them and how some people are just non-responders. In fact, experts say 15% of people are going to be non-responders on Ozempic."*

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## 1033. The CPG Guys

Episode: 2025 Review and 2026 Predictions with NielsenIQ's Sherry Frey, Anna Mayo, Chris Costagli & Andrea Binder

Date: 2025-12-06 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rising use of GLP-1 drugs as part of a broader trend of consumers taking greater control of their health, highlighting the large addressable market and increasing consumer empowerment through health tech.

*"You will see, you know, more and more increases, we believe, of people taking things like the GLP-1 drugs. If you look at the addressable market for GLP-1s, it is about half of American adults just looking at things like obesity and diabetes."*

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## 1034. Schwab Network

Episode: Ca\$htag\$: Pepsico (PEP) Ahead of Earnings

Date: 2025-10-08 | Relevance: 70/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion links the rise in GLP-1 drug adoption to changing consumer behavior, specifically a pullback in spending on PepsiCo food and beverage brands due to increased health consciousness. The analysis highlights how GLP-1 drugs are indirectly impacting PepsiCo by influencing consumer demand patterns in the industry.

*"A lot of this is driven by that GLP-1 adoption. We see a pullback in spending there."*

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## 1035. Fargo News Today | 2 Min News | The Daily News Now!

Episode: Sugarbeet Farmers Face Financial Strain

Date: 2025-12-05 | Relevance: 70/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how the increased use of GLP-1 drugs, which reduce calorie intake by 20-30%, is contributing to reduced demand for sugar and challenging market conditions for sugar beet farmers, reflecting a shift in consumer behavior toward avoiding sugary foods.

*"A key reason for the declining demand for sugar is a shift in consumer behavior. More people are actively avoiding sugary foods, and the increasing use of GLP-1 drugs, which reduce calorie intake by 20-30%, is also playing a significant role."*

## 1036. Morning Brief

Episode: AI-Induced Delusions Are Driving Some Users to Psych Wards, Suicide

Date: 2025-09-10 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a study linking statin use to decreased GLP-1 levels, highlighting a metabolic paradox where statins may counteract GLP-1 drug effects. It emphasizes the need for awareness among patients taking both types of drugs.

*"Nick Norwitz, a Harvard-trained doctor, told us it's a metabolic paradox. Tens of millions of people take statins for cholesterol, while a rapidly growing number are prescribed GLP-1 drugs for diabetes or weight loss."*

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## 1037. Rob Black Show

Episode: Stocks Waver As Investors Wait For Trade Talk Updates

Date: 2025-06-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily in the context of their benefits for weight loss, potential medical applications, and ongoing phase 3 trials that could be catalysts for companies like Lilly and Novo Nordisk. It highlights the drugs' impact on health conditions beyond obesity, including psoriatic arthritis and Alzheimer's, indicating broad medical potential.

*"The benefits of GLP-1 drugs often begin with weight loss. There's over 100 million Americans living with obesity and nearly 40 million with diabetes. Potential markets are vast."*

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## 1038. CareTalk: Healthcare. Unfiltered.

Episode: What JPM Signals for Healthcare in 2026

Date: 2026-01-23 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing impact of GLP-1 drugs, particularly their expansion beyond obesity and considerations about their long-term sustainability and effects on weight loss. The conversation highlights that while these drugs are effective for weight loss, stopping them leads to weight regain, indicating ongoing treatment may be necessary.

*"So what's interesting about GLP-1s, John, is that you've got both the expansion into other indications beyond obesity, but then also the question of sort of the sustainability. And is this something that people are going to take for a long time?"*

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## 1039. The Liz Moody Podcast

Episode: GLP-1s: The New Science Transforming Hormones, Weight Loss, Brain Health, and Beyond

Date: 2025-10-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses practical advice for patients using GLP-1 weight loss drugs, focusing on hydration, nutrition, and how to access these medications affordably through manufacturer coupons and direct pharmacies. It provides insight into patient guidance but does not deeply explore the impact on the food and beverage industry or executive/operator viewpoints.

*"Nobody should be paying full price for this medication, even if you don't have insurance or even if your insurance didn't cover it. So nobody should be paying those \$1,200 anymore."*

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## 1040. Healthcare Rap

Episode: EVERYTHING You Need to Know About Privacy & Marketing (#430)

Date: 2025-06-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Noom's integration of GLP-1 drug prescriptions into its telehealth platform, exploring how gamification and psychology are used to improve weight loss adherence and highlighting the positive impact on user health and company growth.

*"It's worth remembering that in 2023, the company launched Noom Med, a telehealth platform that connects eligible users with clinicians who can prescribe GLP-1s. It became an inflection point, not only for users' health as an all-in-one AI-powered platform, but for the company's health as well."*

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## 1041. Fixing Healthcare Podcast

Episode: MTT #92: The worst flu season in 15 years, a measles resurgence & Medicaid cuts

Date: 2025-03-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs focused primarily on their side effects related to significant weight loss, such as sagging skin and the subsequent demand for cosmetic surgery. It highlights patient motivations, surgical risks, and the ongoing use of the drugs post-procedure, but does not delve deeply into the impact on the food and beverage industry or operators' perspectives on changing consumer behavior.

*"Although having seen any scientific studies, in talking with surgeons, they report a higher percentage of patients requesting facelift procedures following GLP-1 drugs than they had observed in patients following bariatric surgical procedures in the past."*

## 1042. Info On The Go

Episode: GLP-1: Medicine or Privilege?

Date: 2025-12-05 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an explanation of GLP-1 drugs, their medical uses primarily in type 2 diabetes and obesity, and how they differ from insulin. It covers mechanisms of action, delivery methods, effects on appetite and weight, as well as cost and access issues.

*"GLP-1 drugs like Ozempic and Wagovi, they are now everywhere. But behind all of this hype, well it's a decades old scientific story."*

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## 1043. Stop. Dieting. Forever.TM | Fat Loss for Women over 40

Episode: EP 273. How to Build Healthy Habits While You're on Ozempic (So the Results Actually Last)

Date: 2025-10-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic can reset appetite and aid weight loss, but emphasizes that lasting results require mindset and habit changes beyond the medication alone. It highlights that these drugs affect biology but not beliefs, and warns against relying solely on medication without transforming identity for sustainable weight management.

*"These medications can reset your appetite, but they cannot rewire your brain. And I'm going to tell you why this is so important."*

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## 1044. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: Special Episode: GLP1s and Heart Health with Cardiologist Dr. Simin Lee (Repost from Season 3)

Date: 2025-05-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a cardiologist and personal stories discussing GLP-1 medications like Ozempic and Manjaro, emphasizing their benefits beyond weight loss, particularly for metabolic and heart health. It aims to educate listeners and reduce stigma around obesity and related disorders with positive patient experiences.

*"These medications treat diseases and disorders and help with so many dysfunctions. And it's just so much more than weight loss."*

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## 1045. Fitness Confidential

Episode: Understanding Sugar - Episode 2685

Date: 2025-08-18 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs focusing on usage behaviors, secondary market selling, side effects like seasickness at high doses, and high costs, reflecting mixed feelings and some skepticism about the drugs' practical impact.

*"I said to Marcus, I said, how common is this buying and selling? He goes, oh, people are doing it all the time. They're selling their GLP-1s to other people."*

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## 1046. CONSISTENT by Primal Potential

Episode: 1341: Increasing Your Body's Natural GLP-1 Production & Release

Date: 2025-09-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses natural GLP-1 production in the body, emphasizing lifestyle methods to increase it as an alternative to pharmaceutical GLP-1 drugs. It clarifies differences between natural GLP-1 and prescription medications, focusing on benefits like increased satiety and reduced 'food noise'.

*"A lot of folks don't know that your body already produces and secretes GLP-1... it is 1000% possible to increase your body's natural production of GLP-1s and get some of those benefits."*

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## 1047. The Dana & Parks Podcast

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on consumer appetite and how fast food companies are adapting their menus and marketing strategies to changing dietary preferences influenced by these drugs and other health trends.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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## 1048. The Health Made Simple Show

Episode: GLP-1: your guide to playing it safe. What to monitor and measure, what are long term side effects? | Ep. 250

Date: 2025-05-27 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode provides a detailed discussion on the use of GLP-1 drugs like Ozempic, focusing on both their benefits for weight loss and potential side effects, emphasizing safe use and transparency between patients and practitioners. However, there is no direct discussion on how GLP-1 drugs are impacting the food and beverage industry or operator/executive insights on changing consumer behavior.

*""It's not just about the weight loss. What else is going on? So they've been around in the market long enough for practitioners like myself to start to really see some of the upsides, but also some of the downsides.""*

#### 1049. The Metabolic Link

Episode: The Metabolic Approach to Treating Food Addiction | Dr. Tro Kalayjian | The Metabolic Link Ep. 77

Date: 2025-10-01 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion addresses the use of GLP-1 drugs in the context of obesity treatment and their interaction with dietary approaches, highlighting weight loss outcomes and acknowledging variability in patient response, while contemplating behavioral and environmental factors affecting success.

*""I'm like, holy crap, you helped people lose 43 pounds that was sustained at a year while stopping GLP-1 drugs. Like, full stop. That's a novel finding.""*

#### 1050. The Holistic GLP-1 Podcast with Elizabeth McGann

Episode: #53 - How GLP-1s Are Changing the Future for Breast Cancer Patients (with Dr. Andrew Shapiro)

Date: 2025-10-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like semaglutide are positively impacting weight management in breast cancer patients and a personal story highlighting effective weight loss via GLP-1 treatment. The focus is more on medical recovery and quality of life rather than direct food and beverage industry impacts.

*""GLP-1 medications like semaglutide and terzepatide are transforming life after cancer, helping women regain metabolic balance, body confidence, and a renewed sense of health.""*

#### 1051. Food Junkies Podcast

Episode: Episode 241: Dr. Tro Kalayjian - TOWARD Health

Date: 2025-08-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses improvements in binge eating symptoms comparing various medical interventions, including GLP-1 drugs, which show about 60% improvement. It also explains a medical program offering dedicated medical teams and community support to patients, highlighting approaches to support dietary and behavioral change alongside medication.

*""I think I've seen data for the GLP-1 drugs at about 60% improvement in binge eating symptoms.""*

#### 1052. GLP-1 Hub: Support, Community, and Weight Loss

Episode: How Your Nervous System Affects Weight Loss w/ Jon Hacker

Date: 2026-01-29 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This episode discusses challenges people face when using GLP-1 weight loss drugs, focusing on how the nervous system's stress responses can impede weight loss efforts despite appetite suppression. It offers insights into behavioral aspects and support resources for GLP-1 users.

*""If you've ever thought, I'm on a GLP-1, so why is this still so hard? This episode is for you because sometimes it's not your calories or your appetite suppression. It's not your willpower. It's your nervous system that's holding you back.""*

#### 1053. Game-Changing Health

Episode: Livestream Fireside Chat With Amanda From The GLP-1 Collective

Date: 2025-10-15 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a discussion with Gianna Beasley, a registered dietitian and author of 'The GLP-1 Solution', focusing on strategies to maximize weight loss and well-being for individuals using GLP-1 medications. The conversation highlights educational content on GLP-1 drugs and accompanies promotion of a new program and book aimed at users of these medications.

*""My book is called the GLP-1 solution. It has 186 tips technically, strategies, tips, and tricks to maximize your weight loss and feel your best on your GLP-1 medication.""*

#### 1054. GLP-1 Tribe

Episode: How GLP-1 Medications Quiet the Unrelenting Food Noise

Date: 2025-03-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 medications, originally developed for type 2 diabetes, effectively reduce the mental preoccupation with food, termed 'food noise,' particularly benefiting people struggling with obesity. It explores the science behind GLP-1 drugs and their real-world impact on reducing intrusive food thoughts.

*""GLP-1 medications... are actually showing some really incredible results when it comes to quieting this food noise. It's pretty amazing.""*

## 1055. The Loop From WBZ NewsRadio

Episode: Afternoon Report: Sunday, August 31, 2025

Date: 2025-08-31 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are influencing eating habits and restaurant menu offerings, with consumer behavior shifting due to these drugs. Restaurants are adapting by offering smaller portions to accommodate GLP-1 users, and consumer research highlights these users' impact on food trends, particularly muscle health.

*"GLP-1's helped me lose 31 pounds. Tennis great Serena Williams touts weight loss drugs. Restaurants are building what have been called Ozempic menus."*

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## 1056. JAMA Neurology Author Interviews

Episode: GLP-1 Receptor Agonists in Idiopathic Intracranial Hypertension

Date: 2025-07-14 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 receptor agonists in the treatment of idiopathic intracranial hypertension, focusing on their potential role linked to weight loss benefits, though the exact mechanisms remain unclear. The conversation explores how obesity impacts the condition and the cautious approach needed before integrating GLP-1 drugs into clinical practice for this use.

*"I think, will be resisting the temptation to extrapolate from the data that is out there, like our paper, and immediately integrating it into practice. Because a lot of these patients are already going to qualify, because of their metabolic disorder, their diabetes, et cetera, for treatment with these medications."*

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## 1057. Alpha Health & Wellness Radio

Episode: Ep. 235 Boosting GLP-1 Naturally: Gut Health, Nutrition & Metabolic Balance

Date: 2025-09-17 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 as a naturally produced hormone affecting satiety and metabolism, touching on both its benefits and potential risks, while distancing from direct pharmaceutical use.

*"There are practitioners out there, like Dr. Tina Moore talks a lot about micro dosing... you're still getting the negative side effects, the rapid weight loss, bone density issues, stomach paralysis, skin sagging, muscle loss, which are real threats."*

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## 1058. GLP-1 Tribe

Episode: The Best Strategy for Tracking Your Progress and Health on GLP-1 Medications like Wegovy, Ozempic and Zepbound

Date: 2025-03-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on tracking health progress for individuals using GLP-1 weight loss medications, emphasizing the importance of tracking various health metrics such as activity, heart health, and sleep to better understand the body's response to these drugs and make informed healthcare decisions.

*"With GLP-1s, there's an added layer of interest there because some people find that their energy levels change, their motivation to move changes."*

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## 1059. The Ask Rusty Podcast - Answers to Questions About Personal Injury Cases

Episode: Ozempic & Diabetes Drugs: Why These Lawsuits Are Exploding Now

Date: 2025-09-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the legal issues surrounding Ozempic and similar GLP-1 drugs, focusing on the rise in lawsuits related to these medications, their off-label use for weight loss, and the resulting surge in demand and sales.

*"Ozempic is a prescription medication originally developed to treat type 2 diabetes... but as a side effect, many people taking it started losing weight. But the side effect wasn't small. It was huge. So it sparked a massive demand."*

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## 1060. Cool Stuff Daily

Episode: World's Smallest Pacemaker, "Natural" Ozempic Options, and TDIH - France Adopts the Metric System

Date: 2025-04-07 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a study on yerba mate tea increasing GLP-1 levels naturally and compares its effects to GLP-1 drugs like Ozempic and Wegovy, highlighting potential appetite control and weight management benefits with caution about overstating these effects. It also mentions other health benefits of yerba mate and ongoing research into natural and drug-based appetite regulation.

*"We're talking about effects that are subtle and short-lived, not the metabolic reprogramming that happens with GLP-1 drugs."*

## 1061. Beauty Bytes with Dr. Kay: Secrets of a Plastic SurgeonTM

Episode: 749: Ozempic Face: What It Is, Why It Happens, and What You Can Do About It

Date: 2025-07-26 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the physical facial changes, termed 'Ozempic Face,' caused by rapid weight loss from GLP-1 drugs like Ozempic and similar injectables, highlighting both the benefits for metabolism and weight loss and the unintended negative aesthetic impacts from facial fat loss. The conversation focuses on the cosmetic and aging effects rather than business or consumer market impacts on food and beverage industries.

*""These drugs definitely affect facial fat and they change the way you age. ""*

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## 1062. Pharma and BioTech Daily

Episode: Biotech Breakthroughs: Lupus Therapy and GLP-1 Rivalry

Date: 2026-02-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's innovation in GLP-1 receptor agonists for obesity treatments and Eli Lilly's strong financial performance driven by their GLP-1 drugs Mounjaro and Zepbound, highlighting growing demand and advancements in managing diabetes and obesity. It indicates the expanding role of GLP-1 therapies in the pharmaceutical industry without deeply covering impacts on the food and beverage sector.

*"Eli Lilly has reported remarkable financial performance driven by its GLP-1 receptor agonists Mounjaro and Zepbound, propelling revenues to \$11.7 billion in the fourth quarter, surpassing analyst expectations."*

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## 1063. Pharma and BioTech Daily

Episode: Transformative Shifts: Rare Diseases, IPOs, and GLP-1 Innovations

Date: 2026-02-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the market impact and competition around GLP-1 receptor agonists for obesity treatment, highlighting Novo Nordisk's successful launch of Wegovy and Eli Lilly's upcoming competitor Orforglipron, indicating strong interest and innovation in this drug class. The mention touches on the broader implications on the pharmaceutical market but does not explore effects on the food and beverage industry or operator perspectives.

*"Novo Nordisk's successful launch of Wegovy, a GLP-1 receptor agonist, has captured attention for both its market performance and implications on competitor Eli Lilly's pipeline."*

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## 1064. NTD News Today

Episode: SNAP Recipients Will Receive More Food Stamps Than Initially Estimated; Epoch Times and NTD Denied Access at Asia Summit

Date: 2025-11-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses recent government efforts to reduce the price of leading GLP-1 weight loss drugs by implementing most favored nation pricing, highlighting significant cost reductions by Eli Lilly and Novo Nordisk. This reflects the drugs' importance and impact, though it mainly focuses on pricing rather than effects on the food and beverage industry or consumer behavior changes.

*"Eli Lilly and Novo Nordisk are committing to offer ZepBound and Wegovi at most favored nations rates for American patients. This will slash the cost of Wegovi from \$1,350 a month to ultimately \$250 a month."*

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## 1065. Stock Movers

Episode: Eli Lilly Drops on Weight Loss Results; Fortinet Tumbles; Airbnb Lower

Date: 2025-08-07 | Relevance: 60/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's GLP-1 weight loss drug results in comparison to Novo Nordisk's Wagovi, noting that Eli Lilly's drug showed an 11% weight loss efficacy versus the expected 14-15% from competitors, leading to a notable stock drop. While the efficacy is described as highly effective, it was below street expectations, influencing market sentiment negatively for Eli Lilly.

*"Their weight loss pill study came in. They say highly effective, but only by 11 percent. That is slightly less than the street was expecting when it comes to that number. By comparison, Wagovi, which of course is the Novo Nordisk offering, users lost about 14 to 15 percent."*

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## 1066. WSJ Your Money Briefing

Episode: What's News in Markets: AI Deals, Trump on Pharma, Banks Split

Date: 2025-10-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic and Wegovy on pharmaceutical stocks, highlighting pricing concerns and stock movements influenced by political comments, but does not delve deeply into the effects on the food and beverage industry or operator perspectives.

*"While speaking in the Oval Office, Trump said that the out-of-pocket cost of Ozempic could fall to \$150. For reference, Ozempic currently has a US list price of nearly \$1,000 a month."*

## 1067. WSJ What's News

Episode: What's News in Markets: AI Deals, Trump on Pharma, Banks Split

Date: 2025-10-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses recent stock movements and pricing concerns related to GLP-1 weight loss drugs like Ozempic, Wagovi, Manjaro, and ZepBound, highlighting market reactions tied to pricing negotiations and political commentary. It also touches on the impact of these drugs on pharma stocks but lacks direct commentary from industry operators or executives about changing consumer behavior and food and beverage industry effects.

*""While speaking in the Oval Office, Trump said that the out-of-pocket cost of Ozempic could fall to \$150. For reference, Ozempic currently has a U.S. list price of nearly \$1,000 a month. ""*

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## 1068. The Rundown

Episode: Novo Nordisk Wins FDA Approval for Weight-Loss Pill, Alphabet Buys Clean Energy Provider

Date: 2025-12-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's recent FDA approval for an oral GLP-1 weight loss drug, highlighting its potential to expand the market by addressing issues like needle anxiety and cost associated with injectable drugs. It also touches on competitive dynamics with Eli Lilly's injectable GLP-1 drugs and the upcoming launch of Novo's pill in early January.

*""Novo Nordisk just got approval from the FDA for a pill version of their weight loss drug, WeGovie. This is the first ever GLP-1 weight loss pill. ""*

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## 1069. Brsen Morgenbriefing

Episode: Nato nar historisk aftale om 5 pct, ekspert advarer om Europas hjredrejning, Novo-konkurrent storsatser pa pille, New York-valg overrasker

Date: 2025-06-26 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's and Novo Nordisk's new GLP-1 obesity pills entering the market and their expected commercial competition, with analysts predicting these drugs could represent 30% of total weight loss medication usage. However, there is limited discussion on how these drugs are affecting the food and beverage industry and consumer behavior.

*""If we can confirm that we are as safe and effective as expected, then I believe the commercial potential for the obesity pill is significant. ""*

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## 1070. Indiana Business News

Episode: Indiana Business News - August 08, 2025

Date: 2025-08-08 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mentions lawsuits filed against Eli Lilly and Novo Nordisk over their GLP-1 drugs, Trulicity, Manjaro, and Ozempic, alleging downplayed side effects. Both companies have responded stating patient safety is a priority and their drugs are FDA-approved. No direct commentary on impacts to food and beverage industry or consumer behavior.

*""At least 26 patients have filed lawsuits in Marion County against Eli Lilly and Company over its marketing of GLP-1 drugs, Trulicity and Manjaro, claiming that diabetes and obesity treatments have had adverse side effects that the company downplayed or failed to include in its advertising. ""*

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## 1071. The Business Show

Episode: Dow and S&P Hit Seventh Straight Win (But Eli Lilly Slashes Weight-Loss Drug Prices)

Date: 2025-12-01 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Eli Lilly's price cuts on its weight loss drug Zepbound and Novo Nordisk's pricing adjustments amid government efforts to make GLP-1 weight loss drugs more accessible. It highlights the competitive pricing strategy impacting the affordability and market reach of these drugs.

*""Now Eli Lilly is cutting prices on weight loss drug Zepbound. The pharma company lowered cash costs of single dose vials and its direct to consumer platform between \$299 to \$449 a month, depending on the dose. ""*

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## 1072. The Eating Disorder Therapist

Episode: What Happens After You Come Off the GLP-1 meds?

Date: 2025-12-31 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 weight loss drugs, focusing on the challenges of coming off the medication and the importance of behavior and lifestyle changes. It highlights the risks of rapid weight loss, the need for medical support during dosage reduction, and the psychological aspects of using these drugs, while emphasizing a balanced, non-judgmental perspective.

*""GLP-1s are not the magic elixir or the devil either. They can certainly be a valuable tool for some. And we need to reduce shame and have open conversations about their use. ""*

### 1073. It Has to Be Me

Episode: Food and Hormones-Avoid Hidden Traps | 061

Date: 2025-07-03 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the physiological role of GLP-1 hormones, their production via gut microbiome fermentation, and how GLP-1 mimicking drugs like Ozempic regulate appetite and metabolism. It connects GLP-1's biological effects to gut health and blood sugar regulation but does not deeply explore the food and beverage industry impact or operator perspectives.

*"Yeah, I want to talk further about this gut hormone connection. So it's really coming into the fore in the mainstream with the prolific usage of Ozempic and other GLP-1 agonist injections. So can you just explain what GLP-1 is and how that affects our hormone health and our overall health?"*

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### 1074. The Spoon Podcast

Episode: Restoring Fiber's Lost Signal in Modern Food

Date: 2026-02-02 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how the rise of GLP-1 drugs has contributed to increased awareness of fiber's importance in diet and its broader metabolic and immune health impacts, suggesting GLP-1s are a pharmaceutical response to widespread fiber deficiency.

*"You know, the GLP-1s, frankly, have helped it, right? So you asked why. One of it is the GLP-1s have just soared into prominence, quickly becoming something like a \$70 billion global industry heading towards 100 quite quickly."*

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### 1075. Keeping It Real: Conversations with Jillian Michaels

Episode: The Truth About the ICE Shooting & Oprah's "Obesity Lie"

Date: 2026-01-21 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs in the context of obesity treatment and Oprah's financial ties to companies involved in these medications, highlighting conflicts of interest while acknowledging their potential benefits for people with severe obesity and related health conditions. It also touches on public perception and the marketing of such drugs.

*"Oprah has a very complicated financial entanglement with these medications... Weight Watchers, who purchased a telehealth medicine company that sold these GLP-1 drugs."*

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### 1076. Driveway Beers Podcast

Episode: Ozempic, Mounjaro and Shooter McGavin!!

Date: 2025-03-25 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast speaker shares a personal experience using the GLP-1 drug Mounjaro for weight loss, noting significant weight loss and fewer side effects compared to Ozempic. They also discuss an FDA ruling affecting compounded versions of GLP-1 drugs and mention some market and regulatory dynamics.

*"I am currently on Mounjaro, been on it for about five weeks, dropped about 28 pounds doing that in five weeks... I haven't had the side effects that I had the first time."*

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### 1077. Baby Mouth

Episode: Zach Noe Towers Feeds Jimmy Kimchi

Date: 2025-09-02 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discussion involves an individual sharing their personal experience on being on Ozempic, a GLP-1 drug, for three years resulting in significant weight loss and remission of diabetes, reflecting on its impact on diet and health. While this offers insight into individual use and effects, it does not delve deeply into broader industry or consumer behavior implications for food and beverage operators.

*"I've been on Ozempic for three years now and lost a ton of weight, but also my diabetes is gone. My A1C is 5.5."*

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### 1078. Late Night Health Radio

Episode: Tuning In: How Your Body's Energy Field Could Be the Key to Better Health

Date: 2025-11-09 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, highlighting concerns about off-label use and mental health side effects, while emphasizing the importance of supplements, nutrition, and exercise to support patients using these medications.

*"However, if a patient is on a GLP-1 inhibitor, again, like the Ozempic, Wago v. Manjaro, there are many in this class now... a number of different things that patients can do, including taking dietary supplements that can help them preserve their muscle as they're taking these GLP-1 inhibitors."*

## 1079. AGEIST

Episode: Dr. Paul Kolodzik: GLP-1s for Alcohol Abuse

Date: 2025-09-11 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt discusses the off-label use of GLP-1 drugs for treating alcohol use disorder, highlighting a potential paradigm shift in treatment approaches from total abstinence to harm reduction. While the conversation centers on medical applications, it does not directly address the impact on the food and beverage industry or changing consumer behavior related to weight loss.

*"Do you feel, you know, as we've discussed earlier that, you know, for what used to be called alcoholism and is now called alcohol use disorder, there were really on-off toggle switch... Would you say that using these GLP-1 drugs for alcohol use disorder is a paradigm shift?"*

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## 1080. The Scoot Show with Scoot

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like Ozempic are influencing consumer appetite and driving food and beverage companies to adapt by offering more diet-conscious and protein-focused options. It highlights the industry's reaction to changing consumer behaviors driven partly by these medications.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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## 1081. The Dave Glover Show

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic are influencing fast food companies to adapt their menus and marketing strategies to changing consumer behaviors, such as reduced appetite and interest in healthier, high-protein options.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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## 1082. Fitness & Sushi

Episode: How to Stop Food Noise Without Medication

Date: 2025-11-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the phenomenon of 'food noise' associated with GLP-1 drugs like Ozempic and Wegovy, exploring how these drugs are marketed as solutions for food obsession and cravings, while also raising questions about underlying causes and side effects. It touches on changing perceptions about food behavior and medication reliance but without deep industry insights or data.

*"The marketing campaign of GLP-1s has been it gets rid of the food noise."*

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## 1083. Fasting For Life

Episode: Ep. 290 - OMAD Optimization | Low-Carb vs High-Carb Pre-Fast Meals Study | How Your Last Meal Before Fasting Affects Ketosis & Fat Burning | 24-Hour Fast Results | Time to Ketosis Breakthrough Research | New Fasting Persona Quiz!

Date: 2025-07-15 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the physiology of GLP-1 hormones and their role in weight loss drugs like Ozempic and Wegovy, highlighting their mechanism of reducing hunger by slowing gut motility and appetite suppression. It emphasizes that these drugs pharmacologically enhance a natural hormonal process but warns of potential issues if one relies solely on this mechanism without holistic approaches.

*"GLP-1s are going to- The main mechanism is to slow down gut motility and reduce hunger so you don't consume as much food."*

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## 1084. Decoding Health

Episode: GLP-1 Explained: What You Need to Know About Receptor Agonists, Lawsuits, and Metabolic Health

Date: 2025-10-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses terminology and public misconceptions around GLP-1 drugs, emphasizing the need for accurate language and cautioning against misleading marketing amidst ongoing lawsuits and scientific debates.

*"Most of us will call it the GLP-1 receptor agonist. Some people still use the incretin mimetics, which is actually the proper term."*

## 1085. WorldviewTube

Episode: The Bella Melt Breakthrough: Dr. Mark Luckie Reveals Natural GLP-1 Transforming Health

Date: 2025-11-16 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses a product called Bella Melt that stimulates the body's natural GLP-1 using botanicals and vitamins, offering weight loss and cardiac benefits without the side effects associated with prescription GLP-1 drugs like Ozempic. The discussion highlights appetite suppression, fat burning, and reported weight loss experiences from users.

*""...this Bella Melt has a lot of cardiac benefits... you're going to curb your cravings, you're going to suppress that appetite and you're going to start burning fat as fuel.""*

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## 1086. Ladies, We Need To Talk

Episode: Has Ozempic killed body inclusivity?

Date: 2025-08-11 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on societal views towards body inclusivity and fat bodies. It highlights both the personal experiences of individuals taking these drugs and the broader cultural shift in conversations around body image triggered by the drugs' rise in popularity.

*""Then, ding dong, GLP-1 agonist weight loss drugs arrived... these drugs have also derailed the conversation around body inclusivity and fat bodies are once again up for public debate.""*

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## 1087. Pharma and BioTech Daily

Episode: Biotech Buzz: Safety data on Elevidys, Arrowhead's rise, and Novo Nordisk's fall

Date: 2025-08-14 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the rise and fall of Novo Nordisk driven by GLP-1 drugs Ozempic and Wegovy, as well as pricing pressures and legal issues faced by Eli Lilly with its GLP-1 products, highlighting impacts on stock value and industry dynamics. There is mention of lawsuits and competitive challenges affecting GLP-1 drug manufacturers.

*""Novo Nordisk's rapid rise and fall was driven by GLP-1S Lycozemepic and Wegovy, leading to a plummet in stock value.""*

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## 1088. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 Updates After ObesityWeek: Medicare News, New Medications, and Advocacy Insights

Date: 2025-11-11 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This episode discusses GLP-1 medications extensively, focusing on the benefits and empowerment of users through stories from the community and expert doctors, emphasizing the positive impact of GLP-1 drugs on weight loss and metabolic health.

*""That's the power of GLP-1s through Rho. Rho helps find the medication that's right for you. Based on cost, availability, and your weight loss goals. ""*

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## 1089. Game-Changing Health

Episode: Fiber Supplements & Fiber Intake On Your GLP-1 Journey (Ozempic, Wegovy, Mounjaro, Zepbound)

Date: 2025-05-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses fiber intake in the context of GLP-1 weight loss drugs, emphasizing the importance of whole food fiber over supplements during GLP-1 journeys. It provides general educational content aimed at people using GLP-1 medications but does not address specific impacts on the food and beverage industry or executive opinions.

*""It is, the thread was like, what are things that like people are absolutely missing the mark on with GLP-1 medications, and multiple people said fiber intake, and taking fiber supplements like as a solution. ""*

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## 1090. NPR News Now

Episode: NPR News: 10-07-2025 7AM EDT

Date: 2025-10-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast segment discusses the availability and pricing strategies of the GLP-1 drug Wegovy at Costco and through Novo Nordisk's discount and telehealth partnerships, reflecting on market adaptations during drug shortages.

*""Costco shoppers can now add something new to their carts, the blockbuster obesity drug, Wegovy. They can get it at the Costco pharmacy or online for around \$500 a month. ""*

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## 1091. Fight Laugh Feast USA

Episode: The One Where We Talk About Ozempic [Waterbreak]

Date: 2025-08-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode is a general discussion about GLP-1 drugs like Ozempic and semaglutides, focusing on their growing popularity in the health and fitness space and their use for weight loss. While it introduces the drugs and their brand names, the discussion

remains informal and does not deeply analyze the impact on the food and beverage industry or consumer behavior changes.

*"Today, we're going to talk about how to lose weight and how easy it can be if you're on Ozempic."*

## 1092. Tamsen and Dan Read the Paper

Episode: Episode 407: Re-entry 2025

Date: 2025-08-14 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs like Ozempic are affecting eating behaviors, with restaurants and bars beginning to offer smaller, lower-calorie meals and drinks to accommodate reduced appetite among users.

*"So I noticed a thing. So I've seen a couple of articles about going out to eat with friends and relatives who are on Ozempic or a similar drug. And that's a problem because, you know, you lose your appetite. When you're on these drugs."*

## 1093. Dr. Daliah Show Podcast

Episode: The Dr. Daliah Show Monday May 13 2024 Hour 1

Date: 2025-05-25 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the effectiveness and variability of GLP-1 weight loss drugs like Ozempic and Mounjaro, noting that a significant portion of users are non-responders due to genetic differences. It touches on the concept of precision medicine and the uncertainty around these drugs' effectiveness for individuals, highlighting that while many have high hopes, not everyone benefits.

*"We are seeing more and more individuals saying the weight loss drugs are not working on them and how some people are just non-responders. In fact, experts say 15% of people are going to be non-responders on Ozempic."*

## 1094. Healthcare Rap

Episode: How Noom Is Reducing GLP-1 Side Effects (#454)

Date: 2025-09-16 | Relevance: 70/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Noom's new microdosing program addressing GLP-1 drug side effects and how physicians perceive the growing prominence of GLP-1 weight loss drugs in public conversations. It provides insights from Noom's CEO and Chief Medical Officer about adapting consumer health strategies as GLP-1s influence the wellness landscape.

*"We speak with Noom CEO Jeff Cook and Chief Medical Officer Dr. Jeffrey Egler about the company's new microdosing program, the changes that happen as GOP-1s continue to dominate the public conversation about weight loss, and what physicians think about it all."*

## 1095. Bathroom Diaries

Episode: E.186 The Skinny Games: GLP-1 Agonists Explained by Dr. Sofia Din

Date: 2025-09-21 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Dr. Sofia Jin discusses GLP-1 agonists as tools for weight loss and longevity, emphasizing careful use to maintain health and wellness without causing disease or disorders.

*"The best thing to do with GLP-1 Agonists is to do it very carefully, to use it as a longevity medicine, to use it as the help that you need to navigate through life and all the distractions that it is going to throw at you, whether it is in the form of food or whether it is in the form of stress or whether it is in the form of just aging."*

## 1096. Game-Changing Health

Episode: Plateau Roadmap

Date: 2025-12-29 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily from a health and weight loss perspective, focusing on managing plateaus during GLP-1 medication use, offering advice and launching a program specifically for individuals using GLP-1 drugs. It approaches consumer experiences but does not delve into the impact on the food and beverage industry.

*"I am launching a program for my GLP-1 girdies. So if you are someone taking a GLP-1 medication, I think you're going to love it. I think you're going to be obsessed with it and I'd love to have you."*

## 1097. Effective Solutions for Weight Loss

Episode: The Ultimate Showdown: Wegovy vs Mounjaro - Which Weight Loss Medicine Works Better?

Date: 2025-05-14 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode focuses on comparing two GLP-1 weight loss drugs, Wegovy and Mounjaro, elaborating on their mechanisms, effectiveness, and side effects in the context of obesity treatment.

*"Discover the key differences between Mounjaro and Wegovy in their weight loss mechanisms, effectiveness, and side effects."*

## 1098. FIT CHICKS Chat

Episode: Episode 593 - GLP-1 is Reshaping Coaching: Here's How to Get Ahead of It

Date: 2025-05-30 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 medications on the weight loss and health coaching industry, highlighting the recent significant changes these drugs have introduced. The speaker reflects on the industry's transformation and the evolving role of coaching in response to these medications.

*"And what is that bomb? So GLP one medications, right? Some people might refer to them as weight loss drugs. I do not. I refer to them as medication."*

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## 1099. Nourished & Free: The Podcast

Episode: "I Stopped a GLP-1 and the Food Noise Came Back. Now What?" (Client Confessional with Heather)

Date: 2026-01-06 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: A client shares personal experiences with GLP-1 drugs, discussing both their effects while on the medication and challenges after stopping, highlighting the impact on weight loss and food relationships.

*"In the age of the GLP-1 being so popular, there's a lot more conversations around how people are doing on them and also how they're doing off of them."*

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## 1100. JAMA Network

Episode: JAMA Ophthalmology : From the JAMA Network: GLP-1 Receptor Agonists in Idiopathic Intracranial Hypertension

Date: 2025-07-17 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of GLP-1 receptor agonists as a treatment option for idiopathic intracranial hypertension (IIH), focusing on its possible mechanisms and relation to weight loss. While the context is medical rather than industry-focused, it touches upon the role of GLP-1 drugs indirectly related to weight management.

*"As a neurologist, it's poorly understood, but I'm trying to see here how we can jump from treating IAH conventionally with known guidelines of weight loss, medications like acetyl-like acetyl-azolamide to decrease the pressure, to GLP-1 receptor agonists."*

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## 1101. Stock Movers

Episode: Novo Nordisk Rises, Centrica Gains, Inditex Up

Date: 2025-09-17 | Relevance: 60/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Analysts discuss Novo Nordisk's new approvals and product launches in the GLP-1 and obesity drug space, noting favorable updates and competitive positioning against Eli Lilly. The podcast highlights regulatory approvals and upcoming oral formulations as significant positive catalysts.

*"Berenberg analysts said that Nova now has fresh ammunition to fight back against Eli Lilly, thanks to a few things. So there's been a few approvals. So Wiggovi got U.S. approval to treat a serious form of liver disease recently."*

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## 1102. Founder Mode

Episode: Revolution in der Medizin: GLP-1, Telemedizin & Zukunft der Gesundheit | E20

Date: 2025-02-14 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the significant market impact of GLP-1 drugs, focusing on Novo Nordisk's leadership and stock market valuation alongside the role of telemedicine providers like HIMSS, highlighting strong growth driven by weight loss programs.

*"Der Hersteller von Nozempik und Vegovi Novo Nordisk kommt aus Danemark, das wertvollste europäische Company am Aktienmarkt...In den USA der Hersteller ist fast eine Billion wert."*

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## 1103. Sustainable Weight Loss For Moms | Lose Weight, Healthy Habits, Fat Loss, Lose Belly Fat, Balanced Meals

Episode: 18: Thinking about a GLP-1 for weight loss? Here's what you need to know.

Date: 2026-01-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the considerations and questions surrounding the decision to start GLP-1 medications for weight loss, focusing on personal hesitations and the sustainability of such treatments from a dietitian's perspective.

*"Maybe you are worried about the side effects or you know that if you go on a GLP-1, you have to be on it long term for it to work."*

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## 1104. Game-Changing Health

Episode: GLP-1 Nutrition Made Simple: 5 Meals I Recommend to Every Client (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2025-12-01 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses the impact of GLP-1 weight loss drugs on nutrition and eating habits, emphasizing simplifying nutrition for those using these medications. It highlights challenges such as reduced hunger and the importance of regular eating even when appetite is low.

*""Sometimes, right? That's just because our hunger is lower. The food noise is quieter. So like we're just eating less because we're not thinking about it or we're eating less because we get full really quickly and we haven't adjusted. """*

## 1105. The Big Story

Episode: Connected TV's Growth Spurt; How Ozempic Is Upending Marketing

Date: 2025-02-27 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, focusing on how it is causing a cultural shift and impacting consumer packaged goods brands, highlighting changes in marketing and consumer behavior though without deep quantitative data.

*"Ozempic is now having its moment... and James Herscher filed a story about how Ozempic is changing CPG brands in commerce."*

## 1106. BNR Headlines

Episode: Novo Nordisk stopt studie naar behandeling Alzheimer met Ozempic: 'Was zeker niet voor niets'

Date: 2025-11-24 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's cessation of an Alzheimer's treatment study involving semaglutide, an ingredient in Ozempic, a GLP-1 drug. The conversation focuses on the clinical trial outcomes and implications for treatment rather than impacts on the food and beverage industry or consumer behavior.

*"Maar dan snap ik eigenlijk niet waarom Novo Nordisk is gestopt. Want ze zijn schat hemeltje rijk geworden met die Ozempic medicatie."*

## 1107. Adipodcast

Episode: #43 Adipositas ist kein Lifestyle

Date: 2025-12-21 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses clinical obesity and anticipates when Wegovy might be reimbursed by German health insurers, noting political and regulatory factors and the drugs' medical benefits. It speculates on pricing and access, comparing to bariatric surgery reimbursement criteria.

*"Die sogenannte kardioprotektive Wirkung, der GLP-1 noch mit einpreist, ist dieses Medikament oder diese Medikamentenfamilie so mächtig, dass da auch die Politik nicht vorbeikommt."*

## 1108. Your Checkup: Patient Education Health Podcast

Episode: Side Effects Broken Down: GLP-1 Weight Loss Medications Explained

Date: 2025-07-07 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the side effects of GLP-1 weight loss drugs, particularly gastrointestinal symptoms like diarrhea and sulfur burps, and shares anecdotal remedies and dietary advice to manage these effects. The discussion touches on the lack of formal research but notes patient experiences and possible solutions.

*"I also incognito went into one of these Facebook groups to see if people were out here doing this. I like went anonymous and I asked the question, like, is anyone out here using Pepto to manage these sulfur burps? And there were a couple of people who were like, yeah, use Pepto."*

## 1109. Gut Feeling with Dr. Pal

Episode: Why Eating Less Doesn't Always Work: Hunger, Hormones & Metabolism Explained

Date: 2026-02-02 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss medications such as Ozempic, Mounjaro, and Wegovy, noting their role as intermediate treatments for people with BMI between 25 to 32. It highlights that weight loss from these drugs is temporary and they come with potential side effects like pancreatitis and nausea. The discussion also covers treatment options for obesity and clarifies BMI thresholds relevant to different populations.

*"Whatever medication, whatever other things, Wegovy, Ozempic, whatever. You may lose till you take. Once you stop, you are back again. It is not a permanent way. It is a temporary way. I can say it is an intermediate way."*

## 1110. Renegade Psych

Episode: 46.5 GLP-1s and SSRIs: EMPOWERMENT was the Pitch, DEPENDENCY is the Business Model, with David Healy, MD

Date: 2026-01-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic, Wegovy, and Manjaro with a focus on their perceived benefits and side effects, media portrayal, and concerns about dependency similar to SSRIs. It also touches on a recent pharmaceutical deal involving GLP-1 manufacturers and critiques the marketing and acceptance of these drugs.

*"Empowerment was the pitch. Dependency is the business model."*

### 1111. Stock Movers

Episode: Lilly & Novo; American Express; Regional Banks Move Higher

Date: 2025-10-17 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on the stock prices of companies like Eli Lilly and Novo Nordisk, highlighting price concerns driven by political pressure but noting that insurance coverage may mitigate effects on sales. Analysts debate the competitive landscape and pricing issues, but there's no direct discussion on how these drugs affect the food and beverage industry or consumer behavior from operators and executives.

*"President Trump, he's saying the price of Novo's exempt, OZEMPIC, it's going to come down to just \$150 a month. It's currently listed at a thousand dollars for a month supply."*

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### 1112. Program Yourself Thin Podcast

Episode: Episode 489: The Food That Makes You Thin & Healthy

Date: 2025-02-12 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how increasing natural fiber intake can stimulate the body's own production of GLP-1 hormone, which aids in satiety and weight loss, comparing fiber to GLP-1 drugs like Ozempic in effect. It emphasizes how dietary changes can naturally promote GLP-1 hormone activity rather than focusing on the pharmaceutical drugs themselves.

*"Fiber, in a simple way to think about it, is kind of like nature's ozempic."*

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### 1113. Food Sleuth Radio

Episode: Mike Kostyo, MA, discusses food and societal trends for 2025.

Date: 2025-02-07 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs on the pleasure of eating and consumer behavior, highlighting concerns about their side effects such as reduced appetite and how they might affect major food brands. It also touches on the complexity of the issue and the evolving nature of food products that are designed to overstimulate consumer taste preferences.

*"One final topic on my end, and that has to do with the GLP-1 drugs for weight loss and how that is impacting a person's pleasure of food."*

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### 1114. Rooibos cosmetics

Episode: Reinventing a heritage beauty brand with Borghese COO Dawn Hilarczyk - plus, industry news

Date: 2025-09-04 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the growing adoption of GLP-1 drugs for weight loss, including differences in effectiveness, new oral formulations, and notable celebrity endorsements, highlighting a shift in consumer behavior and normalization of these drugs.

*"It's not just for kind of drastic weight loss, but I could see more people using it for kind of smaller, more subtle weight loss."*

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### 1115. Dishing with Stephanie's Dish

Episode: Stephanie A. Meyer has the basic formula for how to eat and create satiety and life long healthy eating without deprivation

Date: 2025-09-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 medications like Ozempic in the context of appetite control and weight management, focusing on how these drugs create satiety and help manage increased appetite, with reference to consumer experiences and alternatives to medication.

*"And then along came Ozempic and made it all kind of make sense because Ozempic works or GLP-1 medications work because they decrease your appetite."*

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### 1116. Radio Advisory

Episode: 282: What CEOs need to know in 2026 (Part 2)

Date: 2026-01-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of high-cost specialty drugs, including GLP-1 drugs, on rising healthcare and drug costs but does not deeply analyze the specific effects on the food and beverage industry or changing consumer behavior.

*"We know drug costs, especially GLP-1s and high cost specialty drugs continue to be really elevated."*

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### 1117. Biohacking News

Episode: Biohacking Boom Drives Personalized Wellness and Anti-Aging Innovations

Date: 2025-11-13 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs like Ozempic in the context of supply chain pressures and side effect scrutiny, noting a spike in demand for natural alternatives and mitochondrial supplements. The discussion highlights challenges faced by these drugs and a shift toward more regulated, science-backed health solutions in the biohacking industry.

*"Supply chain pressure is notable in the area of GLP-1 drugs such as Ozempic, which are facing shortages and scrutiny for side effects. In response, mitochondrial supplements and natural alternatives are seeing spiking demand."*

## 1118. Dr Karan Explores

Episode: How AI Is Unlocking The Microbiome: Dr Amine Zorgani on the Future of Gut Health

Date: 2025-11-28 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 molecules mainly in the context of natural and microbiome-derived analogs or supplements that might support or enhance weight loss therapies, but notes they are less efficacious compared to pharmaceutical GLP-1 drugs.

*"A very clear example or easy one is today's hype about GLP-1 molecules for weight loss. We have come to see that there are many publications today showing that the microbiome also would have some molecules that produce naturally in the gut to improve weight loss in a similar way or as GLP-1."*

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## 1119. Escape Your Limits & LIFTS

Episode: LIFTS Episode 61 - FSA/HSA & Data-driven Wellness Decisions | Connected Health & Fitness Summit 2025 | Part 2

Date: 2025-02-26 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the influence of GLP-1 drugs in the health and wellness industry, focusing on the significant marketing budgets of pharmaceutical companies like Eli Lilly and their impact on consumer awareness compared to natural wellness alternatives. It highlights the challenge faced by fitness and natural health advocates in competing against aggressive pharmaceutical advertising campaigns for GLP-1 drugs.

*"Today they win the awareness game because we cannot afford to spend what an Eli Lilly is going to be spending on GLP."*

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## 1120. The Joe Rogan Experience

Episode: #2380 - Jordan Jensen

Date: 2025-09-17 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion covers concerns about the pharmaceutical industry broadly, with some focus on GLP-1 drug Ozempic, its dosing issues, side effects like muscle and bone density loss, and potential benefits for morbidly obese patients. There's a mix of skepticism and acknowledgement of its usefulness when properly dosed.

*"The problem with it is that when they're dosing it out to people they're giving everyone the same dose and it should be dependent upon like how much weight are you trying to lose what is your body weight."*

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## 1121. RUNGA Radio

Episode: 223 | Jay Campbell: How Peptides & Bio-Regulators Are Revolutionizing Health

Date: 2025-04-01 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drug Ozempic in the context of health benefits, dosing concerns, and public perception, touching on the drug's impact on metabolism and related health protocols. There is some caution advised regarding dosing and negative media coverage, but also acknowledgment of its potential efficacy.

*"I was waiting for the negative fallout. And I was believing a lot of the negative press and Jay really answers a lot of questions. Why did that lady go blind? What is the right dose? What is the right protocol? Who is the right fit? And how do they need to support the drug?"*

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## 1122. The Dr. Ashley Show

Episode: 110. 14 Foods that Suppress Hunger for Fast Weight Loss

Date: 2025-08-12 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses the hormonal effects of calorie intake and highlights potential negative impacts of GLP-1 weight loss drugs when used without proper behavioral or dietary strategies, cautioning about metabolism damage and muscle loss. They promote natural weight loss methods as preferable alternatives.

*"So a lot of folks taking these GLP-1 drugs who are not doing it with a behavioral mindset intervention, who are not focused on a very, very strong dietary approach, are severely ruining and destroying their metabolism and losing a lot of muscle mass."*

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## 1123. Nightline

Episode: Full Episode for Thursday, January 8, 2026

Date: 2026-01-09 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The episode discusses the use of GLP-1 receptor agonists in treating addiction, highlighting a specific case where a treatment center uses GLP-1 drugs to reduce cravings in patients with substance use disorders. It touches on clinical study results showing a 40% reduction in cravings and depicts how GLP-1 meds help clear addiction-related brain activity.

*"At the end of that study, when we saw a 40% reduction in cravings, it was pretty compelling."*

## 1124. Menopause Rise and Thrive | Helping Women Navigate Midlife and Menopause

Episode: 116. GLP-1 Medications & Midlife Metabolism: What Every Woman Needs to Know

Date: 2025-07-31 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion addresses GLP-1 medications in the context of midlife metabolism and weight loss, highlighting concerns about dosing practices by companies like Eli Lilly and discussing how different individuals respond to dosage differently. There is also talk about nutrition and the importance of carbohydrates during weight loss while using these drugs.

*"I think it's really important to put out there the disservice that Eli Lilly and some of the people out there are putting as like you have to get it refilled and you have to up your dose."*

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## 1125. Rock That Fitness with AnnaRockstar

Episode: RTF# 168 GLP-1 Medications & Food Noise: What Women Over 40 Need to Know and How These Drugs Work (Part 2)

Date: 2025-07-28 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss medications emphasizing that these drugs must be combined with lifestyle changes like fitness, nutrition, and mindset to be effective. There is also a mention about the importance of health monitoring and partnerships related to health optimization but little direct insight on industry effects or operator perspectives on consumer behavior changes.

*"These weight loss medications must be paired with real lifestyle changes. Just because you're taking a weight loss medication doesn't mean that you don't still need to work on these things."*

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## 1126. Food Junkies Podcast

Episode: Episode 255: Challenging the Naysayers with Dr. Nicole Avena

Date: 2025-11-13 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion touches on GLP-1 drugs in the context of treating obesity and addiction, noting their validation of food addiction as a biological construct but also concern about overreliance on these drugs instead of other treatments. There's no direct focus on the impact on food and beverage industry or consumer behavior from operators or executives.

*"But, you know, look, I think that, like you mentioned about the GLP-1 drugs, I mean, that in and of itself, I think really does, you know, support the idea that food addiction is something that is valid in the sense that, you know, we're able to see these drugs that we know can have the ability to kind of dampen the reward system."*

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## 1127. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 Access & Women's Care: Fixing a Broken Healthcare System P1

Date: 2025-09-29 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with weight and stress leading to weight gain, references GLP-1 drugs as a potential solution for weight loss, and promotes an inclusive community sharing stories and information about GLP-1 medications like Ozempic, Wobovi, and Manjaro. However, it does not deeply address the impact on the food and beverage industry or executive/operator perspectives on consumer behavior changes.

*"20 seconds a week to lose 20% of your weight in a year with diet and exercise. That's the power of GLP ones through row."*

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## 1128. Lean Local

Episode: Lean w/ Ozempic

Date: 2025-02-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features a local ER doctor discussing his clinical experience and positive views on Ozempic, a GLP-1 drug, highlighting its effectiveness for weight loss and wellness in his practice. There is an emphasis on community health improvement related to obesity.

*"I think it's an amazing drug. I mean, use it quite often in our practice. So, yeah, it's been really, it's been doing really well for my patients."*

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## 1129. THE EMBC NETWORK

Episode: E59 The OZEMPIC Dilemma Prioritizing Wellness in the Age of Medication with Amy Wilson

Date: 2025-06-17 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode focuses on the drug Ozempic as a GLP-1 medication popular for weight loss, exploring its benefits and common misconceptions with a board-certified pharmacist. The discussion touches on wellness, side effects, and the societal impact of such drugs, though it does not deeply analyze effects on the food and beverage industry or executive/operator perspectives on consumer behavior changes.

*"Ozempic is taking the world by storm as a potential weight loss drug. It almost sounds too good to be true. Take a few shots per week, and suddenly, you drop 5% of your body weight."*

## 1130. Planet Money

Episode: Buy discount Ozempic here now click this link

Date: 2025-08-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the personal impact of the GLP-1 drug Ozempic on an individual's addictions and health, highlighting significant weight loss and reduction in cravings beyond its intended use for type 2 diabetes. While it touches on transformative effects of the drug, there is limited discussion on broader food and beverage industry impacts or executive/operator perspectives on changing consumer behavior.

*"Almost immediately, Phil started losing weight... But the most dramatic change All of Phil's cravings Not just for food, but for pills and alcohol All those addictions They just kind of vanished."*

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## 1131. UOL Prime

Episode: UOL Prime #72: A chegada do emagrecedor Mounjaro nas farmacias

Date: 2025-05-29 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rising popularity of the GLP-1 weight loss drug Mounjaro in Brazil, highlighting its high cost, limited availability, and off-label use among affluent individuals. The conversation touches on societal effects and medical perspectives but lacks detailed industry impact analysis.

*"Enquanto medicos defendem o uso do remedio por pessoas com obesidade, o uso estetico, fora da bula, virou tendencia entre os ricos e poderosos."*

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## 1132. Get Started Investing

Episode: 9. How to find a great company | 12 Steps to Get Started

Date: 2026-01-26 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong demand and market leadership of GLP-1 weight loss drugs like Eli Lilly's Mounjaro and Novo Nordisk's Zempic, highlighting shifting market dynamics and investor interest. While it does not deeply analyze the food and beverage industry, it notes the broad market potential and competitive positioning of these drugs.

*"It wasn't hard to see the impact that this was having through studies that it was doing and through, I guess, through what we were seeing in the news."*

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## 1133. Program Yourself Thin Podcast

Episode: Episode 633: Food or Mood

Date: 2025-10-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs, specifically Ozempic, as a weight loss solution, comparing it to other approaches like dietary programs. The speaker acknowledges Ozempic as effective but raises concerns about long-term use, cost, and its impact on the enjoyment of food, reflecting a nuanced perspective on GLP-1 drugs' role in weight loss.

*"And I see someone asking that. What is your take on Ozempic? ... I think Ozempic is the best solution out there, pretty much, other than program yourself thin. ... The difference is one person's going to have to inject themselves forever. They still haven't learned how to run their mind. They still haven't necessarily transformed their eating. They now have to be injected for life. They have to pay that money for life. They never, they don't really enjoy food the way they used to."*

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## 1134. It's All About Food

Episode: It's All About Food - Plant-Powered Peace of Mind - 1.6.25.

Date: 2026-01-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the cultural and psychological reasons behind choosing GLP-1 drugs for weight loss, emphasizing their appeal in reducing mental noise and offering legitimacy compared to diet culture, but without detailed data or industry-specific impacts.

*"Medication sounds like authority. Legitimacy, science, doctor approved, feels more believable than eat more kale."*

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## 1135. Gary and Shannon

Episode: GaS Best Of: The Body, the Mall & the Algorithm

Date: 2025-05-26 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic on body positivity and consumer behavior, noting how some brands have shifted advertising strategies and how users feel about these drugs.

*"We have talked many times about the ever-changing world of body positivity. And Ozempic is having a, other GLP ones are having a, just a field day when it comes to this issue."*

## 1136. Group Chat

Episode: Dr.Costco | Group Chat News EP 970

Date: 2025-10-06 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Costco entering the market to offer GLP-1 weight loss drugs like Ozempic and Wegovi at reduced costs, highlighting that these drugs require prescriptions and are typically not covered by insurance. The conversation touches on the potential shift in consumer behavior with easier access through Costco's pharmacy services.

*"Costco has entered the race to undercut the cost of Ozempic and Wegovi. This is big news."*

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## 1137. The Nerve with Maureen Callahan

Episode: Michelle Obama's Hair Despair, A-Rod's Arrogance, and Jillian Michaels Gets Real About Ozempic

Date: 2025-11-18 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the growing public attention on GLP-1 drugs like Ozempic, highlighting concerns about their effects and celebrity use trends, alongside a warning about potential downsides. The discussion indicates changing consumer behaviors influenced by rapid weight loss drugs but lacks deep industry or operational insights.

*"We've talked a bit about GLP-1s like Ozempic here at The Nerve and the dangers that they present and how the legal drug pushers in the pharmaceutical industrial complex are never going to tell you the downsides."*

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## 1138. Peter Greenberg Travel Detective

Episode: Eye on Travel - Gale Miami Hotel & Residences - August 16, 2025

Date: 2025-08-16 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the emerging travel trend related to 'Ozempic travel', reflecting on how GLP-1 weight loss drugs like Ozempic could be influencing travel patterns and consumer behavior. However, the discussion is introductory and lacks detailed analysis or data regarding impacts on the food and beverage industry.

*"Jack Eason... had done a piece, a very interesting think piece on some changes in passenger behavior and traveler behavior, and you called it the Brave New World of Ozempic Travel, about how many people are now..."*

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## 1139. Valley to Peak Nutrition Podcast

Episode: Efficacy of Oral GLP-1 VS Injectables, Lead in Protein Powders, energy drinks, and the protein-sparing effect of carbs

Date: 2025-10-28 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses oral versus injectable GLP-1 drugs, providing background on GLP-1 peptides and noting the buzz around them related to weight loss, including curiosity and anecdotal references from popular culture. However, it does not deeply analyze the impact on the food and beverage industry or operator/executive perspectives on changing consumer behavior.

*"Do oral peptides work as good as injectable GLP-1?"*

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## 1140. Vintage Voorhees

Episode: Big Fat Shutdown Show

Date: 2025-11-07 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses rapid weight loss attributed to GLP-1 drugs like Wegovy and ZepBound, including concerns about long-term effects, cost, insurance coverage, and implications for health and medical treatment costs. The speaker reflects on societal perceptions, government negotiations to reduce drug prices, and uncertainties about broader health impacts.

*"The president yesterday was standing out there with RFK Jr. and Dr. Oz and said, we struck a deal with drug makers Eli Lilly and Novo Nordisk to expand coverage and reduce prices for popular treatments known, and from a marketing standpoint, as like ZepBound and Wegovy, popular obesity treatments."*

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## 1141. Ransomed Bodies Project

Episode: Follower Q&A (Eliminating Food Noise, GLP-1s, Processed Protein, and more)

Date: 2025-07-18 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 drugs like Ozempic as a weight loss tool, noting they can be life-changing for some individuals with severe weight loss needs, but also have side effects and risks. The discussion highlights these drugs as one option among others, with a neutral stance on their efficacy and appropriateness.

*"I am neutral when it comes to Ozempic. And what that means is I think it is helpful for some and not helpful for some."*

## 1142. Going anti-Viral

Episode: Navigating HIV Care with GLP-1 Receptor Agonists - Dr Darcy Wooten

Date: 2025-08-26 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion centers on the medical use of GLP-1 receptor agonists primarily in managing weight, diabetes, and potential benefits in reducing cravings for substances like alcohol and opioids in patients with HIV. The speakers highlight the promise of injectable and long-acting formulations and foresee increased use in the future, but do not discuss impacts on the food and beverage industry or executive perspectives on consumer behavior changes.

*"I think that's an area of great promise...it can be a natural way to get a twofer, maybe a threefer when we're trying to help with weight loss."*

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## 1143. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: New Research Suggests Ozempic May Reduce Biological Age

Date: 2025-10-27 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses new research suggesting that Ozempic, a GLP-1 drug, may reduce biological age in adults with obesity, highlighting expanding potential benefits beyond weight and glucose control. It notes that these findings may influence physicians' and consumers' perceptions of metabolic therapies.

*"Researchers reported that participants experience changes in molecular biomarkers consistent with a slowing of biological aging."*

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## 1144. The Dose with Paddy and Belinda

Episode: Holidays, Velvet Jackets & Red Flag Realisations [S2E6]

Date: 2025-05-04 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss personal experiences and weight loss progress using GLP-1 drugs like Ozempic and Monjaro, highlighting significant individual weight loss outcomes but cautioning that such results are not typical. While not directly addressing the food and beverage industry, the conversation offers insights into changing consumer behavior via personal narratives.

*"I would say seven, eight, eight and a half, something like that. Yeah. Eight and a half months, a hundred pounds. That's phenomenal."*

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## 1145. Lovely J Podcast

Episode: Episode 689 Mounjaro 7.5 - 6 Month - Lovely J Podcast

Date: 2025-03-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast speaker provides a personal 6-month update on using Mounjaro 7.5, a GLP-1 drug, describing improvements in physical health and changes in dietary habits, emphasizing eating more fruits, vegetables, and protein to avoid cravings.

*"To me, it feels like with each dosage you gotta eat a certain way. And if I would have known that, I probably would have paid more attention. But on the 7.5, it's like my body wants more fruits, more vegetables, more carbs, the good carbs."*

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## 1146. The Business Show

Episode: Disney's Leadership Change: What It Means for Investors

Date: 2026-02-04 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the stock performance and business outlook of major pharmaceutical companies producing GLP-1 weight loss drugs, noting Novo Nordisk's challenges including expected sales declines due to price cuts and competition, contrasted with Eli Lilly's strong performance and growth in demand. It highlights the high-growth market for weight loss drugs but cautions on company-specific risks.

*"This is weight loss drugs are a huge, huge, huge market that is going to continue to grow. But not every single company is going to win in the same way."*

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## 1147. The Morning Market Briefing

Episode: NYC Mayoral Election Results | November 5, 2025 - Morning Market Briefing

Date: 2025-11-05 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a rumored deal involving Eli Lilly and Novo Nordisk to offer discounted GLP-1 weight loss drugs starting next year, including proposed pricing and coverage under Medicare and Medicaid, alongside digital solutions to encourage diet and exercise.

*"The deals with the weight loss manufacturers on Trump Rx beginning next year, they would start at \$149 a month for Novo Nordisk and \$299 a month for Eli Lilly's Manjaro and Zetbound."*

## 1148. Program Yourself Thin Podcast

Episode: Episode 489: The Food That Makes You Thin & Healthy

Date: 2025-02-12 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how natural fiber-rich foods can stimulate the body's natural production of GLP-1 hormone, similar to GLP-1 weight loss drugs, contributing to fullness and weight loss without injections. It emphasizes fiber's role in appetite regulation and nutrition as a complementary or alternative approach to GLP-1 drug effects.

*"Fiber, in a simple way to think about it, is kind of like nature's ozempic."*

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## 1149. The Burnt Toast Podcast

Episode: Ozempic Is Morally Neutral

Date: 2025-02-13 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the cultural and societal implications of GLP-1 drugs like Ozempic, focusing on shifts in perceptions of thinness and class rather than direct impacts on the food and beverage industry or consumer behavior changes from operators and executives.

*"Celebrities and pop culture and idols have always been like celebrated for being thin, but this is the first time there's been this \$1,000 a month drug that makes people thinner."*

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## 1150. Time Sink

Episode: #242: Depends on How Many Eyes You Rip Out

Date: 2025-07-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug primarily approved for type 2 diabetes and heart disease risk reduction, and acknowledges its off-label use for weight loss due to appetite suppression effects. The hosts clarify its medical approval and how the drug impacts eating behavior by reducing hunger and cravings, but do not deeply connect this to the food and beverage industry or operator perspectives.

*"Ozempic is approved to lower blood sugar levels in adults with type 2 diabetes mellitus in addition to diet and exercise... people realized, wait this is actually pretty good for weight loss... it curbs your cravings."*

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## 1151. CNBC's "Money Movers"

Episode: NEC Director Kevin Hassett, Tanger CEO, Top AI Scientists at Odds 12/23/25

Date: 2025-12-23 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's newly approved oral GLP-1 pill for obesity, highlighting its arrival as a more accessible alternative to injections, with pricing details and potential to reach more patients. Commentary emphasizes the benefits of the pill, including options for patients hesitant about injections and pricing advantages.

*"Shares of Novo Nordisk are moving higher today after the company received FDA approval for the first ever GLP-1 pill specifically approved for obesity."*

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## 1152. MJ Morning Show on Q105

Episode: MJ Morning Show, Thurs., 4/17/25: Couple Left Baby In Hotel Room While In The Bar (With A Baby Monitor). We Took Calls.

Date: 2025-04-17 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses FDA warnings about counterfeit Ozempic drugs entering the supply chain, highlights the availability of generics similar to GLP-1 drugs, and touches on the pricing rationale by the manufacturer Novo Nordisk. The conversation is mainly informative with some casual commentary and warnings to consumers.

*"The FDA said do not use, do not distribute, do not sell these medications."*

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## 1153. Stock Movers

Episode: Silicon Lab Climbs on Deal; Lilly Sees Surging Sales; Chipotle Falls

Date: 2026-02-04 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong sales growth of Eli Lilly's GLP-1 weight loss drugs like Mounjaro and Zep Bound, highlighting their impact in the pharmaceutical market and some pricing competition with Novo Nordisk. It briefly touches on the drugs driving growth but does not deeply analyze effects on the food and beverage industry or consumer behavior changes.

*"We know it's got those blockbuster weight loss drugs, Mounjaro, Zep Bound. Sales more than doubled in those drugs year over year."*

## 1154. The Health Feast

Episode: Your Food Noise Is Out of Control - Here's How to Stop It

Date: 2025-12-02 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs on reducing cravings for addictive food components like sugar and salt, highlighting their potential health benefits but also noting that most people discontinue use within six months due to various reasons. The discussion emphasizes changing consumer behaviors related to food cravings and the challenges of maintaining these changes without medication.

*"If you can take a medication that sort of just like makes you not want those things anymore, like that's going to have a huge impact on your health. Well, the problem is most people stop these medications within six months."*

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## 1155. Whole Health Empowerment Project- healthy eating, weight loss after 40, weight loss motivation, food freedom, nutrition, womens health, healthy life hacks, women's health and wellness

Episode: 303:// Naturally Occurring Foods That Act Like GLP-1: Can They Help Control Hunger?

Date: 2025-03-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses naturally occurring foods that may support GLP-1 production, clarifying misconceptions about these foods acting like GLP-1 weight loss drugs such as Ozempic. It focuses on the potential benefits for pre- or post-menopausal women rather than the direct effects of pharmaceutical GLP-1 drugs on weight loss or the food and beverage industry.

*"If I'm thinking about nature's own ozempic, I'm thinking, oh, if I eat these foods, I'm going to have weight loss that mimics that of ozempic. But that's actually not what's happening."*

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## 1156. Rumble in the Morning

Episode: The New Ozempic Side Effect that may get you to stop taking it

Date: 2025-08-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drug Ozempic, particularly focusing on anecdotal and early clinical research about side effects such as reduced libido and sexual drive that might influence personal behavior. The conversation mentions the drug's weight loss effects but largely centers on unexpected personal lifestyle impacts rather than broader food and beverage industry effects.

*"It also kills your wanting to have sex. What's left? Well, there we go. So now you are just a blob."*

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## 1157. Sh!t I told my Hairdresser : Comedy Podcast About Hair, Celebrity chaos & the wild life inside salons

Episode: Resting Ozempic face Ep#88

Date: 2025-06-22 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: Two hairdressers are discussing the popular use of Ozempic, a GLP-1 drug, highlighting its rapid weight loss effects leading to noticeable facial changes known as 'Ozempic face,' which they find somewhat disturbing. The conversation reflects consumer experiences and social media observations rather than industry perspectives or operator insights.

*"It is fucking scary. Who's doing it. I mean, it's everywhere. And what's happening is they're losing so much weight so fast that their body can't keep up with it."*

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## 1158. Kate Dalley Radio

Episode: 041025 2nd HR Dr Bryan Ardis Nicotine and TUMORS Dosages and Ozempic Truth MUST LISTEN

Date: 2025-04-10 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs Ozempic and Wegovy, focusing on concerns about potential cancer risks such as thyroid and breast cancers, citing black box warnings and oncologists' reports of new cancer diagnoses in patients using these drugs.

*"Also, the number one selling drugs in America right now are two weight loss and diabetes drugs called Ozempic and Wegovy...they already have a black box warning to cause thyroid cancer in anybody who takes it between 12 months and 36 months."*

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## 1159. Mature Muscle Podcast

Episode: S.4 Ep.9 - THE GOOD & BAD OF OZEMPIK, MOUNJARO & WEGOVY & The Wonders of CREATINE

Date: 2025-06-21 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts discuss the use of GLP-1 weight loss drugs like Ozempic and Mounjaro among gym clients, noting mixed experiences with adherence to exercise routines and positive weight loss outcomes for some individuals. They also touch on concerns about what happens after discontinuing the drugs.

*"I know of one or two people that have done it or doing it in the gym, outside the gym more, but I don't know. Yeah. I've got a couple of people at the gym I know are taking it and they've had great results."*

## 1160. Blu Alchemist Podcast

Episode: I Lost 15 Pounds in 6 Weeks: Michelle's Mounjaro Story

Date: 2025-10-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses personal experiences and advice regarding GLP-1 drugs such as Mounjaro and Ozempic, including usage eligibility, side effects, and safety concerns with online purchases. It highlights how these drugs aid weight loss even without exercise but notes some side effects and insurance coverage limitations.

*""If the person is disabled and can't work out. Well, that makes it even better because the Mondoro helps you lose weight when you're not even exercising.""*

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## 1161. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: September 18, 2025

Date: 2025-09-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions FDA warning letters issued to Novo Nordisk and Eli Lilly for misleading advertising related to GLP-1 therapies, highlighting regulatory scrutiny amid rising demand. It discusses the importance of accurate promotion to ensure patient safety and compliance but does not delve deeply into industry reactions or consumer behavior changes.

*""The FDA has issued warning letters to Novo Nordisk, Eli Lilly, and telehealth company HIMSS, citing misleading advertising practices related to GLP-1 therapies.""*

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## 1162. REST | EAT | MOVE

Episode: 286. Are You Nutrient Deficient or Food Deficient?

Date: 2025-11-12 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rise in GLP-1 drug use in the context of nutrient obsession and dieting trends, noting that around 12-15% of U.S. adults are now using GLP-1 drugs and questioning who is paying for them. The conversation touches on the impact of these drugs but does not deeply analyze effects on the food and beverage industry or detailed consumer behavior changes.

*""So when you look at a GLP-1 and it's going crazy, what do you say 50 million people are now taking? Yeah. 12% of the U.S. is using GLP-1. 12 to 15%. And then you got, the other question I threw out there is who's paying for that?""*

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## 1163. The Food Professor

Episode: Season Six Debut: Elbows Down on Tariffs, the China Conundrum, and Canada's De Minimis Decisions

Date: 2025-08-28 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs in the context of their impact on the food and beverage industry, highlighting how these drugs, along with climate change and global trade shifts, are driving companies to restructure and focus on niche markets.

*""So I guess we shouldn't be surprised that companies are kind of taking a second look at the way they're organized.""*

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## 1164. Tough Cookie Talks

Episode: Diet Trauma, Food Noise, Curious Nutrition, and Finding Your Food Voice with Julie Duffy Dillon (Best of Season 3 Replay!)

Date: 2025-09-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion touches on GLP-1 drugs like Ozempic and how they are perceived to help reduce 'food noise,' which refers to obsessive or chaotic thoughts about food. However, the conversation is more focused on the concept of food noise and its cultural and psychological implications rather than a detailed analysis of GLP-1 drugs or their impact on the food and beverage industry.

*""A lot of people say that these drugs help you quiet down the food noise."""*

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## 1165. Medical Millionaire Podcast

Episode: #180: Crushing The Weight Loss Status Quo: Thinnr's Disruptive Aesthetic Approach

Date: 2025-10-08 | Relevance: 65/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts two executives from Thinner, a company focused on weight loss products, who discuss GLP-1 drugs amid the growing trend in medical aesthetics and weight loss solutions. They explore myths, trends, and their approach to using or complementing GLP-1 therapies in their offerings.

*""There's this huge talk of GLP-1s...they've gone down this path of creating an excellent product, something that is showing incredible results and delivering expertise into the market when it comes to weight loss in general."""*

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## 1166. The Iowa Podcast

Episode: Food Delivery This Weekend? Listen To This First

Date: 2026-01-09 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs (referred to as the 'Ozempic effect') on consumer behavior in the food and beverage industry, noting that people on these drugs tend to eat and drink less, resulting in reduced spending and affecting sales.

The mention is part of a broader conversation about challenges faced by restaurants and food delivery services.

*"I was talking with my doctor the other day. One-sixth of all people are now on a weight loss drug. Really? Yep. We call it the Ozempic effect. Yeah. Those people eat less. Yeah. They drink less. And they don't spend as much."*

### 1167. The Fred Show On Demand

Episode: Fred's Biggest Stories of the Day: Ticket Fees, Ozempic, Yugo, & Delivery Driver Pooped on Porch!

Date: 2025-05-13 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Ozempic, highlighting skepticism about their use outside medical necessity, various side effects including altered taste and facial changes, and the potential impact on diet habits. The commentary reflects concerns about consumer behavior changes driven by these drugs affecting food preferences.

*"A new side effect is dubbed Ozempic mouth... involves rapid facial fat loss leading to sagging skin and pronounced wrinkles around the mouth... And then there's Ozempic tongue... your taste in food could also dramatically shift."*

### 1168. The Treehouse Show Podcast

Episode: How Do You Like Your Pasta? | Tuesday 01.06.26

Date: 2026-01-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the noticeable impact of GLP-1 weight loss drugs like Ozempic on individuals' rapid weight loss and mentions side effects such as sagging skin and intimate health issues dubbed 'Ozempic vagina.'

*"Have you guys noticed any people in your immediate circle suddenly dropping weight, probably because they're on the GLP one. No Zimpic weight loss plan."*

### 1169. Fat To Fit Or ELSE Podcast w Stretch AKA The Stretch Show Podcast

Episode: Fat To Fit Or Else With Stretch Ep. #184

Date: 2025-06-20 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic and Wegovy, highlighting their widespread use and side effects, while also mentioning new hormone-based weight loss drugs in development that may outperform current options with fewer side effects.

*"They say Ozempic and Wegovy now, 15 million people nationwide are using it. I think it's way more than that. And despite their effectiveness, there are big side effects."*

### 1170. Coffee Talk with David Eon (LIVE NEWS TALK)

Episode: Coffee Talk with David Eon for Fri, Dec. 12th, 2025 + Time Person of the Year Mike Lindell Minnesota Governor Cat Ozempic +

Date: 2025-12-13 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic mainly in the context of their use for weight loss, including a new trial for cats, while expressing skepticism about the obesity epidemic and the pharmaceutical approach. The discussion touches on societal behavior and potential new markets for GLP-1 drugs but lacks detailed industry analysis.

*"Ozempic and Wegovy both contain semaglutide which is a type of drug known as a GLP-1 agonist... Okava Pharmaceuticals has announced that the first cats have been dosed with new weight loss treatment."*

### 1171. The Digital Agency Growth Podcast

Episode: From Ozempic to Ad Strategy: Todd Gagne on GLP-1's Ripple Effects

Date: 2025-07-02 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast guest discusses GLP-1 drugs in the context of societal reliance on an 'easy pill' for weight loss and the need for behavior change to maintain results. The talk touches on the long-term commitment implied by these drugs and their impact from a social perspective rather than detailed industry effects.

*"I think as a society, we want the easy pill. We don't want to go do the hard work. I think that's one of the things that's a downside to this. Once you're on it, in a lot of cases they're saying you're on it for a long time, maybe the rest of your life, because if you get off of it and you don't change your behavior, you're going to gain that weight back."*

### 1172. This Week in Startups

Episode: Coreweave IPO, AVRide & Digg is Back! | E2093

Date: 2025-03-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast mentions the direct-to-consumer (DTC) launch of GLP-1 weight loss drugs like Wegovy by Novo Nordisk at half price, discussing the potential impact on patients without insurance and related healthcare service innovations. There's a general positive outlook on the accessibility improvements and emerging delivery models for these drugs.

*"Novo Nordisk on Wednesday said it will offer its weight loss drug drug. We go be for less than half of its usual price per month through a new DTC option."*

### 1173. The Steve Hallstrom Show

Episode: The Steve Hallstrom Show Episode 620: Legislative Showdowns & Truth or Trash

Date: 2026-01-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs such as Ozempic and Wegovy are impacting consumer food choices, particularly shifting demand toward leaner meats like sirloin and chicken over fattier options. It also notes broader dietary changes affecting sugar consumption and sugar beet markets.

*"...all these people on these GLP-1 drugs, Ozempic and Wegovy, they need to have things that give them protein in their stomach to last a little longer, and then there's some people I've read, too, that are like, ah, yeah, but people are not maybe going for the beef and the pork. They're going for the chicken a little bit more..."*

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### 1174. Sarah Westall - Business Game Changers

Episode: Epstein Limited Hangout, Manson Comparisons and CIA's Operation Chaos w/ George Webb

Date: 2025-03-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast briefly promotes a newer weight loss peptide drug, described as stronger than existing GLP-1 drugs like Ozempic, emphasizing its fat-burning properties and personal weight loss results. It touches on consumer interest and provides links for purchase and further support, without detailed discussion on industry or market effects.

*"Just a short break from the program to share with you an amazing peptide to help you lose weight. It's stronger than Ozempic. And why it's because it not only reduces your appetite, but it also burns fat."*

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### 1175. Something Offbeat

Episode: Is this the end of fast food as we know it (and do we feel fine)?

Date: 2025-12-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic on consumer appetite and how fast food and beverage companies are adjusting their offerings to align with changing consumer behaviors related to diet and appetite suppression.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite."*

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### 1176. The Big K Morning Show

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs, like Ozempic, are influencing consumer appetite and how fast food and beverage companies are adapting their menus to current dietary trends, including accommodating consumers with less appetite and a focus on protein-rich options.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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### 1177. Habits and Hustle

Episode: Episode 511: Dr. Mindy Pelz: Fix Your Metabolism with the Right Type of Fast

Date: 2025-12-16 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The discussion highlights the biological role of the gut microbes in producing the GLP-1 hormone and mentions GLP-1 drugs like Ozempic, explaining their mechanism of action on receptors. It also suggests alternative natural approaches like Yerba Mate tea that may feed these microbes and influence hunger, touching on the potential impact of such drugs on diet and metabolism.

*"What is your whole take? Okay, so thank you for asking this. The first I would say is what part of your body makes the GLP-1 hormone? Do you know? The gut? Yes. Okay. So the microbes. Yeah. The microbes make GLP-1 hormone."*

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### 1178. Chad Hartman

Episode: I've stabbed him before with my fork

Date: 2025-12-16 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion highlights the impact of GLP-1 drugs on eating habits, noting smaller portion sizes and a shift towards nutrient-dense foods in restaurants, which affects food costs and menu offerings. It also touches on changing consumer behaviors around food labeling and choice, though without detailed analysis specific to the food and beverage industry's strategic responses.

*"One of the things that we're seeing is smaller portions, which goes right in line with everyone's on the GLP-1 drugs, right? So they can't eat as much, but it's also great for food costs for restaurants because they can serve you a little less. Also, we're seeing a lot of nutrient-dense foods, again, highlighting GLP-1s. People can only eat so much, so they're going for the protein. They're going for more nutritious foods versus the filler, as it were."*

## 1179. Deep-ish

Episode: All Thing's GLP-1 With Karli Sine

Date: 2025-06-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features Karli Sine discussing her personal experience with GLP-1 drugs for weight loss and shares practical information and tips. The conversation is informal and anecdotal, focusing on her expertise and weight loss journey rather than industry impact on food and beverage sectors.

*"She personally has lost 55 pounds on GLP-1 and is really helping people along their journey."*

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## 1180. The MM+M Podcast

Episode: Justin Long and John Hodgman reunite to say there's only one Ozempic

Date: 2026-01-21 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the new Novo Nordisk advertising campaign featuring actors Justin Long and John Hodgman to differentiate Ozempic from other GLP-1 drugs, focusing on its indications for type 2 diabetes. While the episode primarily covers the promotional content and humor surrounding the ads, it offers some insight into marketing efforts within the GLP-1 drug space but lacks detailed discussion on impacts to the food and beverage industry or consumer behavior changes.

*"Novo's latest consumer-focused brand campaign seeks to differentiate Ozempic from other GLP-1 drugs on the market by underscoring its multiple clinical indications for people living with type 2 diabetes."*

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## 1181. Outspoken with Bruce & Gaydos

Episode: Hour 1: Using AI to talk to people who have died?

Date: 2025-08-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 weight loss drugs like Ozempic on the food and beverage industry, noting that restaurant owners are adjusting menus to include smaller portions, reflecting consumers' reduced appetites due to these medications.

*"Restaurant owners are saying that Ozempic and other weight loss drugs... is shrinking appetites. And restaurants are adding smaller portions on the menu for that."*

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## 1182. The Mike Broomhead Show

Episode: Hour 2: GLP-1's are saving airlines

Date: 2026-01-19 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the cultural and social discourse around GLP-1 drugs, highlighting their impact on individuals' lives and mentioning their economic influence, including a surprising link to airlines. The hosts express both positive views on the drugs' benefits and acknowledge some negative public perception.

*"I think there are a lot of great things to say about GLP-1 drugs. And I think they're changing the lives of a lot of people that never had any options before."*

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## 1183. Inside Sports Nutrition

Episode: GLP-1s and What Athletes Should Know - Ep. #189

Date: 2025-07-09 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an overview of GLP-1 medications like Ozempic and Wegovy, discussing their growing popularity for weight loss and considerations for their use in athletic populations. The hosts, both registered dietitians with sports nutrition experience, aim to educate listeners on potential positives and negatives of these drugs.

*"GLP-1 medications like Ozempic and Wegovy, these have been just making the headlines like crazy right now for weight loss, so Dina and I are going to chat about them to give you a better understanding of them and maybe some positives and negatives."*

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## 1184. Project Joyful

Episode: Herbal Options For Stimulating GLP-1

Date: 2025-10-25 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast explains the biology and function of GLP-1 and GLP-1 receptor agonists, including their role in insulin release, appetite suppression, and metabolic health. It touches on synthetic GLP-1 drugs used for type 2 diabetes and weight loss, mentioning side effects and introducing herbal approaches as alternatives.

*"GLP-1 receptor agonists, like those popular injectable medications, are synthetic compounds that mimic the action of the natural GLP-1 hormone."*

## 1185. Game-Changing Health

Episode: Thanksgiving Tips for GLP-1 Users: Enjoy the Feast Without the Stress

Date: 2025-11-10 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode focuses on tips for GLP-1 drug users navigating Thanksgiving, with the host sharing personal experience and support for those using GLP-1 medications. It provides practical advice to users but does not delve deeply into the broader impacts on the food and beverage industry or consumer behavior changes from an operator or executive perspective.

*"I am a registered dietitian and GLP-1 girly myself, and I specialize in working with people taking GLP-1 medications."*

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## 1186. GOOD IDEA Audio Blog

Episode: The Science-Backed Way to Boost GLP-1 & Control Blood Sugar Naturally

Date: 2025-05-03 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses a functional beverage called Good Idea that is scientifically formulated to naturally boost GLP-1 levels and control blood sugar, emphasizing meal timing for effectiveness. It highlights GLP-1's role in stabilizing blood sugar and regulating appetite, suggesting potential metabolic health benefits.

*"Good Idea is a scientifically formulated functional beverage designed to help reduce that post-meal blood sugar spike and increase GLP-1 naturally."*

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## 1187. The Propaganda Report

Episode: Protest Ploy, Ozempic Air Lines & AI Robocops

Date: 2026-01-22 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast mention discusses the impact of GLP-1 weight loss drugs like Ozempic on the airline industry, highlighting significant cost savings due to reduced passenger weight. It notes an indirect effect of these drugs on changing consumer behavior affecting operational costs in the food and beverage-related airline industry.

*"Airplanes are using less fuel because less obese people are flying. Did you guys know that? Less obese people are flying, so it's causing airlines to save \$580 million annually."*

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## 1188. Lori & Julia STILL LOUD

Episode: Episode 8: Springsteen's Biopic, Ozempic Confessions, and Our Latest Must-Reads

Date: 2025-10-24 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speakers discuss personal experiences with GLP-1 drugs like Ozempic and Wegovy, noting mixed outcomes including effectiveness for many and significant side effects such as hair loss. They also mention easier prescription access through Costco but do not deeply explore the impact on food and beverage consumption or industry operator perspectives.

*"I do know so many people who these drugs are working miraculously for."*

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## 1189. CONSISTENT by Primal Potential

Episode: 1334: Ozempic, Self-Doubt, and the Weight of Frustration

Date: 2025-08-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses a client's experience with weight loss methods including Ozempic, a GLP-1 drug, highlighting challenges such as cost, insurance coverage, and concerns about metabolism and returning to normal eating behaviors. It reflects on psychological and behavioral themes rather than industry impact or consumer behavior changes broadly.

*"My highest known weight was 412 pounds... then Ozempic. And what this person shared is like their insurance isn't going to cover it anymore."*

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## 1190. Morgans AM

Episode: Thursday, 5 February 2026: Tech Stock Sell-Off Continues as Market Decline Intensify

Date: 2026-02-04 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the strong weight loss and type 2 diabetes drug sales, including Eli Lilly's triple digit growth in Zepbound and Mounjaro, reflecting the impact of GLP-1 drugs in the market. However, it also notes Novo Nordisk's profit and sales decline due to price pressures and loss of exclusivity for key GLP-1 products Weyovy and Ozempic in some regions, indicating changing market dynamics.

*"Eli Lilly jumped over 10 percent after reporting triple digit growth for its weight loss and type 2 diabetes drugs Zepbound and Mounjaro in the fourth quarter."*

## 1191. Adipodcast

Episode: #43 Adipositas ist kein Lifestyle

Date: 2025-12-21 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses legal and insurance challenges faced by obesity patients in Germany, including coverage issues for bariatric surgeries and emerging GLP-1 receptor agonist therapies. It provides an overview of the medical and legal context rather than detailed analysis of GLP-1 drugs' impact on consumer behavior or the food and beverage industry.

*"...mittlerweile wahrscheinlich auch fur medikamentose Therapien wie die GLP-1-Rezepto-Analoga und alles, was da kommt..."*

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## 1192. UOL Prime

Episode: UOL Prime #100: Como um foragido da PF forneceu Mounjaro a Davi Alcolumbre

Date: 2025-12-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the rapid weight loss among Brazilian politicians attributed to Mounjaro, a GLP-1 drug authorized for diabetes but not widely available, highlighting supply scarcity and high demand in 2024. It includes an unusual story involving political figures obtaining the drug through informal channels, indicating high interest but not detailed industry impacts.

*"Algumas deputados e alguns senadores estavam emagrecendo muito rapidamente... o medicamento, os chamados agonistas do GLP-1, ainda nao estava nas farmacias e tinha uma tremenda busca por eles."*

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## 1193. BBC

Episode: What happens next in Venezuela?

Date: 2026-01-04 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1 weight loss drugs, explaining their biological function and recent market growth, including upcoming patent expiries in China and India.

*"Weight loss medications such as Ozempic, Monjaro and Wegovy, the GLP-1 injections have exploded on the market in recent years, dominating social media, the news and dinner table conversations."*

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## 1194. Bloomberg Market Minute

Episode: Bloomberg Market Minute

Date: 2026-01-31 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast reports on strong demand for GLP-1 weight loss medications Mounjaro and Zepbound, highlighting Eli Lilly's plans to build a \$3.5 billion plant to increase production and create jobs. The mention links the drugs' popularity to economic activity but does not delve into impacts on the food and beverage industry or changing consumer behavior.

*"Demand for its popular weight loss meds, Mounjaro and Zepbound, so strong, Eli Lilly plans to build a \$3.5 billion plant in the Lehigh Valley of Pennsylvania to make more, creating 850 permanent jobs within five years."*

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## 1195. Erichsen Geld & Gold, der Podcast fur die erfolgreiche Geldanlage

Episode: Novo Nordisk: +100%? Mega Comeback in 2026?

Date: 2026-01-03 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode provides a speculative analysis of Novo Nordisk's stock potential in 2026, highlighting expectations of significant share value gain likely driven by its GLP-1 related products. The discussion focuses on investment speculation rather than long-term fundamental impacts but recognizes the promising market position of Novo Nordisk.

*"Es ist kein unrealistisches Szenario, dass sich die Aktie im Jahr 2026 verdoppelt, zumindest aber mehr als 50% an Wert gewinnt."*

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## 1196. Dr Ron Unfiltered Uncensored

Episode: Ep 616 Unmasking the Truth: The Profit Machine Behind Modern Medicine

Date: 2025-06-23 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs like Ozempic in the context of modern medicine's profit motives and marketing strategies, questioning their efficacy and the influence of pharmaceutical companies. It encourages a holistic and critical approach to wellness, highlighting controversy and skepticism around these drugs rather than endorsing them.

*"The pharmaceutical companies sell us hope... what if that hope is built on hype, half truths and hidden agendas?"*

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## 1197. Jonesy & Amanda

Episode: CUTTING ROOM FLOOR: Ozempic For Dogs Is Coming! (Podcast Exclusive)

Date: 2025-08-22 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the extension of GLP-1 drug technology like Ozempic to pets for weight loss, highlighting obesity issues in dogs and cats and potential market developments, but does not delve into effects on the food and beverage industry or consumer behavior among humans.

*"Pharmaceutical companies are sniffing out new territory, tapping the same science behind the weight loss drugs to develop a similar treatment for pets."*

### 1198. Velvet's Edge with Kelly Henderson

Episode: Kelly's Favorite Conversations: Ozempic Unfiltered: Chip's Journey, Stigma, and the Emotional Side of Weight Loss (The Edge)

Date: 2025-12-26 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, in the context of obesity treatment and cultural perceptions surrounding weight loss drugs. The conversation reflects both skepticism and recognition of Ozempic as a legitimate treatment for obesity, highlighting the evolving understanding of obesity as a disease rather than a personal failing.

*"I was just telling you. My ears are ringing. Yes. I had Dr. Alexandra Soa...she wrote this book called The Ozempic Revolution...It has been a little alarming to me because I'm like, here we go again. We're just throwing a pill at something...she really made me realize that this is actually a treatment for the disease of obesity."*

### 1199. The Mark Arum Show

Episode: The Mark Arum Show 05-02-25 HR 3

Date: 2025-05-02 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic and other GLP-1 weight loss drugs, focusing on users experiencing side effects severe enough to require emergency room visits, such as gastrointestinal distress. The hosts share anecdotal observations about health issues related to these drugs but lack in-depth analysis.

*""Users of Ozempic and these other weight loss drugs are going to the emergency room because of things like gastrointestinal distress. People are complaining about nausea, vomiting, abdominal pain, diarrhea. ""*

### 1200. Omni Talk Retail

Episode: Groceryshop 2025 Key Takeaways

Date: 2025-10-02 | Relevance: 60/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses changing consumer behavior with a focus on more health-conscious shopping, mentioning the rise of GLP-1 medication adoption as one factor influencing dietary preferences.

*"Obviously, there is the rise of GLP-1 medication adoption. And now that's impacting folks' dietary preferences."*

### 1201. Health News Tracker

Episode: Top Healthcare Trends 2025: Medicare Advantage, AI Advancements, and Shifting Consumer Behaviors

Date: 2025-03-21 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs as impacting consumer behaviors and industry responses, particularly with expanded adoption expected in 2025 that will influence consumer product offerings and healthcare strategies in the food and beverage sector.

*"The ongoing impact of GLP-1 drugs for weight loss and diabetes management is reshaping consumer behaviors and industry responses. As barriers to access begin to break down, adoption is expected to expand significantly in 2025, prompting changes in consumer product offerings and healthcare strategies."*

### 1202. Decoding the Shopper

Episode: Navigating Health Trends in Consumer Choices

Date: 2025-02-19 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker discusses the impact of GLP-1 drugs on consumer behavior, highlighting that appetite suppression from these drugs drives demand for more nutritionally dense and functional foods, presenting opportunities for innovation in the food industry.

*"And then, you know, equally going down the line, you've got the likes of GLP-1 drugs coming out, which is suppressing appetite, which means actually when you do eat, that's got to be really nutritionally dense."*

### 1203. Biohacking News

Episode: Biohacking's AI-Powered Health Revolution: Transforming Longevity and Self-Optimization

Date: 2025-09-26 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the rise of GLP-1 weight loss drugs within the broader biohacking and health optimization market, highlighting the launch of AI-powered tools like Shapescake's 3D body scanner tailored to GLP-1 users. It emphasizes changing consumer behavior towards measurable, trackable health outcomes driven by these drugs and related technologies.

*"On September 25th, Shapescake announced the first AI-powered 3D body scanner, tailored for the rise of GLP-1 weight loss drugs and the biohacking market."*

## 1204. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: GLP-1 & Body Composition: Why the Scale Isn't the Full Story in Obesity Care  
Date: 2026-01-05 | Relevance: 75/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The episode discusses GLP-1 medications like Ozempic, Wegovy, and Manjaro, focusing on access to these drugs through insurance and telehealth platforms, and sharing empowering stories from users. It highlights efforts to make GLP-1 drugs more affordable and accessible but does not deeply analyze impact on the food and beverage industry or consumer behavior changes.

*"Rho understands the challenges of navigating insurance hurdles and the skyrocketing prices of GLP One medications. That's why they specialize in getting insurance approvals for GLP Ones."*

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## 1205. The Awake Nation

Episode: The Awake Nation 06.06.2025 Who's Your Daddy Who's Your Prez  
Date: 2025-06-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 related formulas as a new solution for weight loss, mentioning concerns about prescription GLP-1 drugs like Wegovy and Ozempic and promoting an alternative product that purportedly stimulates GLP-1 production with fewer side effects. The tone suggests some skepticism about traditional drugs but optimism about new products targeting GLP-1 to help control food cravings and fat loss.

*"Listen look if you have been battling weight loss issues and you have felt unsupported there is now a solution and it's not Wegovy and Ozempic those those are prescription drugs that were originally designed for diabetes and they have side effects some of them are horrible up to including blindness you don't want to do that okay there's a better way there's a better way life vantage mind body and mb core glp one formula that's the way to go."*

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## 1206. Adam and Jordana

Episode: BONUS: Is this the end of fast food as we know it?  
Date: 2025-12-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs, specifically mentioning the 'ozempic factor,' as part of a broader examination of how fast food chains are adapting their menus to changing consumer behaviors and preferences, including appetite suppression and dietary trends.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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## 1207. Dave and Mahoney

Episode: Email Mahoney Your Bowel Movements  
Date: 2025-10-07 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses Costco's recent announcement to sell GLP-1 weight loss drugs like Wegovy and Ozempic at discounted prices for members without insurance, highlighting the drugs' shifting role in consumer behavior and access challenges due to insurance coverage. The hosts touch on pricing and insurance coverage issues relevant to the broader food and beverage industry context.

*"Costco has just made a big announcement ... they are going to start selling name brands like Wegovy and Ozempic at a discount even if you don't have insurance."*

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## 1208. Gary and Shannon

Episode: 8-Second Attention Span  
Date: 2025-09-08 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: The podcast discusses the effects of GLP-1 drugs, particularly on weight loss and overall health improvements, but also touches on concerns about misuse and the importance of lifestyle changes alongside drug use. It reflects on how these drugs impact people's confidence and behavior but warns against relying solely on medication without healthy habits.

*"People are taking these things and microdosing them because they think it's going to... wash over the weekend of awful diet that they just indulge in four pounds of ice cream and a couple of cheeseburgers and some pizza."*

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## 1209. The Emma Guns Show

Episode: Is Ozempic Cheating? Plus, intermittent fasting, supplements and how to handle injury.  
Date: 2025-05-06 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the impact and perception of GLP-1 weight loss drugs like Ozempic and Wegovy, focusing on personal experiences and societal conversations around these medications. The speaker emphasizes that GLP-1 drugs are effective and helping people but also highlights the importance of context and varied approaches to weight loss beyond just medication.

*"I think a Zempic semaglutide would go be Majera I think they're all fantastic and they are helping people who are they are they are helping people and I know people who are on it who are absolutely having just the best time who are having an inc"*

## 1210. Finans Podcast

Episode: Lyn-analyse: Novo stjal fokus pa kmpe konference - af to arsager

Date: 2025-09-19 | Relevance: 65/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's focus at a major diabetes conference in Vienna, highlighting new research results and the presence of industry and analysts observing reactions to new products, which likely includes GLP-1 drugs. However, there is limited direct discussion on the impact of GLP-1 weight loss drugs on the food and beverage industry or operator/executive insights on changing consumer behavior.

*"Novo stjal jo en del fokus pa grund af blandt andet nogle nye opsigtsvkkende resultater."*

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## 1211. The Loop From WBZ NewsRadio

Episode: Morning Report: Sunday, August 31, 2025

Date: 2025-08-31 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 weight loss drugs are influencing eating habits and menus in the food industry, with restaurants creating special menus and consumers adjusting portions. Consumer research highlights that GLP-1 users are shaping trends around muscle health, impacting food waste and satisfaction.

*"Restaurants are building what have been called Ozempic menus. At first they were very shy about saying they were on Ozempic. Now they're like, I'm on Ozempic. Can I have one meatball instead of three?"*

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## 1212. Weightloss With Desiree Cart Dugas

Episode: Weightloss Journey With Desiree Cart Dugas May 4, 2025 morning

Date: 2025-05-04 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses the widespread but often unacknowledged use of Ozempic and similar GLP-1 weight loss drugs among people seeking weight loss, noting the stigma around admitting usage despite their popularity. They also mention trying to lose weight through traditional diet and exercise methods rather than medication.

*"They're all taking Ozempic. And if not Ozempic, they're taking the non-brand, non-brand peptide... A lot of people are too ashamed to say, I have food noises, and I'm taking the shot."*

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## 1213. pharmaphorum Podcast

Episode: FH25: Jessica DaMassa on hosting, hype, and health innovation

Date: 2025-10-08 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 drugs as transformative in healthcare, comparing their impact to penicillin and highlighting their potential to change chronic disease management and economics. They also note interest in integrating digital components with these drugs.

*"I mean, these drugs are game changing. I mean, the things I'm hearing, like just from the gossip that I've got is, you know, certain circles are calling them, you know, as transformative in health care as penicillin was."*

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## 1214. Your Health First

Episode: GLP Drugs, CA Screening, Meal Prep, & Good Patients

Date: 2025-04-14 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode dedicates a segment to discussing GLP-1 drugs for weight loss, mentioning popular agents like Ozempic, Wegovy, and Mounjaro, providing a general overview and cautionary advice but without detailed discussion on impacts to the food and beverage industry or consumer behavior changes.

*"Yes, indeed, there is no denial. We are facing as... hearing about Ozempic, Wagovi, Manjaro, all of these agents. So we're going to touch on that."*

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## 1215. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The GLP-1 Solution with Gianna Beasley, RD

Date: 2025-09-22 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a dietitian discussing GLP-1 drugs for weight loss, including personal experiences, community support, and practical tips such as nutrition advice and managing side effects like constipation.

*"MAG-07, it is frequently discussed in the GLP-1 community because it helps relieve constipation that may happen when you're taking a GLP-1."*

## 1216. My Life On GLP1

Episode: My Life On GLP-1: Series 14 Trailer

Date: 2025-12-04 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal experiences of GLP-1 drugs affecting appetite and food preferences, highlighting the humorous and relatable side effects such as aversions to certain foods and fluctuating appetite. It offers insights into behavioral changes in individuals using GLP-1, though not directly addressing industry or operator perspectives.

*"I learned there are actually three main reasons this happens with GLP-1s. And none of them are, the medication is poisoning you."*

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## 1217. Intuitive Bites Podcast

Episode: Ep190 - Unfiltered Thoughts on GLP-1's for Weight Loss

Date: 2026-01-11 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The host discusses GLP-1 drugs for weight loss, offering unfiltered thoughts and acknowledging the widespread use and complex nuances around these medications without judgment. The conversation focuses on supportive guidance and personal perspectives rather than detailed industry impact or consumer behavior changes.

*"I am not here to shame anyone who is choosing to go on a GLP-1 for weight loss... It's not so simple as like they're either good or bad or it's either right or wrong to be on them."*

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## 1218. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: BONUS GLP-1 NEWS: Access at Risk - What Current Lawsuits and Legislation Mean

Date: 2026-01-20 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode promotes a telehealth platform, Roe, which assists in facilitating access to GLP-1 weight loss drugs by navigating insurance and pricing challenges. The discussion highlights the platform's role in making GLP-1 medications like Ozempic and Manjaro more accessible to patients.

*"Roe understands the challenges of navigating insurance hurdles and the skyrocketing prices of GLP-1 medications. That's why they specialize in getting insurance approvals for GLP-1s."*

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## 1219. The Manic Candice Podcast

Episode: Ozempic Part 1

Date: 2025-07-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast features a personal journey of using Ozempic, a GLP-1 drug, focusing on the importance of lifestyle changes alongside the medication for weight loss. The speaker discusses weight fluctuations and shares practical insights about managing expectations and habits while on the drug.

*"A lot of people think that you just take the shot and that's it. And that's not everything. You have to diet. You have to exercise. You have to change your life, essentially."*

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## 1220. Lori & Julia STILL LOUD

Episode: Episode 8: Springsteen's Biopic, Ozempic Confessions, and Our Latest Must-Reads

Date: 2025-10-24 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts discuss personal experiences and anecdotal reports about GLP-1 drugs like Ozempic and Wegovy, including side effects like hair loss and accessibility improvements via Costco. They mention both positive effects on weight loss for some people and negative side effects observed.

*"I do know so many people who these drugs are working miraculously for."*

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## 1221. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: Decoding Obesity, GLP1, and the Brain: A Neurological Deep Dive

Date: 2025-05-12 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 medications and their role in weight loss, featuring experts and community voices sharing experiences and scientific insights on obesity and GLP-1 treatments. It promotes awareness and empowerment around GLP-1 drugs like Ozempic, Wobovi, and Manjaro but does not directly address impacts on the food and beverage industry or consumer behavior changes from an operator/executive perspective.

*"That's the power of GLP ones through and through. Row helps find the medication that's right for you based on cost, availability, and your weight loss goals."*

## 1222. Theorist

Episode: Lose weight the healthy way - Ep. 7: Bracha Banayan

Date: 2025-02-13 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion references GLP-1 weight loss drugs like Ozempic and mentions side effects such as nausea. It connects these drugs to consumer needs for health and wellness solutions, including IV therapy to mitigate side effects.

*"Especially with everyone now on like when people are on Manjaro, Trisepatide, Ozempic, all these names, and they're feeling like super sick when the dose is wrong."*

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## 1223. Marketplace All-in-One

Episode: Do banks care if you lean conservative?

Date: 2025-08-06 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses stock price declines of companies producing GLP-1 weight loss drugs amid competition from compounding pharmacies, describing how these pharmacies operate and noting the market potential for GLP-1 products. However, it does not deeply explore the impact on the food and beverage industry or executive perspectives on changing consumer behavior.

*"The thing that has happened with GLP-1s is it's basically having a commercial manufacturing operation create these products. Because of the sheer scale involved, a market Morgan Stanley predicts could reach \$150 billion globally."*

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## 1224. The Mark Simone Show

Episode: Mark's Weekend Bonus Segment -- NOT HEARD ON THE RADIO!

Date: 2025-06-20 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The host discusses the impact of the GLP-1 weight-loss drug Ozempic on consumer behavior, noting that it suppresses appetite which reduces food and liquor consumption, affecting the food and beverage industry's sales.

*"You know, everybody's going on Ozempic, these weight-loss drugs. You know how many people are on Ozempic, and they're losing a ton of weight? It's having a big effect on the economy, because when you go on Ozempic, it makes you not want to eat. So you can't eat, which means you're buying less food."*

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## 1225. Self-Conscious with Chrissy Teigen

Episode: Johann Hari: What Ozempic Is Really Doing to Us

Date: 2025-09-18 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the social and cultural impact of Ozempic, a GLP-1 drug, focusing on observable changes in people's bodies and perceptions after the pandemic, reflecting on what the drug is really doing to users rather than providing hard data or industry insights.

*"I remember when I first learned about the existence of Ozempic. It was here in LA... And I walked in and everyone was like gaunt, right? Everyone was like markedly thinner than they had been before."*

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## 1226. The Joe Rogan Experience

Episode: #2380 - Jordan Jensen

Date: 2025-09-17 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features a discussion on the efficacy and dosing issues of GLP-1 drug Ozempic, highlighting potential benefits for morbidly obese patients alongside concerns about uniform dosing, slowed digestion, appetite suppression, muscle and bone density loss. The conversation also touches on skepticism of pharmaceutical companies' research practices.

*"The problem with it is that when they're dosing it out to people, they're giving everyone the same dose. And it should be dependent upon how much weight are you trying to lose? What is your body weight? There's a bunch of different factors."*

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## 1227. Game-Changing Health

Episode: Your 5 Step GLP-1 Guide to Multiple Holidays, Social Pressure, and Staying Grounded

Date: 2025-12-15 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode discusses managing health and lifestyle during the holiday season while using GLP-1 medications, highlighting unique challenges and providing a roadmap for consistency without sacrificing joy or progress. The host promotes a program for users of GLP-1 medications but does not delve deeply into industry or consumer behavior impacts on the food and beverage sector.

*"So I am really excited to be able to talk about how we can manage this while on GLP-1 medications because it is a little bit different and it can pose some unique challenges that we're not used to facing."*

## 1228. My Life On GLP1

Episode: My Life on GLP-1: Series 13 Trailer

Date: 2025-10-26 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: This podcast episode introduces a new series discussing personal experiences with GLP-1 drugs, highlighting weight loss effects and addressing common concerns about results and muscle loss.

*"Remember when you used to beat yourself up if you didn't see results immediately? The studies show it's roughly 75% fat loss and 25% muscle loss."*

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## 1229. Liming and Healing

Episode: Ozempic and Plastic Surgery: The Answer to Obesity?

Date: 2025-02-21 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug originally for diabetes but now widely used for weight loss, touching on its health-related benefits and societal perceptions, especially regarding body image and cultural attitudes.

*"Ozempic it's for health reasons as well so if you have diabetes ozempic it's for you because initially it works for diabetes..."*

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## 1230. My Therapist Ghosted Me

Episode: Ozempic, The Brits & The Trolley

Date: 2025-03-07 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, highlighting its side effects like hair loss and its impact on consumer behavior, noting that reduced food and alcohol consumption linked to healthier lifestyles are affecting profit margins in the junk food and alcohol industries. However, the hosts clarify they are not medical experts, and the discussion is anecdotal and not deeply analytical.

*"Apparently, because it's, because the junk food industry are panicking because people... they're already eating into their profits and they're trying to figure out another way to."*

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## 1231. Intelligent Medicine

Episode: Leyla Weighs In: Weight Loss Without Muscle Loss--A Look into Krill Oil Benefits

Date: 2026-01-30 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how GLP-1 drugs like semaglutide and Mounjaro are contributing to intensive weight loss and the associated challenge of preserving muscle mass, suggesting krill oil and proper diet may help mitigate muscle loss during weight loss.

*"And we're knowing, you know, we know that so much weight loss is intensive because people are taking GLP-1 medications. The semaglutides, ozempic, wakeobi, Mounjaro, right?"*

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## 1232. Game-Changing Health

Episode: IVF & GLP-1s (Ozempic/Wegovy/Mounjaro/Zepbound) - Let's Chat

Date: 2025-04-03 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast host, a registered dietitian, discusses her personal experience with GLP-1 medications, mentions launching a program for users, and teases future episodes on the topic. The focus is on health and lifestyle impacts of GLP-1 drugs rather than industry effects.

*"I talk a lot about GLP-1 medications on my podcast because honestly, it's part of my daily life. I've been taking a GLP-1 medication for almost two and a half years now."*

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## 1233. Game-Changing Health

Episode: Let's Talk About Being Responsible While Taking a GLP-1 (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2025-04-15 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode features a dietitian host discussing GLP-1 medications with enthusiasm and care, focusing on responsible use and a new program for individuals using these drugs. Although it centers on GLP-1s, it mainly reflects personal and professional perspectives rather than deep industry impacts or data.

*"I am launching a program for my GLP-1 gilries, so if you are someone taking a GLP-1 medication, I think you are going to love it."*

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## 1234. Aktien.Podcast

Episode: Novo Nordisk Aktie jetzt noch kaufen?

Date: 2025-11-22 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk and its GLP-1 weight loss drugs, mentioning the recent stock value decline and general market hype. However, it mainly provides a surface-level overview without in-depth analysis on how GLP-1 drugs affect the food and beverage industry or specific changes in consumer behavior discussed by operators or executives.

*"Es geht um Abnehmenspritzen und das Unternehmen hat ja in den letzten Monaten dann doch deutlich an Wert verloren."*

## 1235. Losing 100 Pounds with Corinne

Episode: How to Stop Food Noise (with and without GLP-1's)

Date: 2025-05-23 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses 'food noise,' a term related to constant preoccupation with food, and addresses GLP-1 weight loss shots critically as potential marketing tools but acknowledges their utility in weight loss for some users. The speaker differentiates their approach from solely relying on GLP-1 drugs, focusing on emotional eating as a root cause.

*"And when everybody's talking about the new GLP one shots, I hear this coming up all the time. Food noise is made up. It's not real. It's what shot makers created as a marketing term to be able to sell more of their shit."*

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## 1236. The Pound of Cure Weight Loss Podcast

Episode: Episode 71: The Protein Myth: Are We Being Scammed by the Food Industry?

Date: 2025-09-01 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the challenges of weight loss, referencing the Ozempic craze (a GLP-1 drug) and its social implications, highlighting issues of access and lifestyle differences affecting the perception and use of GLP-1 drugs.

*"So Sean and Catherine Lowe say the Ozempic craze is triggering and hard to watch. There is a healthier route."*

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## 1237. Nutrition Diva

Episode: Can we really be addicted to food? (With Dr. David Kessler)

Date: 2025-06-04 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 medications in the context of revolutionary obesity treatments and their potential broader impacts, as noted by Dr. David Kessler and the host. However, the focus is primarily on the concept of food addiction and evolutionary drivers rather than detailed effects on the food and beverage industry or explicit operator/executive insights.

*"Today, we have new drugs that have revolutionized obesity treatment and are now being looked at as a potential treatment for other kinds of addictions. And I'm talking, of course, about the GLP-1 medications, such as Wegovy, Ozempic, Zepbound, and others."*

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## 1238. Dumpster Fire with Bridget Phetasy

Episode: E217. Ginger Is The New Black | Ozempic Eats Weight Watchers | Kanye Quits Antisemitism

Date: 2025-05-24 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, and its disruptive impact on the weight loss industry, specifically mentioning its effect on companies like Weight Watchers and likening its effect to a form of 'pharmaceutical anorexia.'

*"Ozempic is disrupting the weight loss industry by prescribing what can only be described as pharmaceutical anorexia."*

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## 1239. Gary and Shannon

Episode: #SwampWatch

Date: 2025-05-02 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Gary and Shannon discuss the impact of GLP-1 drugs like Ozempic on body positivity and consumer behavior, noting a shift in advertising and personal experiences with weight loss. They highlight how brands previously promoting diverse body types are now influenced by weight loss trends driven by GLP-1 drug usage.

*"We have talked many times about the ever-changing world of body positivity and Ozempic is having a, other GLP ones are having a, just a field day when it comes to this issue."*

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## 1240. Dumpster Fire with Bridget Phetasy

Episode: E217. Ginger Is The New Black | Ozempic Eats Weight Watchers | Kanye Quits Antisemitism

Date: 2025-05-24 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of Ozempic, a GLP-1 drug, on the weight loss and diet industry, particularly highlighting its disruptive effect on companies like Weight Watchers and comparing its influence to that of cocaine on drug markets. The tone mixes humor and critique, noting significant behavioral changes among consumers but without deep detailed data.

*"Weight Watchers is going bankrupt because of Ozempic. Is this what cocaine felt like when crack came along?"*

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## 1241. Shirts in the Pool

Episode: Hillary R. Heath

Date: 2025-03-05 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs including Manjaro, Ozempic, and compounded trisepatide, explaining their use for diabetes and obesity treatment. The speakers mention concerns about obtaining the drugs from unregulated sources and note the general public awareness reflected in signage advertising these drugs.

*""Manjaro is the name brand medication sold by Eli Lilly. It's that and ZepBound are the same medication."*

## 1242. Omni Talk Retail

Episode: Groceryshop 2025 Key Takeaways

Date: 2025-10-02 | Relevance: 65/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 medication adoption on changing consumer health-conscious behavior and its influence on dietary preferences in the grocery sector.

*"Obviously, there is the rise of GLP-1 medication adoption. And now that's impacting folks' dietary preferences."*

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## 1243. Fitt Insider

Episode: Neko Health's US launch, Tom Brady co-signs GLP-1s, Women's health scales up

Date: 2026-01-14 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast highlights Tom Brady becoming Chief Wellness Officer of EMED, a provider of GLP-1 care for employers, and notes a trend of athletes and celebrities endorsing GLP-1 platforms as access to weight loss drugs expands. This points to rising mainstream acceptance and promotional efforts around GLP-1 drugs.

*"Tom Brady is the newest face of GLP-1s."*

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## 1244. Healthcare Rap

Episode: HLTH '25: Kroger Health, Kate Farms & Resmed (#462)

Date: 2025-10-30 | Relevance: 65/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Jim Kirby, Chief Commercial Officer at Kroger Health, acknowledges the rising focus on GLP-1 drugs as an important current healthcare trend, noting their relevance alongside other innovations like AI. The discussion highlights a shift towards considering the health consumer's perspective in care and wellness, though without detailed analysis of GLP-1 impacts on the food and beverage industry.

*"It's right in front of us today. And that's GOP-1s are certainly, would be an immediate answer that I pay attention to."*

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## 1245. Conquer Your Weight

Episode: Episode #156: How to Food Journal Without Obsessing

Date: 2026-01-07 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast introduces an educational online course called The GLP Guide, aimed at patients prescribed various GLP medications, providing practical advice on medication use, side effects, nutrition, and long-term expectations to support weight loss journeys. The host discusses food journaling as an important behavioral tool in weight loss.

*"The GLP Guide is a must-have resource for patients who have been prescribed any of the GLP medications such as Wegovy, Ozempic, Semaglutide, Zepound, Monjaro, Tereseptide, Sixenda, Liraglutide."*

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## 1246. The Alan Cox Show

Episode: Bev & Run, Grandpa Pierogi, Hulusers, Turdle, Kiss Army, Dolly Lives!, Alien Nuggets, Gene Counter

Date: 2025-10-08 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs briefly, mentioning that Costco will begin selling Ozempic and that these drugs slow digestion and promote feeling full longer. The speakers share personal observations and user experiences but do not provide deep industry analysis or discuss impacts on the food and beverage sector extensively.

*"I will tell you, man, it does as advertised what it's supposed to do. Like it's supposed, it slows your digestion down. Right. So you feel full longer."*

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## 1247. The Neil Prendeville Show | Cork's RedFM

Episode: 12th March 2025

Date: 2025-03-12 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs such as Ozempic, Wegovy, and Munjara, touching on their cost, side effects, and personal usage experiences. The conversation briefly mentions how these drugs are part of a 'skinny jab revolution' and hints at changes in weight management approaches.

*"It's Ozempic Wegovy and Munjara for assisted weight loss it's anywhere between 130-150 a month the three different products Wegovy Ozempic and Munjara all have different side effects some have none at all it can depend very much on the person."*

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## 1248. The Joe Rogan Experience

Episode: #2291 - Bert Kreischer

Date: 2025-03-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the societal perceptions and effects of GLP-1 drug Ozempic, including some side effects and stigma experienced by users, with lighthearted and informal commentary on weight loss and medication use.

*"It also goes into like society, the demonizing of anyone on a semi-glutide. Yeah. I mean, people get shit on."*

## 1249. The Mindset/Mirror Connection

Episode: 10 Things That Spike Food Noise and How to Quiet Them

Date: 2025-09-22 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the controversy around GLP-1 weight loss drugs, highlighting debates around celebrity endorsements like Serena Williams' collaboration with a GLP-1 promoting telehealth company and differing opinions on the drugs' applicability and effectiveness.

*"She is this ambassador for Rowe, which is a telehealth company that highly promotes GLP1s. And I have seen a lot of the conversations online... One thing I want you guys to know, if you didn't know, is that her husband..."*

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## 1250. Game-Changing Health

Episode: Transforming Obesity Care: Highlights from Obesity Week with Mike and Zach

Date: 2025-11-18 | Relevance: 65/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses cultural stigma around obesity and mentions medications like Ozempic in the context of obesity care, highlighting conversations about public perceptions and misinformation regarding GLP-1 drugs as treatment rather than lifestyle choices. There is a focus on patient and societal attitudes rather than detailed industry impact or data.

*""She finally said, you know, how do I talk to my doctor about these?""*

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## 1251. GLP-1 Hub: Support, Community, and Weight Loss

Episode: How a dietitian can support your GLP-1 journey with Caroline Thomason, RD

Date: 2025-09-08 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a dietitian discussing personal experiences and considerations when using GLP-1 drugs for weight loss, including plateauing effects and the potential for microdosing, but lacks detailed data or direct commentary on impacts to the food and beverage industry.

*"I think this whole conversation around like microdosing GLP-1 drugs, I think we'll have to kind of see. We don't have any research on that yet. We'll have to kind of see like where that goes in the future, if it's worth it."*

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## 1252. Functional Medicine Institute

Episode: GLP-1, GIP, and Glucagon: The Hormones Behind Sustainable Weight Loss

Date: 2026-01-21 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode provides an overview of GLP-1, GIP, and glucagon hormones and their roles in regulating hunger, blood sugar, and energy. It discusses how GLP-1 acts as a satiety hormone, but does not directly address the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior as operators and executives might discuss.

*"GLP-1 is your I'm full hormone. It tells your brain when you've had enough to eat. It slows your digestion down a little bit so that you feel satisfied longer. And it helps quiet food cravings."*

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## 1253. Retail Daily

Episode: Dillons returns to Kansas City, SunStop/Eat's Deli meal deal, Target offers THC beverages

Date: 2025-10-13 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The episode mentions the launch of Numerator's GLP-1 Trends Hub, which tracks consumer use, interest, and purchasing behavior related to GLP-1 drugs, indicating growing market data availability. There is limited direct discussion of how GLP-1 drugs are affecting the food and beverage industry or operator opinions about changing consumer behavior.

*"Numerator has launched its GLP-1 Trends Hub, offering a centralized view of consumer GLP-1 use, interest, purchasing behavior, and demographics."*

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## 1254. Smart Weight Loss Coaching | Nutrition, Mindset and Fitness Tips for Women Who Want To Level Up Their Health, Wellness and Longevity

Episode: 104. Coffee May Help You Live Longer, Healthier, Impact Your Weight, Heart Health, Brain Health & Risk For Diabetes, But HOW You Drink Your Coffee Matters

Date: 2025-05-16 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly discusses GLP-1 agonists in the context of weight loss and muscle loss concerns, noting that while these drugs cause significant fat and muscle loss, strategies like resistance training and adequate protein intake can help mitigate muscle loss. The speaker expresses interest in future research on whether coffee consumption can help preserve muscle mass when using GLP-1 drugs.

*"In the last decade, some studies reported that light and moderate daily coffee consumption is protective against sarcopenia, which is muscle loss that has become a serious concern with these highly effective weight loss meds."*

## 1255. Nutrition Facts with Dr. Greger

Episode: Boosting GLP-1 with Diet and Lifestyle

Date: 2025-07-24 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how certain spices and dietary components may boost GLP-1 blood levels, focusing on natural methods to increase GLP-1 rather than pharmaceutical GLP-1 drugs. It provides experimental data on spices like turmeric, cinnamon, and cayenne pepper and their effects on GLP-1 levels and glucose regulation.

*"The average bump in GLP-1 blood concentration for those eating both the low spice and high spice meals were 17 and 32% higher compared to the bland control meal without the spices."*

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## 1256. Whole Health Empowerment Project- healthy eating, weight loss after 40, weight loss motivation, food freedom, nutrition, womens health, healthy life hacks, women's health and wellness

Episode: 303:// Naturally Occurring Foods That Act Like GLP-1: Can They Help Control Hunger?

Date: 2025-03-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses naturally occurring foods that support GLP-1 production, clarifying misconceptions about these foods acting like GLP-1 drugs such as Ozempic, and highlights benefits especially for pre- and post-menopausal women. It provides practical health guidance rather than detailed analysis of GLP-1 drug impact on consumer behavior or the food and beverage industry.

*"If I'm thinking about nature's own ozempic, I'm thinking, oh, if I eat these foods, I'm going to have weight loss that mimics that of ozempic. But that's actually not what's happening."*

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## 1257. WORK IT LADY PODCAST- JOIN US!

Episode: Is Ozempic Right for you? Serena Williams Ozempic Weight Loss Ozempic Weight Loss Serena Williams

Date: 2025-09-08 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 weight loss drug, touching on its popularity due to Serena Williams' public use and mentioning side effects and rapid weight loss effects. The conversation is informal and focuses on consumer perception rather than deep industry impact or changes in the food and beverage sector.

*"Ozempic does have some side effects guys. And I have to say like I feel like when people do anything that is a weight loss thing that is kind of very unnatural...the weight loss is so fast and rapid, you kind of get a little."*

---

## 1258. The Blake Show with Kelly and Todd

Episode: Ozempic Vagina

Date: 2025-08-25 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The hosts discuss side effects of GLP-1 weight loss drugs like Ozempic, focusing on body changes such as fat loss leading to loose skin and the use of fillers to address aesthetic concerns. The conversation is informal and anecdotal, highlighting consumer experiences with the drugs' physical effects rather than industry or market impact.

*"Well, when you have fat loss, you lose fat all over your body, including those places."*

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## 1259. 101.3 KDWB Clips

Episode: GT: Her Husband is Sneaking Ozempic

Date: 2025-08-05 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses a personal story about a husband secretly using Ozempic, a GLP-1 weight loss drug, highlighting personal and relational dynamics related to its use. There's some uncertainty and mixed feelings about the medication reflecting societal ambivalence.

*"I found that [Ozempic] and I was very surprised. And honestly, I'm a little upset that he didn't open up to me about it."*

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## 1260. Comentaristas

Episode: Quem tem refluxo pode tomar Ozempic?

Date: 2025-12-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the use of Ozempic (semaglutide), a GLP-1 drug used for diabetes and weight loss, focusing on its effects related to acid reflux and the importance of medical evaluation and lifestyle changes during treatment.

*"O Ozempic, o principio ativo dessa medicacao e a semaglutida. E uma medicacao usada para diabetes tipo 2, para quem tem obesidade... uma das acoes desse remedio, ele retarda o esvaziamento gastrico. Isso pode sim piorar o refluxo."*

## 1261. Fit Happens... The EM Way

Episode: The Ozempic Experience: Real Talk on Weight Loss, Wellness & Stigma

Date: 2025-06-21 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast is a personal discussion about an individual's experience using the GLP-1 drug Ozempic for weight loss, focusing on health struggles and lifestyle changes rather than the broader impact on the food and beverage industry or consumer behavior.

*"It's an interesting topic, right? It's a really interesting topic and I know a lot of people are looking forward to this."*

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## 1262. Gary and Shannon

Episode: Ozempic For Hair Loss?

Date: 2025-08-13 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the effects of Ozempic, a GLP-1 drug, focusing on its impact on weight loss by reducing cravings and appetite, and briefly touches on the buzz around similar drugs influencing areas like hair loss. It highlights anecdotal observations on how these drugs kickstart weight loss and change people's behaviors, but lacks detailed industry or consumer behavior insights relevant to the food and beverage sector.

*"Suddenly you can take a drug where your cravings are minimized. You're not wanting to snack. You're not having to eat all the time. Your appetite is smaller."*

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## 1263. Straight Talk about Cosmetic Surgery with Dr. Arthur Perry

Episode: Plastic Surgery after Ozempic. WOR show 2/22/25

Date: 2025-02-23 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a board-certified plastic surgeon discussing the effects of GLP-1 weight loss drugs like Ozempic on the body and the subsequent need for plastic surgery. The discussion touches on how these drugs influence patients' bodies and the potential impact on plastic surgery practices, indirectly reflecting changes in consumer behavior due to GLP-1 drugs.

*"Today we're going to be talking about, well, of course, something springy, right? Well, we're going to talk about Ozempic and all those weight loss drugs and what they do to your body and why you need to come to me after being on Ozempic and ZepBound and all those drugs."*

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## 1264. Respect The Connect

Episode: Ozempic On Sale, Election day, and Where Did All The Church Bells Go

Date: 2025-11-14 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses consumer behavior around GLP-1 weight loss drugs like Ozempic, highlighting both enthusiasm for quick fixes and criticism of reliance on such drugs instead of lifestyle changes. It touches on the trend of people using Ozempic without making healthier choices and concerns about weight regain after stopping.

*"Talking about buying bullshit. You guys going to get that new deal? The fucking 50, 100% off Ozempic deal? Oh, yeah. I'm already a member. You going to do that shit? I'm a monthly subscriber. \$50 and you can have fucking big Sean abs, bro."*

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## 1265. Booty & The Beasts

Episode: Booty & The Beasts - I'm addicted to Ozempic

Date: 2025-08-17 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with Ozempic (a GLP-1 drug) mainly focusing on weight loss and social impacts rather than industry or consumer behavior changes. The tone includes humor and criticism related to dependency on the drug.

*"I'm addicted to Ozempic. I've lost 15 kilos and counting and I feel like a new man. ""*

---

## 1266. Effective Solutions for Weight Loss

Episode: The Ultimate Showdown: Wegovy vs Mounjaro - Which Weight Loss Medicine Works Better?

Date: 2025-05-14 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode compares Wegovy and Mounjaro, two GLP-1 weight loss medications, focusing on their mechanisms and effectiveness, but does not mention impacts on the food and beverage industry or include perspectives from operators or executives.

*"Discover the key differences between Mounjaro and Wegovy in their weight loss mechanisms, effectiveness, and side effects."*

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## 1267. The Plus SideZ: A GLP-1 Guide to Metabolic Health

Episode: What Do I Eat in a Day on GLP-1? Real Nutrition with GLP1 Hub

Date: 2026-01-27 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with GLP-1 medications for weight loss and metabolic health, including overcoming challenges with obesity and the impact of these drugs.

*"Are you interested in understanding GLP-1 medications like Ozempic, Wagozi, or Mounjaro?"*

## 1268. Lovely J Podcast

Episode: Mounjaro Upsring & Who Switched The Depends?

Date: 2025-05-23 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses personal side effects of taking the GLP-1 drug Mounjaro, including unpleasant sulfur burps and stomach upset, with some attempts to manage symptoms. The mention provides a casual, personal perspective but lacks broader industry or consumer behavior insights.

*""That's the only thing about Mounjaro, if I was to go on a date, I would probably have to, I probably would not have to take it or I would have to warn the person ahead of time, Hey, I'm on a GF EI and every so many minutes if I eat the wrong food I'm going to be belching and it's going to stink. """*

---

## 1269. Value Investor

Episode: 5 Large Cap Drug Stocks: Values or Traps?

Date: 2025-10-03 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses large cap pharmaceutical stocks including those benefitting from weight loss drugs, specifically mentioning the surge and subsequent stabilization of stock prices related to weight loss drugs such as GLP-1s. However, there is no in-depth discussion on the impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes from operators and executives.

*""And then we had the weight loss drugs. So some of them had huge surges, you know, doubling, tripling off of the weight loss drugs. But that has calmed down as well. """*

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## 1270. Business Now with Ross Greenwood

Episode: Business Now | 30 July

Date: 2025-07-30 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk, maker of GLP-1 weight loss drugs Ozempic and Wegovy, reporting a sharp market share drop following fears of tariffs and competition, impacting market sentiment. However, there's no detailed discussion on how GLP-1 drugs affect the food and beverage industry or consumer behavior changes.

*""Shares in Novo Nordisk, the maker of weight loss drugs Ozempic and Wigobi, collapsed 30% overnight with fears over Donald Trump's tariffs and fresh competition. """*

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## 1271. Halftime Report

Episode: The Pullback Playbook 11/6/25

Date: 2025-11-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses a White House initiative involving Eli Lilly and Novo Nordisk to provide most favored nation pricing for popular GLP-1 drugs, highlighting government efforts to make healthcare more affordable and increase domestic production of medicines.

*""These are incredible... All right, you were just hearing from President Trump right now discussing deals with Eli Lilly and Novo Nordisch to provide most favored nation pricing for their very popular GLP-1 drugs. """*

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## 1272. The Supra Human Show

Episode: #108: Are GLP-1s the End of Dieting? or a Shortcut That Backfires

Date: 2026-01-16 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses societal attitudes towards body image and weight loss, noting that despite advocacy for body positivity, many rapidly embraced GLP-1 drugs like Ozempic for weight loss. It reflects on the contradiction between promoting acceptance of all body types and widespread use of GLP-1 weight loss drugs.

*""All those fuckers jumped on Ozempic the moment it come out. Yeah. And it's like, well, you couldn't have been that happy then. """*

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## 1273. The School of Doza Podcast

Episode: Is Your Body SECRETLY Rebelliing Against Your Diet?

Date: 2025-06-02 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the use of GLP-1 drugs like Ozempic and semaglutide for weight loss, including their side effects and the importance of dietary changes, but does not deeply analyze impact on the food and beverage industry or detailed consumer behavior changes.

*""How many people are on Ozempic? How many people are on semiglutide, terzepatide? How many people are on Manjaro? How many people are secretly on it right now? """*

## 1274. Fitzy, Wippa & Kate

Episode: Best Bits | The Skills We Should Be Taught at School!

Date: 2025-10-10 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast hosts discuss GLP-1 drugs like Monjaro and Ozempic, noting their effect in reducing the appetite to prevent overeating. They relate their own experiences with these drugs limiting food intake and making eating more manageable.

*"One thing about Monjaro... it limits the amount you want to eat when you sit down for a meal."*

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## 1275. Notions Podcast

Episode: Don't start any diet without listening this "REPLAY"

Date: 2025-12-12 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal experiences with Ozempic, a GLP-1 drug, focusing on weight loss and body image effects, including societal perceptions and concerns about changing beauty standards due to its use.

*"I did go on Ozempic and I did not tell you because I probably was feeling... I was furious about it... but I think that stopped because they all lost their butts and they were starting to have Ozempic face."*

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## 1276. Holmberg's Morning Sickness - Arizona

Episode: 06-09-25 - Sexual Assault Claims Levied Against Jared Leto Making Us Wonder Where Were Parents Of Teen Girls Involved And How Did They Get Laughing Gas - Ozempic Patients Are Claiming It's Making Their Penises Bigger By More Than An Inch

Date: 2025-06-09 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses anecdotal drug effects of Ozempic, a GLP-1 drug, focusing on user-reported sexual health benefits associated with weight loss rather than directly addressing impacts on the food and beverage industry or consumer behavior changes.

*"Ozempic is making people's dicks bigger. Now when you lose weight substantial amounts of weight your penis will appear larger when it's erect because your blood flows better."*

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## 1277. Heart of the Matter

Episode: Can GLP-1 medications help in addiction treatment?

Date: 2025-09-23 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast explores the potential use of GLP-1 drugs, primarily known for weight loss, in treating addiction, discussing ongoing studies and anecdotal evidence suggesting these drugs may reduce addictive behaviors.

*"There's now a study underway to see if this does, in fact, help them curb the urge to drink. This could be an enormous breakthrough."*

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## 1278. Healthcare Rap

Episode: CES '26 Digital Health Tour (#480)

Date: 2026-01-15 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast acknowledges the GLP-1 space as a significant and fast-evolving category in healthcare, highlighting the involvement of various stakeholders at the intersection of metabolic health and consumer demand, but without deep discussion on the impact on the food and beverage industry or changing consumer behaviors.

*"This shout out goes to everyone working in and around GLP Ones. Builders, clinicians, operators, and storytellers navigating one of the most talked about, misunderstood, and fast-moving categories in healthcare right now."*

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## 1279. the Joshua Schall Audio Experience

Episode: From Patients to Consumers: How Real-Time Health Data is Disrupting the CPG Industry

Date: 2025-12-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the growing usage of GLP-1 drugs for weight management as part of a broader shift in consumer health behavior, highlighting increased interest in personalized health solutions and blood sugar management beyond traditional diabetic populations. It suggests GLP-1 drugs contribute to expanding wellness concerns influencing food and beverage product demand and marketing.

*"But whether boosted further by recent FDA clearance of over-the-counter continuous glucose monitors and or the rising usage of GLP-1 drugs for weight management, heightened interest in blood sugar management has also expanded beyond the diabetic community."*

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## 1280. The Dr. Darian Parker Podcast

Episode: 30. GLP-1s, Perimenopause & Power: What Every Woman Needs to Know Beyond Weight Loss w/ Kayla Johnson

Date: 2025-06-03 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs primarily in the context of perimenopause and weight loss, sharing personal insights and raising awareness about GLP-1s beyond just obesity treatment. However, it does not directly address effects on the food and beverage industry or operator/executive perspectives on changing consumer behavior.

*"I thought this would be an interesting conversation because of the talk about GLP-1s and not about what people think it's going to be about, which is just about weight loss, but a different layer about perimenopause and GLP-1s."*

## 1281. Quiet Connection - Postpartum Mental Health

Episode: Quiet Confessions, Episode 16: Jealousy, Joy, and Grief

Date: 2025-09-11 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses the personal impact and emotional complexity surrounding the rise of GLP-1 medications like Ozempic, reflecting on jealousy, hope, and concerns over unknown long-term side effects. Although not a technical or industry-focused discussion, it highlights changing perceptions and experiences related to GLP-1 drugs.

*"It's this wave of GLP-1 medications... I'm seeing friends and family losing incredible amounts of weight. They're reclaiming their energy and their mobility and their confidence. And just like so often, I'm feeling several things at once. My knee-jerk is typically jealousy."*

## 1282. Let's Talk Food

Episode: The Future Is Served: Menu Order AI Founder Melissa Butler Joins Let's Talk Food

Date: 2026-01-05 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Melissa Butler, founder of a healthy eating app, mentions her personal positive experience with GLP-1 drugs to maintain a healthy lifestyle as she ages. The discussion touches on GLP-1 drugs as a tool to support weight management efforts.

*"Recently, I went on a GLP-1 a few years ago and that really helped me overall get back to where I had been prior to being on a GLP-1 and getting a little older and going through different phases of life."*

## 1283. Chad Hartman

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 weight loss drugs (ozempic factor) as part of broader cultural shifts impacting food and beverage industry offerings, noting changes in consumer behavior such as reduced appetite and rising interest in health trends like high protein diets.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

## 1284. Plateful Parenting

Episode: Episode 33: GLP-1s, Body Shame, and Family Conversations: A Candid Talk with Samantha

Date: 2025-05-28 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 agonists, addressing public curiosity and extreme views, and aims to share a nuanced perspective through a personal conversation with a guest about their experiences with weight and body image.

*"We wanted to bring someone on the podcast who can speak to their experience and provide some clarity and just share like what it's like, the reasons."*

## 1285. Agri-Pulse DriveTime

Episode: Agri-Pulse DriveTime: January 7, 2026

Date: 2026-01-07 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion mentions that many Americans are reducing calories with GLP-1 medication but emphasizes the continued importance of good nutrition, especially nutrient density for users of these drugs. It notes the importance of nutrition education for GLP-1 users to maintain a healthy diet alongside medication usage.

*"Even though many Americans are reducing calories with GLP-1 medication, they still need good nutrition. Whether a patient stays actively on a GLP-1 or tapers off of them, there is a really important role for nutrient density."*

## 1286. An Americanist

Episode: Boomboxes, Books, and Avoiding the Mud: My Weekend Detox

Date: 2025-09-15 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1 weight loss drugs like Ozempic and Wegovy, sharing survey data on usage rates and drop-off statistics, and reflecting on personal hesitation to use such drugs. It touches on concerns about medication adherence without deeper insights into the food and beverage industry impact or operator perspectives.

*"Surveys show that nearly 12% of Americans have turned to Ozempic. I would say it's a lot more than that. And Wegovy or similar drugs to lose weight with prescriptions more than tripling since 2020."*

## 1287. The Curbsiders Internal Medicine Podcast

Episode: #504: Adult Eating Disorders in the GLP-1 Era

Date: 2025-11-10 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonists in the context of their contraindication in active restrictive eating disorders such as anorexia, emphasizing a careful and multidisciplinary approach to treatment. The conversation centers on medical considerations and treatment plans rather than impacts on the food and beverage industry or consumer behavior changes.

*"From what I've read, GLP-1 receptor agonists would be contraindicated in an active eating disorder, especially a restrictive eating disorder."*

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## 1288. The Beverly Hills Plastic Surgery Podcast with Dr. Jay Calvert

Episode: Ozempic Face

Date: 2025-05-19 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the phenomenon of 'Ozempic face,' a term linked to facial changes from weight loss due to GLP-1 drugs like Ozempic. Hosts share personal experiences and medical observations on weight loss effects, but there is limited discussion on broader industry impact or consumer behavior changes in food and beverage sectors.

*"Ozempic face literally is just a weight loss face... it means that you've lost the fat in your face because you've lost weight."*

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## 1289. Fit Figure Formula Podcast: Weight Loss for Perfectionists

Episode: Ozempic Ep: 68

Date: 2025-11-11 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, from the perspective of a dietitian addressing common questions and opinions about its use for weight loss, primarily targeting an audience interested in weight management rather than an industry-specific analysis.

*"A lot of people ask me, what do I think about Ozempic? What are my opinions? And I'm going to break it down for you in this episode."*

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## 1290. Between Us

Episode: Move Over Ozempic, THIS Will Be the Weight Loss Drug of 2026

Date: 2025-12-15 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs as a new weight loss solution replacing harmful past behaviors, highlighting stigma and societal pressure around their use, but also potential broader medical benefits. The conversation touches on how people perceive these drugs and anticipates future approvals for other conditions.

*"People are embarrassed to admit they're on [GLP-1 drugs]. They think it's like cheating. There's such a stigma to being on them that no one wants to talk about it."*

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## 1291. Wall Street mit Markus Koch - featured by Handelsblatt

Episode: Reaktion auf Ergebnisse überwiegend flau | Eli Lilly fest. AMD schwach

Date: 2026-02-04 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses the strong growth performance of Eli Lilly, a key player in the GLP-1 drugs market, highlighting Eli Lilly's competitive advantage and impressive sales growth compared to Novo Nordisk. However, the conversation focuses mostly on stock market reactions rather than detailed impacts of GLP-1 drugs on food and beverage operators or changing consumer behavior.

*"Das Wachstum bei Eli Lilly ist wirklich beeindruckend. Der Wettbewerber also gibt Vollgas."*

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## 1292. FoodNavigator-USA Podcast

Episode: 6 food trends giving consumers more of what they want

Date: 2026-01-19 | Relevance: 55/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions the impact of GLP-1 drugs as a factor affecting the food and beverage industry, particularly in relation to changes in consumer behavior and emerging trends like sense-maxing. However, the primary focus remains on broader food trends and consumer demand for value, flavor, and sensory experience rather than a detailed discussion of GLP-1 drugs themselves.

*"She also shares other emerging trends that can help protect packaged foods and beverages from some of the biggest threats to the industry, including the campaign against ultra-processing and the impact of GLP-1s."*

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## 1293. Conversations on Health Care

Episode: Breaking News: Food Dye Ban: Support But More Needed, Says Dr. Marion Nestle

Date: 2025-04-22 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker comments on the impact of GLP-1 drugs on consumption patterns, noting that individuals using these weight loss drugs tend not to want to eat junk food, which is highly profitable for the food industry, indicating pressure on the industry's sales and

marketing strategies.

*"...people who are taking GLP-1 drugs for obesity, who turn out not to want to be eating junk food. Junk foods are the most profitable foods in the supermarket."*

#### 1294. The Mark Simone Show

Episode: "Mark's Weekend Bonus Segment -- NOT HEARD ON THE RADIO!"

Date: 2025-10-24 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs like Ozempic and Wegovy and discusses Costco entering the market with a reduced pricing strategy as a potential loss leader to gain prescription customers. The impact on consumer behavior or the food and beverage industry is implied but not deeply analyzed.

*"You know, it's like \$1,300 a shot. And I guess you take it every week. But it's very, very expensive. But Ozempic now being sold at Costco. It's actually a four-week supply for \$500. That's like \$125 a week, a shot."*

#### 1295. Holmberg's Morning Sickness - Arizona

Episode: 06-09-25 - Sexual Assault Claims Levied Against Jared Leto Making Us Wonder Where Were Parents Of Teen Girls Involved And How Did They Get Laughing Gas - Ozempic Patients Are Claiming It's Making Their Penises Bigger By More Than An Inch

Date: 2025-06-09 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses anecdotal claims that Ozempic, a GLP-1 drug, not only aids weight loss but may also improve male sexual health by increasing penis size, likely due to better blood flow and fat loss. There is speculation on the potential public and media reaction if such effects become widely known.

*"Ozempic is actually showing signs of growth. Inch and a half. That's pretty good."*

#### 1296. High Society Radio

Episode: HSR 3/20/25 Get In Some Head Ft. Mike Rainey

Date: 2025-03-24 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the impact of GLP-1 drugs like Ozempic on consumer behavior in the food industry, particularly how fast food companies are attempting to develop products that circumvent the appetite-suppressing effects of these drugs. There is also commentary on societal trends around food consumption and weight.

*"Fast food restaurants are now, they're in the lab figuring out how to make food that doesn't have seed oil that gets around Ozempic."*

#### 1297. Weightloss With Desiree Cart Dugas

Episode: Weightloss Journey With Desiree Cart Dugas May 4, 2025 morning

Date: 2025-05-04 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses the use of Ozempic and other related peptides for weight loss, noting their prevalence among people who prefer not to openly admit using these GLP-1 drugs, highlighting changing attitudes toward such medications in weight management.

*"I've come to realize, they're all taking Ozempic. And if not Ozempic, they're taking the non-brand, non-brand peptide. ...So many people are on that weight loss shot. But nobody's going to admit it."*

#### 1298. Peter Greenberg Travel Detective Podcast Feed

Episode: Eye on Travel - Gale Miami Hotel & Residences - August 16, 2025

Date: 2025-08-16 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs like Ozempic in the context of changing travel patterns and consumer behavior but does not focus in depth on the impact on the food and beverage industry. The discussion is an introduction to a segment about how these weight loss drugs influence travel behavior.

*"You know, one of the reasons why I'm having you back is the last time we talked on the show, you had done a piece, a very interesting think piece on some changes in passenger behavior and traveler behavior, and you called it the Brave New World of Ozempic Travel."*

#### 1299. Holmberg's Morning Sickness - Arizona

Episode: 12-11-25 - FULL SHOW - THURSDAY - Holmbergs Morning Sickness 98 KUPD

Date: 2025-12-11 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast features a discussion about the physical effects and social perceptions of GLP-1 weight loss drugs like Ozempic, highlighting concerns about extreme weight loss and related appearance changes. The conversation reflects a negative view on how some individuals are using the drugs excessively without addressing broader implications for the food and beverage industry or changing consumer behavior in depth.

*"And a lot of those Ozempic people don't know when to stop. It is bad. That's bad. That's bad. Like that's going to die bad."*

## 1300. Effective Solutions for Weight Loss

Episode: Finding Your Tribe: Building Support While Taking Ozempic for Weight Loss  
Date: 2025-06-03 | Relevance: 70/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses strategies for building support networks for individuals taking Ozempic, a GLP-1 drug, during weight loss, reflecting consumer behavior and treatment experiences. It highlights personal and community aspects rather than direct food and beverage industry impact.

*"Discover practical strategies and expert tips for creating a strong local support network during your Ozempic weight loss journey."*

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## 1301. GLP-1 Hub: Support, Community, and Weight Loss

Episode: The Role of Magnesium in Digestive Health for GLP-1 with Tom Smurr, RD  
Date: 2025-10-06 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive  
[Listen to Episode](#)

Summary: The podcast discusses the use of magnesium supplements, specifically the MAG07 product by NB Pure, to address digestive issues like constipation associated with GLP-1 drug use. The conversation focuses on supporting digestive health for GLP-1 users rather than directly addressing food and beverage industry impacts or changing consumer behavior.

*"It is a magnesium product... that helps support your digestive health. You clear up GLP-1 related constipation overnight."*

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## 1302. Empowered Living: One Step at a Time with HIW

Episode: GLP-1 Drugs and Parkinson's: A Reality Check in Brain Health Research  
Date: 2025-06-11 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses recent clinical research on GLP-1 drugs, specifically Exenatide, and their lack of efficacy in treating Parkinson's disease despite earlier hopes about neuroprotective benefits. The primary focus is on medical research rather than impacts on the food and beverage industry or consumer behavior.

*"One of these drugs, called Exenatide, didn't help at all."*

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## 1303. Really Riley

Episode: S3 EP 256 : Ask Riley - Honest Thoughts On Ozempic  
Date: 2025-04-16 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast features a commentary on GLP-1 weight loss drugs like Ozempic, focusing on personal perspectives about usage and societal perceptions, without deep analysis. The speaker shares personal experience and reflects on considerations around using these drugs, but does not discuss detailed industry impacts or consumer behavior changes extensively.

*"What is your honest opinion on things like ozempic and weight loss injections?"*

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## 1304. Bravo! We're Black

Episode: That One Time I Almost Fought At My Job, The Real Tea On Ozempic and Abbott Elementary  
Date: 2025-10-10 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast host shares a personal narrative that includes starting to talk about GLP-1 drugs like Ozempic but does not delve deeply into their impact on the food and beverage industry or consumer behavior. The mention is more anecdotal and introductory rather than analytical or industry-specific.

*"I'm gonna tell you about being on a GLP-1, Ozempic, Tersapetide, whatever the case may be."*

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## 1305. ThePrint

Episode: ThePrintPod: Big pharma pivoting to more lucrative obesity segment, Indian drugmakers eye insulin market  
Date: 2025-06-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs like Manjaro, Ozempic, and Vagovie as part of big pharma's focus on the anti-obesity segment, highlighting competition in the insulin market and opportunities for Indian drugmakers but without detailed discussion on consumer behavior or food and beverage impacts.

*"It adds that with innovative companies like Eli Lilly & Novo Nordisk increasingly focusing on the anti-obesity segment such as Manjaro, Ozempic & Vagovie, it opens doors of opportunity for the Indian players to expand their footprint."*

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## 1306. On The Pen GLP-1 News

Episode: Zepbound Compound Lawsuit Update: Eli Lilly Vs Mochi  
Date: 2025-08-30 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast discusses ongoing lawsuits involving Eli Lilly and compounding pharmacies related to GLP-1 drugs, focusing on legal and regulatory issues rather than consumer behavior or the food and beverage industry.

*"Basically, if you don't like that they're making the medication, go to the FDA or go to Congress and change the law."*

### 1307. The John Moore Show w/ John Moore

Episode: The John Moore Show, September 4, 2025 Hour 3

Date: 2025-09-04 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The speaker discusses personal experiences and concerns about the drug Ozempic, a GLP-1 drug, highlighting severe side effects such as blindness and deaths reported in an online group they moderate. The discussion expresses skepticism and negative views on the safety of GLP-1 drugs like Ozempic.

*"The drug Ozempic, which I call Dying to be Thin, they've asked me to be a moderator on the Ozempic side effects page. I had three deaths of people on Ozempic. Every day, there's at least 20 people wanting to be added to that group."*

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### 1308. Rizzo and Jeff in the Morning

Episode: 0624 LISTENER COURT

Date: 2025-06-24 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts discuss GLP-1 drug Ozempic in the context of celebrity use and personal weight loss experiences, expressing frustrations over cost and side effects while humorously commenting on consumer reactions and media coverage. The mention reflects on how these drugs affect individuals but lacks detailed industry or operator insights.

*"She is part of the problem when it comes to, you know, Ozempic and things of that nature. You know, this is an issue just to eat a salad."*

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### 1309. Casey Daniels Podcast

Episode: Hour 3, 2-6-2026

Date: 2026-02-06 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a new website that offers discounted prescription medications, including GLP-1 weight loss drugs like Wegovy and Ozempic, highlighting the potential for lower prices and increased consumer choice but without detailed analysis on industry impact or consumer behavior changes.

*"They debuted with over 40 discounted medications, including lots of weight loss drugs like Wegovy and Ozempic."*

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### 1310. Marty Griffin

Episode: BONUS: Is this the end of fast food as we know it?

Date: 2025-12-06 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses how fast food companies are adapting to changing consumer behaviors influenced by diet trends and GLP-1 drugs like Ozempic, which reduce appetite and impact demand for traditional fast food options. It highlights examples of menu changes to appeal to health-conscious consumers but does not deeply analyze GLP-1 drugs themselves.

*"There's also the ozempic factor with many people on new GLP-1 drugs that lessen their appetite and research about the negative health impacts of processed food."*

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### 1311. The Life Stylist

Episode: 622. From Hops to Hormones: How Calocurb Gives You Freedom from Food Cravings w/ Sarah Kennedy

Date: 2025-09-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses the side effects of GLP-1 drugs, noting common gastrointestinal issues like nausea, vomiting, and constipation, affecting approximately 67% of users. There is mention of some extreme side effects seen in rare cases, but no deep dive into impact on the food and beverage industry or consumer behavior.

*"67% of people will get a gastrointestinal effect. And the gastrointestinal effect will be nausea, vomiting, and constipation are the most common."*

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### 1312. CEimpact Podcast

Episode: GLP-1 Therapy and Ocular Disorders

Date: 2025-10-27 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 receptor agonists primarily in the context of their effects on ocular health and management in clinical pharmacy practice, with insights from a pharmacy practice professor.

*"GLP-1 receptor agonists continue to make headlines for their expanding role in chronic disease management, but new research suggests they may also affect ocular health."*

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### 1313. Independent Insights, a Health Mart Podcast

Episode: GLP-1 Therapy and Ocular Disorders

Date: 2025-10-27 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses recent studies on potential ocular risks associated with GLP-1 drugs, highlighting correlations with age-related macular degeneration but emphasizing the need to weigh benefits against risks. There is no discussion on the impact of

GLP-1 weight loss drugs on the food and beverage industry or consumer behavior changes.

*"So when you're truly weighing those benefits versus the risks, does this really stand out as, oh, so maybe we don't start GLP-1 because they have a very minute chance of getting this very obscure, you know, version of an optic disorder."*

### 1314. BURBECK & GARRETSON

Episode: The episode about dead neighbors and ozempic

Date: 2025-12-20 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast hosts discuss the emergence of the GLP-1 drug Ozempic and its impact on popular culture, particularly Hollywood, critiquing its effect on body positivity and societal perceptions of weight. The discussion is informal and laden with negative sentiment towards the cultural shift driven by GLP-1 drugs like Ozempic.

*"Hello, Ozempic. Goodbye, fucking body positivity."*

### 1315. Feeling Things with Amy & Kat

Episode: Using Brain Science To Create A Natural "Ozempic Effect" (Outweigh)

Date: 2025-04-12 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the impact of Ozempic, a GLP-1 drug, on weight loss from a brain science perspective, focusing on understanding the underlying mechanisms of cravings and overeating rather than debating the medication itself. It highlights approaches to creating a 'natural Ozempic effect' to manage food cravings without medication.

*"We aren't even here to talk about Ozempic at all. We are here to get curious on a brain level about why it's working for so many people and what that tells us about the real root of food obsession and overeating or undereating."*

### 1316. RAD Radio

Episode: 06.10.25 RAD 03 The Sounds of Nouns, Sex Survey, Ozempic Causes Bloody Eyes & Lab Grown Salmon

Date: 2025-06-10 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast discusses emerging health risks linked to GLP-1 weight loss drugs like Ozempic, including new findings of possible serious eye disease, while noting the concerns about side effects despite many users not experiencing issues. However, it does not delve deeply into how these drugs are impacting food and beverage industry operators or consumer behavior changes.

*"A new study found patients taking Ozempic or similar weight loss shots were twice as likely to suffer from a serious degenerative eye disease compared to those not on the medication."*

### 1317. Not Fanny Anymore

Episode: 139. Emma grillar mig: dejting + GLP-1 + biverkningar

Date: 2026-01-19 | Relevance: 60/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discussion features a personal conversation about experiences with GLP-1 weight loss drugs, mentioning switching from one medication to another and discussing side effects, but lacks detail on food and beverage industry impact or consumer behavior changes.

*"Jag tankte prata lite med dig för du bytte ju till Vigovic från Monjaro. Kolla lite, ja men kolla upp lite hur det har gatt och hur du upplever skillnad eller inte skillnad på medicinerna."*

### 1318. Stock Movers

Episode: Nvidia China Ban; Baidu Jumps; Eli Lilly Lower

Date: 2025-09-17 | Relevance: 45/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent analyst views on Eli Lilly and Novo Nordisk in the weight loss drug market, noting a shift in preference toward Novo Nordisk due to its pipeline and FDA approval of a new oral drug, but provides limited insight on the impact of GLP-1 drugs on the food and beverage industry or operator perspectives.

*"Now, it's out of consensus, but Novo Nordisk is now their favored play. Analyst Carrie Holford says in her note that Novo's pipeline isn't being fully appreciated."*

### 1319. BETTER! Muscle, Mobility, Metabolism & (Peri) Menopause with Dr. Stephanie

Episode: Menopause Weight Gain: Why 'It's Genetic' Is a Lie (And What Actually Works)

Date: 2026-01-05 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode critiques the notion that genetics are the primary cause of obesity and discusses GLP-1 drugs like Ozempic as a primary treatment for weight loss, with some skepticism about over-reliance on medication as opposed to lifestyle changes. It touches on general weight loss concepts but does not delve deeply into the impact of GLP-1 drugs on the food and beverage industry or operator behavior.

*"...there is this push from that camp to suggest that weight loss... maybe the reason why you gain weight or don't gain weight is due to your genetics... They had posted these articles that were talking about how Ozempic and GLP-1s have always been and always will be*

*more effective than diet and exercise because so many people fail on diet and exercise programs. ""*

### 1320. KSOM and KS95.7 News Update

Episode: August 19 KSOM KS95 Morning Newscast

Date: 2025-08-19 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The mention discusses the impact of GLP-1 weight loss drugs, like Ozempic, on the Iowa restaurant industry, highlighting reduced consumer appetite and decreased dining out as challenges for local businesses. The speaker provides anecdotal observations regarding changing consumer behavior due to these drugs but lacks detailed data or broad industry analysis.

*"I think some of our business downturn is the Ozempic effect. These GLP-1 drugs, I'm hearing it from across the spectrum now that folks are eating out less. ""*

### 1321. KQED's Forum

Episode: CalRx to Offer Cheap Insulin, and Other Prescription Drugs Could Be Next

Date: 2025-11-11 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses efforts to reduce the cost of GLP-1 weight loss drugs through negotiation programs such as TrumpRx and similar initiatives that leverage large markets to lower drug prices. However, the focus is on the drug pricing system and policy initiatives rather than on the direct impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes.

*"I know a number of people who wish they could afford GLP-1 drugs. I would suggest that California take those on as a next step. ""*

### 1322. Healthcare Rap

Episode: You Think GLP1's Are Popular Now? Just Wait (#444)

Date: 2025-08-12 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode touches on consumer health trends and weight loss options, with some mention of challenges and innovations related to preventive health and weight management potentially linked to GLP-1 drugs, but it does not provide a focused or detailed discussion on GLP-1 drugs specifically or their impact on the food and beverage industry.

*"It's easy for everyday people to feel confused about new weight loss options and what he recommends to do when you feel like your personal health is stuck. "*

### 1323. Opinions Matter with Adrian & Jeremy

Episode: Woman Slams Fat People Who Use Ozempic To Lose Weight... "You're Lazy"!

Date: 2025-04-08 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast features a listener's critical opinion on the use of Ozempic, a GLP-1 weight loss drug, expressing concerns about its rampant use and the perceived laziness of users, especially mothers, instead of adopting healthier lifestyles.

*"The amount of people injecting themselves with the drug Ozempic. It is disgraceful. I can tell you firsthand, I know nine women who are injecting themselves with this drug because they are too lazy to go out and get themselves to the gym. "*

### 1324. Musty Millennials

Episode: Makeover Show Era: "Most Twisted Reality Show Ever," Queer Eye, What Not to Wear & MORE

Date: 2025-06-09 | Relevance: 55/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speakers discuss personal experiences and societal attitudes around body image and weight loss, mentioning Ozempic (a GLP-1 drug) candidly as a means of managing body image despite conflicting cultural norms about body positivity and dieting.

*"I am very on air about my Ozempic because I think the most authentic thing to do is tell everyone that I am not positive about my own body and I'm doing something about it and I'm not going to pretend that I'm just getting skinny. "*

### 1325. Stock Movers

Episode: Advanced Micro Devices Falls, Super Micro Computer Jumps, Eli Lilly Gains on Revenue Forecast

Date: 2026-02-04 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: Eli Lilly's shares rose significantly following an upbeat sales forecast for the year, highlighting optimism around their GLP-1 drug sales, contrasting with Novo Nordisk's expected sales downturn. This indicates market dynamics affecting GLP-1 drug companies but lacks direct discussion on impact to food and beverage operators.

*"Eli Lilly, though, up as much as 11% on the day... after the company delivered an upbeat sales forecast for the year. It said it expects sales to grow as much as 27% this year. "*

## 1326. Zacks Market Edge

Episode: 5 Large Cap Drug Stocks: Values or Traps?

Date: 2025-10-03 | Relevance: 45/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention touches on the impact of weight loss drugs, including GLP-1 drugs, on large cap pharmaceutical stocks like Pfizer, Eli Lilly, and Novo Nordisk. It notes the earlier surge in stock prices due to these drugs followed by a recent calming down, but does not deeply analyze the effects on the food and beverage industry or changing consumer behavior.

*"Some of them had huge surges, doubling, tripling off of the weight loss drugs, but that has calmed down as well."*

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## 1327. Investeringspodcasten

Episode: Afsnit 266: Kursen pa Novo Nordisk, Computere kber aktier og Tysklands konomi

Date: 2025-03-19 | Relevance: 50/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's stock price behavior and valuation in the context of recent years of growth, implicitly linked to its GLP-1 drugs business, but does not specifically address impacts on the food and beverage industry or detailed consumer behavior changes related to GLP-1 weight loss drugs.

*"Novo Nordisk er i en kursmssig bemrkelsesvrdig limbo... reaktionerne pa gode nyheder kan vre lunke."*

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## 1328. Romeo & Friends

Episode: Romeo In The Morning 2-24-25

Date: 2025-02-25 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses public perceptions of GLP-1 weight loss drugs like Ozempic, highlighting how some people assume weight loss is due to these drugs, while others actually work out and eat healthy. The speaker expresses curiosity about the impact of Ozempic on societal attitudes towards weight loss but does not delve deeply into industry or consumer behavior implications.

*"Just doesn't it kind of worry you if you actually worked hard to drop weight and somebody just says, oh, you must be on Ozempic?"*

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## 1329. The Joe Budden Podcast

Episode: Episode 834 | "Sufficient Sammy"

Date: 2025-06-14 | Relevance: 50/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speakers casually discuss GLP-1 drug Ozempic in the context of weight loss and mention some humorous side effects and personal opinions on cosmetic procedures, touching lightly on the impact of weight loss on appearance but without direct discussion on food and beverage industry impact.

*"Yeah yeah I'd be right Ozempic might make that nigga disappear might go into like some portal somewhere"*

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## 1330. Money Mom Podcast

Episode: 72: My Personal Journey Will A Glp-1

Date: 2025-08-25 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features the host sharing her personal experience using GLP-1 drugs for weight loss, discussing the societal interest and personal impact without in-depth industry analysis or connection to food and beverage operators.

*"Today, I am coming clean and sharing my full experience on taking a Glp-1, what the results have been, how it's affected me, and what I recommend it to another person."*

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## 1331. Le Radiojournal

Episode: Radiojournal du 23 janvier - 9 h 00

Date: 2026-01-23 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast news segment discusses the issue of counterfeit GLP-1 drugs like Ozempic and Mounjaro circulating in Canada, highlighting health risks and regulatory concerns but does not discuss impacts on the food and beverage industry or operator perspectives.

*"Ces produits pharmaceutiques sont utilises pour traiter le diabete et rechercher de plus en plus pour la perte de poids."*

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## 1332. Le Radiojournal

Episode: Radiojournal du 23 janvier - 10 h 00

Date: 2026-01-23 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast segment discusses concerns from Sante Canada about the circulation of counterfeit GLP-1 drugs like Ozempic and Mounjaro in Canada, highlighting health risks and regulatory actions. It touches on patient reports and government efforts but does not directly connect these drugs to impacts on the food and beverage industry or changing consumer behavior.

*"Sante Canada lance un avertissement au sujet de versions non homologues ou contrefautes de medicaments comme Ozempic ou Mounjaro qui ont circule au pays."*

### 1333. The Morning Market Briefing

Episode: Nomura Makes Largest Acquisition Since Lehman | April 22, 2025 - Morning Market Briefing

Date: 2025-04-22 | Relevance: 40/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The discussion briefly compares Novo Nordisk's and Eli Lilly's GLP-1 pills for obesity, highlighting dosage differences and side effects like nausea and vomiting, with skepticism about Novo Nordisk's pill gaining prescriptions. There's no mention of effects on food and beverage industry or consumer behavior by operators and executives.

*"Novo Nordisk pill underperforming the Eli Lilly pill... The dosage is 70 times higher than the semaglutide dosage. And that causes a lot of nausea, a lot of vomiting... I don't call this the eat less pill. I call this the bulimia pill."*

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### 1334. WSJ What's News

Episode: How 'Make America Healthy Again' Has Shaken the U.S. Food Industry

Date: 2025-08-26 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast briefly mentions Eli Lilly's experimental anti-obesity pill Orphaglipron, highlighting its successful Phase 3 trial results with significant weight loss and a safety profile similar to existing GLP-1 drugs, and notes the company's plans for regulatory submissions. However, the discussion does not explore impacts on the food and beverage industry or changing consumer behavior.

*"Eli Lilly said today that a third late-stage study of its experimental anti-obesity pill hit its key goals, with participants losing an average of about 23 pounds, or 10.5 percent of their body weight, and that the drug showed a safety profile consistent with injectable GLP-1 medicines such as Monjaro and Zep-bound drugs."*

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### 1335. Plain English with Derek Thompson

Episode: Plain English BEST OF: What's the Matter With America's Food?

Date: 2026-02-03 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 drugs in the context of obesity and nutrition science, touching on the broader political and regulatory environment of food and health policies. The mention is part of a wider conversation about diet, food additives, and public health, rather than specific commentary from food and beverage industry operators about changes in consumer behavior.

*"In the last few weeks, we've done several episodes on this show about obesity, GLP-1 drugs, and nutrition science."*

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### 1336. Weekly Dose of BS

Episode: Haunted Houses and Fearless Leaders

Date: 2025-10-30 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt briefly discusses Ozempic, a GLP-1 weight loss drug, focusing on its effects on alcohol tolerance and an observed decrease in alcohol sales potentially linked to widespread use. However, it lacks detailed analysis or direct commentary on impacts within the food and beverage industry.

*"Ozempic and all of those weight loss shots really do affect your alcohol tolerance. ... I posted this TikTok about how alcohol sales are down about 25% in Dallas. And I was like, I think a part of that is because half this city, if not more is on Ozempic."*

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### 1337. Media Intelligence

Episode: Netflix's \$2B Ad Bet, Grocery Growth, and PepsiCo's Protein Play

Date: 2025-07-18 | Relevance: 40/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs in the context of increased pharmacy sales at Albertsons, but does not deeply analyze their impact on the food and beverage industry or changing consumer behavior. The discussion is limited to a nod towards GLP-1 drugs potentially driving growth in pharmacy sales.

*"There were some questions in Albertsons' transcript about how much of that was due to the GLP-1 drugs, which are still impacting all of that."*

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### 1338. MBC Grand Broadcasting, Inc.

Episode: Friday 7-11-25 Hour 2

Date: 2025-07-11 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: A caller briefly discusses their personal experience using a compounded version of a GLP-1 drug for weight loss, noting a significant weight reduction and satisfactory results, while mentioning concerns about the sourcing of such drugs. The conversation, however, is mostly anecdotal and not focused on industry impact or consumer behavior changes in the food and beverage sector.

*"It's a GLP one. It's semaglutide. But it's a compounded version because it was cheaper... it's been working. I've been really quite pleased with the results."*

### 1339. Stronger Weekly

Episode: Eric Hinman on Fitness, Habits, and Life Without Alcohol | Plus This Week's Top Health & Fitness News

Date: 2025-10-13 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses warnings and risks associated with popular GLP-1 medications like Ozempic, emphasizing possible interference with cancer imaging and side effects, with a caution to use under medical supervision.

*"Doctors are warning that popular GLP-1 medications such as Ozempic, Wagovi, Manjaro, could interfere with imaging, particularly around cancer screenings."*

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### 1340. The Debbie Nigro Show

Episode: We Age in Bursts? Ping Pong for Parkinson's! and FDA Warns Strawberries May Carry Norovirus?

Date: 2025-03-15 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1 drugs like Ozempic and Monjero, mentioning new findings about their potential to reduce inflammation in the body beyond weight loss. The conversation reflects general public interest and emerging perceptions but lacks detailed insight or specific impact on the food and beverage industry.

*"Apparently they're beginning to realize that it works on inflammation in your body, which means because there's - Wait, wait. Not inflation. Inflammation. Thank you very much."*

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### 1341. Outweigh

Episode: Using Brain Science To Create A Natural "Ozempic Effect" (Outweigh)

Date: 2025-04-12 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses Ozempic, a GLP-1 drug, focusing on its effects on brain science related to cravings and weight management, but emphasizes creating a natural alternative to its effects rather than analysing the drug's impact on consumer behavior or the food and beverage industry.

*"We are here to get curious on a brain level about why it's working for so many people and what that tells us about the real root of food obsession and overeating or undereating and the cycle of losing and regaining weight."*

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### 1342. Bravo! We're Black

Episode: That One Time I Almost Fought At My Job, The Real Tea On Ozempic and Abbott Elementary

Date: 2025-10-10 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker begins to discuss their personal experience with GLP-1 drugs like Ozempic and Tersapetide but primarily focuses on unrelated personal anecdotes and background context, with minimal insight into the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior changes.

*"But feel free to DM me about it, especially since I'm the one who's sticking up for them. I'm gonna do, I'm gonna tell you guys about being on a GLP-1, Ozempic, Tersapetide, whatever the case may be. I'm gonna tell you about it later, after we talk about ABBA Elementary."*

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### 1343. Z 7op7

Episode: Z-Beurs dinsdag 25/11/25 met Jef Poortmans

Date: 2025-11-25 | Relevance: 45/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast touches on pharmaceutical stocks including Novo Nordisk, the Danish company known for GLP-1 drugs, referencing it faced significant headwinds recently without elaborating on details about GLP-1 drugs or their impact on the food and beverage industry. There is no direct discussion on consumer behavior changes or industry impact from GLP-1 weight loss drugs.

*"Dat was het Deense Novo Nordisk."*

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### 1344. BioSpace

Episode: New M&A Action, BMS' Ongoing Cost Cuts and the Insatiable Demand for Weight Loss Drugs

Date: 2025-02-12 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs primarily in the context of their role in treating NASH (non-alcoholic steatohepatitis) alongside other mechanisms. It mentions Eli Lilly and Novo Nordisk as key players, though the focus is broader on drug development and major pharmaceutical deals rather than detailed impacts on the food and beverage industry or consumer behavior.

*"Several companies are working to improve on this first option with different mechanisms, including GLP-1s, FGF-21 analogs, and of course, gene silencers."*

## 1345. STRONG LIFE WITH KENDRA JARRATT

Episode: "Food Noise"

Date: 2025-04-30 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 weight loss drugs as a current trend among her clients, mentioning social perceptions and privacy around their usage without deep analysis. She reflects on the debate about whether these drugs are a legitimate aid or a shortcut to weight loss but provides no firm stance or industry insights.

*"People have asked them if they're using them. And I just find that really rude. So don't ask people if they're using them. Let them tell you."*

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## 1346. MILF-ish

Episode: Ozempic Vagina and Losing a Pound in a Week

Date: 2025-08-27 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion mentions Ozempic, a GLP-1 drug, in the context of weight loss and side effects such as loose or droopy skin and a humorous reference to 'Ozempic vagina.' While it briefly touches on weight loss challenges and side effects, it does not directly address impacts on food and beverage industry or detailed consumer behavior changes.

*"I read something about Ozempic the other day that made me giggle. About like people's vaginas. Oh my God. Is there something called Ozempic vagina?"*

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## 1347. Romeo In The Morning

Episode: Romeo In The Morning 2-24-25

Date: 2025-02-25 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast segment mentions the popular GLP-1 drug Ozempic in the context of public weight loss, highlighting societal perceptions and skepticism about whether weight loss is due to the drug or lifestyle changes. The discussion reflects on how people suspect others of using Ozempic rather than crediting exercise and diet.

*"Are they all on Ozempic? Or could they have actually started eating better and exercising?"*

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## 1348. The Raoni Washburn Show

Episode: Why Ozempic Looks Good In The Mirror, But Feels Fucked Up Everywhere Else.

Date: 2025-05-01 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the host's personal experience with Ozempic, a GLP-1 drug, focusing on the pros and cons of its effects on body image and weight loss effectiveness. However, it lacks substantive discussion on the implications for the food and beverage industry or operator/executive perspectives on changing consumer behavior.

*"I may or may not have recently gotten myself into a situation where I got my hands on some Ozempic... everything looks so good in the mirror, but everything feels so off everywhere else."*

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## 1349. all body no brains

Episode: body positivity is over

Date: 2025-04-06 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the cultural impact and prevalence of GLP-1 drug Ozempic, reflecting on changing societal attitudes towards weight loss and body image, but does not deeply analyze industry or consumer behavior changes.

*"The whole fucking country is on Ozempic... When the rest of the country is on Ozempic, like, is that not crazy to you?"*

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## 1350. Seven Second Delay with Andy and Ken | WFMU

Episode: Tonight's Programme: Story Telling Couples from Aug 20, 2025

Date: 2025-08-20 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Two individuals discuss using an Ozempic-like GLP-1 appetite suppressant for weight loss, mentioning dosing routines and personal experiences without connecting to broader industry impacts.

*"I'm on that appetite-depressant thing. You're on Ozempic? Well, not Ozempic. It's a variation of Ozempic."*

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## 1351. The Philip Duff Show

Episode: #142, 2025 Year End Round Up - with Philip!

Date: 2025-12-29 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly touches on GLP-1 weight loss drugs like Ozempic in the context of changing consumer behavior related to drinking habits, implying these drugs might be contributing to a decline in alcohol consumption without providing detailed analysis.

*"And speaking of drunk, not enough people are getting it lately. And one of the biggest culprits would appear to be those jabs or pens or the ozempics of this world, whether it be ozempic or manjaro or wagovi or terzepatide or everybody is suddenly more fluent with chemicals"*

## 1352. Weight Loss And ...

Episode: The Missing Link in Your Hunger Control with Heather Leidy

Date: 2025-08-20 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1-based medications in the context of appetite reduction and nutritional concerns, focusing more extensively on the role of protein in weight management rather than detailed impacts of GLP-1 drugs.

*"It's really true of people that are taking these GLP-1-based medications. These drugs dramatically reduce appetite. And does that make it harder for people to get adequate nutrition or adequate protein?"*

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## 1353. The Drew Lane Show

Episode: No More Tears for Ozzy - July 22, 2024

Date: 2025-07-23 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 weight loss drugs like Ozempic in the context of U.S. obesity rates, discussing the drug's accessibility mainly to wealthier individuals and speculating on insurance coverage, but lacks detailed insight into effects on the food and beverage industry or changing consumer behavior.

*"If you have Ozempic, you don't need a trainer."*

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## 1354. Business Game Changers

Episode: Epstein Limited Hangout, Manson Comparisons and CIA's Operation Chaos w/ George Webb

Date: 2025-03-18 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast briefly advertises a next-generation GLP-1 weight loss peptide called Retrituride, claiming it is stronger than Ozempic and helps burn fat rather than just suppress appetite, with personal testimony from the speaker. However, there is minimal discussion on the broader impacts of GLP-1 drugs on the food and beverage industry or consumer behavior changes.

*"Just a short break from the program to share with you an amazing peptide to help you lose weight. It's stronger than Ozempic. And why? It's because it not only reduces your appetite, but it also burns fat."*

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## 1355. Kayal and Company

Episode: Monday Full Show

Date: 2025-10-06 | Relevance: 45/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The discussion mentions GLP-1 weight loss drugs like Ozempic and Wegovi being sold at Costco and debates the implications regarding cost, safety, and usage. The speakers express skepticism about the drugs, suggesting some users are lazy for preferring medication over traditional weight loss methods, and warn about potential long-term regrets regarding their use.

*"A lot of people 10 years from now are going to regret that they took this thing. It was worth it. I'm telling you."*

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## 1356. NEJM This Week

Episode: NEJM This Week - September 18, 2025

Date: 2025-09-17 | Relevance: 45/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions orforglipron, an oral small-molecule GLP-1 receptor agonist in early type 2 diabetes and weight management, describing a phase 3 trial with positive clinical outcomes but lacks discussion on impact to the food and beverage industry or consumer behavior changes.

*"Orforglipron is a small-molecule, non-peptide-glucagon-like peptide 1 GLP-1 receptor agonist in clinical development for type 2 diabetes and weight management."*

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## 1357. Thyroid Answers Podcast

Episode: Episode 197: GLP-1 and Gut Dysbiosis

Date: 2025-05-27 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 as a hormone involved in weight loss efforts but focuses primarily on gut bacteria and its relation to health rather than the direct impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior.

*"Right now there's this phenomenon going on with the use of GLP-1 medications, and I wanted to have a conversation with him because a lot of people don't know that GLP-1 is a hormone that's made in the body."*

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## 1358. JAMA Ophthalmology Author Interviews

Episode: From the JAMA Network: GLP-1 Receptor Agonists in Idiopathic Intracranial Hypertension

Date: 2025-07-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the role of GLP-1 receptor agonists in treating idiopathic intracranial hypertension, highlighting some insights into mechanisms and potential treatment approaches but without delving into consumer impacts or food and beverage industry effects.

*"I think, will be resisting the temptation to extrapolate from the data that is out there, like our paper, and immediately integrating it into practice."*

### 1359. JAMA Author Interviews

Episode: From the JAMA Network: GLP-1 Receptor Agonists in Idiopathic Intracranial Hypertension

Date: 2025-07-28 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 receptor agonists primarily in the context of treating idiopathic intracranial hypertension, with mention of weight loss as a management approach. There is little to no discussion related to the broader impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior.

*"Now, as a neurologist, it's poorly understood, but I'm trying to see here how we can jump from treating IH conventionally with known guidelines of weight loss, medications like acetyl-like acetyl-azolamide to decrease the pressure, to GLP-1 receptor agonists."*

### 1360. Doing Divorce Different with Lesa Koski

Episode: GLP-1 Weight Loss Meds Explained: Risks, Results & Real Alternatives with Functional Medicine

Date: 2025-09-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses GLP-1 weight loss drugs in a functional medicine context, exploring how they help people with weight loss including those not obese, without deep industry or consumer behavior insights related to food and beverage sectors.

*"I've seen these meds really help people, really help people who have a big weight problem and can't change it."*

### 1361. The Bio Report

Episode: Looking at the Promise of GLP-1 Agonists Beyond Obesity

Date: 2025-02-19 | Relevance: 40/100 | Source: SourceSignal.insider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Koya Therapeutics' exploration of GLP-1 agonists in combination therapies aimed at inflammatory and neurodegenerative diseases, rather than obesity or weight loss. The conversation centers on the company's strategic and financial positioning following its IPO.

*"We're going to talk about neurodegenerative diseases, Koya Therapeutics, and its efforts to develop a combination therapy that marries a low-dose interleukin-2 with a GLP-1 agonist."*

### 1362. BJ & Jamie

Episode: Ozempic Wiener

Date: 2025-06-12 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the drug Ozempic in a casual and humorous manner, focusing on some side effects and personal anecdotes rather than detailed industry insights or impact on consumer behavior.

*"Have you heard of the Ozempic Wiener? You know, there's a lot of different conditions that have been associated with the Ozempic. Some good, some bad."*

### 1363. Nobody's Listening, Right?

Episode: 193 - Oh Oh No Ozempic

Date: 2025-11-05 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts discuss GLP-1 drugs like Ozempic in the context of personal body image struggles and their effects on appetite and food consumption, noting some benefits but also societal and personal conflicts. There's acknowledgment of changing consumer behavior around eating due to these drugs, but no in-depth industry analysis is provided.

*"And I do have friends who've said like, it cuts back the food noise."*

### 1364. Dental Assistant Nation

Episode: Episode 401: The Dark Side of Ozempic

Date: 2025-09-15 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions the prevalence of GLP-1 drugs like Ozempic in TV commercials during the holiday season and notes consumer interest in using these drugs to manage weight amidst festive eating. There is a brief mention of some dental implications but no deep analysis on impact to the food and beverage industry.

*"I haven't seen so many commercials for Ozempic as I have in the last, you know, week or so... it's like, they're all knowing in advance, well, here comes the holidays and it's not going to be fruitcake."*

## 1365. Rumble in the Morning

Episode: Stupid News 6-9-2025 6am ..Want a Longer Schlong? Try Ozempic

Date: 2025-06-09 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast briefly discusses side effects and societal perceptions of GLP-1 weight loss drugs like Ozempic, including rapid weight loss and its physical impacts, with some humor and speculation about their effects on users. There is no direct discussion on impacts to the food and beverage industry or operators' views on consumer behavior changes.

*""That's the newest one... Where it's basically the rapid weight loss makes your face droop more or less.("")*

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## 1366. My Momma Told Me

Episode: The Land of OZempic: Motherf\*ckin Mini Episode (RE-RELEASE)

Date: 2025-05-01 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion touches on the personal and social implications of GLP-1 drugs, especially OZempic, such as their effects on lifestyle changes and unexpected side effects like interference with birth control. However, it does not directly address impacts on the food and beverage industry or executive/operator insights on consumer behavior.

*"Because it says that this occurs because GLP-1 drugs can interfere with how birth control pills are absorbed. So basically, it's neutralizing your birth control and getting women pregnant while taking the OZ."()*

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## 1367. Company Lot

Episode: the ozempic scandal is getting heavy

Date: 2025-08-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mentions Ozempic and related lawsuits, discussing some public reactions and controversies around the GLP-1 drug, but does not detail impacts on the food and beverage industry or operator/executive insights on changing consumer behavior.

*""a company that makes ozempic novo nordisk they actually sent a waymo to run over a couple that was doing a mukbang because they exceeded their calorie their maximum calorie protocol""()*

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## 1368. Wellness Her Way with Gracie Norton

Episode: Sulforaphane Benefits, Berberine Science & Ozempic Risks Explained by MARA Labs

Date: 2025-12-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses metabolic health supplements and mentions Ozempic, a GLP-1 drug, in the context of weight loss and muscle preservation. However, it focuses primarily on berberine and other metabolic compounds rather than GLP-1 drugs themselves.

*"Ozempic, you know, about 40%, 30% or 40% of your weight loss is muscle."()*

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## 1369. Amy Brown Comedy Podcast

Episode: OZEMPIC, MOUNJARO, WEGOVY, OH MY! with Mookie G

Date: 2025-06-09 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts briefly discuss personal experiences with GLP-1 drugs like Ozempic, Mounjaro, and Wegovy, focusing on usage and effects in a casual and anecdotal manner without detailed industry insights.

*"This is our two. I'm eight weeks on Ozempic or Manjaro. Actually, tricpitide, like the poor man's Manjaro because I can't get a real prescription."()*

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## 1370. Effective Solutions for Weight Loss

Episode: What to Do If You Miss Your Mounjaro Shot: A Complete Recovery Guide

Date: 2025-05-14 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode focuses on guidance for patients who miss their Mounjaro GLP-1 drug dose, offering advice on recovery and maintaining treatment effectiveness. However, it does not address the impact of GLP-1 weight loss drugs on the food and beverage industry or changes in consumer behavior.

*"Learn exactly what to do if you miss a Mounjaro dose, including expert tips for getting back on track, managing side effects, and preventing future missed doses."()*

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## 1371. The Healthy Diary

Episode: 3 food strategies that give busy women 35+ better results than mounjaro

Date: 2026-01-11 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 weight loss drugs like Mounjaro and Semaglutide briefly, focusing more on food-based strategies as alternatives for weight loss, targeting busy women over 35. It acknowledges the hype around these medications but emphasizes natural approaches over tracking or medication reliance.

*"One of the things that is getting a lot of attention right now is weight loss medication, things like mounjaro, Sempic, and these other"*

*weight loss medications that can make things easier, not going to lie."*

### 1372. Amy Schumer - Biography Flash

Episode: Amy Schumer's Transformative Journey | Biography Flash

Date: 2025-10-19 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses Amy Schumer's weight loss attributed to her use of Munjarro, a GLP-1 medication related to Ozempic, touching on her personal health journey and challenges with side effects. The discussion is celebrity-focused and does not deeply analyze GLP-1 drugs' impact on the food and beverage industry or consumer behavior.

*"According to People and Us Weekly, Schumer's transformation stems from her recent experience using Munjarro, a GLP-1 medication related to Ozempic, which she says helped her overcome previous challenges related to perimenopause and Cushing's syndrome."*

### 1373. La Revue de Presse

Episode: Edouard Philippe : l'ancien Premier ministre se livre sur l'époque

Date: 2026-02-05 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention discusses the growing use of obesity treatments, including GLP-1 based drugs referenced as 'coupes fins,' their market growth nearing \$70 billion, and the challenges related to healthcare coverage in France, but it does not delve deeply into their impact on the food and beverage industry or detailed consumer behavior changes.

*"Les utilisateurs maigrissent et le marché grossit D'autant que des génériques arrivent, ce qui va faire baisser les prix"*

### 1374. Investeringspodcasten

Episode: Afsnit 307: Trumps trusler, Novo Nordisk, Genmab

Date: 2026-01-21 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast discusses Novo Nordisk's launch of a GLP-1 pill and its initial positive market reception, including a notable stock price increase. However, the focus is more on market and political context rather than an in-depth analysis of how GLP-1 weight loss drugs are affecting the food and beverage industry or consumer behavior.

*"vi skal selvfølgelig ikke udenom Novo Nordisk, lancering af pillen, modtagelse af pillen, de første data og den aktiekursstigning, som jeg synes har vret ret markant."*

### 1375. Hvis du vil vide mere

Episode: Har Novo-Mike en plan?

Date: 2025-08-01 | Relevance: 40/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses leadership changes at Novo Nordisk amid significant sales growth and earnings downgrades, largely related to competitive pressures, which indirectly reflects on the GLP-1 drug market but does not deeply analyze GLP-1 drugs or their impact on consumer behavior in the food and beverage industry.

*"Novo Nordisk shares plunged over a quarter in the afternoon Tuesday, before they cleaned up some green."*

### 1376. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: Novo Nordisk's Leadership Restructure

Date: 2025-11-18 | Relevance: 40/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses Novo Nordisk's leadership restructure to support its growing cardiometabolic portfolio, which implicitly includes GLP-1 drugs, amid rising demand. However, there is no direct discussion linking GLP-1 weight loss drugs to impacts on the food and beverage industry or consumer behavior changes.

*"Novo Nordisk has announced a significant restructuring of its board and executive leadership, integrating science, operations, and commercial strategy under a more streamlined governance model."*

### 1377. Finnomena Podcast

Episode: ... 20 Morning Brief 07/11/2025

Date: 2025-11-07 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk and Eli Lilly negotiating price cuts on weight loss and diabetes drugs, touching on GLP-1 related treatments as factors impacting the healthcare sector. However, it does not deeply analyze the effects of GLP-1 drugs on the food and beverage industry or changing consumer behavior.

*"" Novo Nordisk Eli Lilly Healthcare ""*

### 1378. Pharmaceutical Executive

Episode: Pharmaceutical Executive Daily: Novo Nordisk Resubmits BLA for Awiqli

Date: 2025-10-01 | Relevance: 40/100 | Source: SourceSignal.unknown | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk's resubmission of its application for Awiqli, a weekly insulin, which is relevant to diabetes but does not focus on GLP-1 weight loss drugs or their effects on the food and beverage industry. There is also a brief mention of Eli Lilly halting development of a weight loss therapy, but no detailed discussion on GLP-1 drugs or consumer behavior.

*"Novo Nordisk has resubmitted its Biologics license application to the FDA for Awiqli, its Investigational Weekly Insulin."*

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### 1379. Ca\$hMire

Episode: Quoi surveiller avant l'ouverture des marchés boursiers du vendredi 2 janvier 2026

Date: 2026-01-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 obesity drugs as a significant trend in 2026, highlighting pharmaceutical companies Novo Nordisk and Eli Lilly as key players with stock movement noted but without detailed impact analysis on the food and beverage industry or consumer behavior changes.

*"Autre chose qui va être surveiller cette année, je pense, c'est tous les médicaments pour l'obésité. On voit que c'est une grosse tendance. Novo Nordisk, Eli Lilly, c'est deux compagnies pharmaceutiques."*

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### 1380. Find Your Food Voice

Episode: [Interview] PCOS + Diabetes with Wendy Lopez (from Diabetes Digital)

Date: 2025-04-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode briefly touches on GLP-1 drugs as part of a live Q&A session but does not deeply explore their impact on the food and beverage industry or related consumer behavior changes. The discussion is introductory, indicating future dedicated content on GLP-1s.

*"We got a really great question on GLP ones. What we decided is we didn't have enough time to explore these two topics. So we definitely will devote whole episodes to them."*

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### 1381. Tough Cookie Talks

Episode: Diet Trauma, Food Noise, Curious Nutrition, and Finding Your Food Voice with Julie Duffy Dillon

Date: 2025-03-27 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses the concept of 'food noise' in relation to the rise of GLP-1 drugs like Ozempic, noting that these drugs are said to help quiet constant thoughts about food. However, the mention is more conceptual and cultural rather than an in-depth analysis of the drugs or their impact on the food and beverage industry.

*"It's so funny because I literally had a client talking to me about that the other day where she's like, oh, a lot of people say that these drugs help you quiet down the food noise."*

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### 1382. The Inner Edge: Leadership, Self-Mastery, and Reinvention for a New Era

Episode: E137: Rewriting Your Relationship with Food and Your Body

Date: 2026-01-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode briefly acknowledges the explosion of GLP-1 drugs within the broader context of dieting and changing relationships with food, but focuses primarily on the personal and societal impacts of dieting rather than detailed effects on the food and beverage industry or executive perspectives on consumer behavior.

*"Now, GLP-1 drugs have exploded. The diet industry is booming, and yet, underneath it all, the real story, the inner story, hasn't changed at all."*

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### 1383. Conversations on Health Care

Episode: Breaking News: Food Dye Ban: Support But More Needed, Says Dr. Marion Nestle

Date: 2025-04-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs in the context of how they influence consumer behavior, particularly the reduced desire to eat junk food, impacting food industry profits. The discussion is broad and linked to health and food marketing trends rather than a detailed examination of GLP-1 drugs themselves.

*"...what's happening with people who are taking GLP-1 drugs for obesity, who turn out not to want to be eating junk food. Junk foods are the most profitable foods in the supermarket."*

### 1384. Iron Sights

Episode: #220 - Health & Fitness In 2026: AI, GLP-1s, Wearables And What Actually Matters  
Date: 2026-01-19 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast episode touches on GLP-1 drugs as part of a broader discussion on health and fitness trends in 2026, including food guidelines, AI, and wearables, but does not provide detailed insight into their specific impact on the food and beverage industry or consumer behavior changes.

*"We'll also talk about GLP-1s, the body positivity movement and kind of some of the things that we're going to talk about. We're seeing like in studio and online with our clients specific to GLP-1s and then there's just the world at large."*

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### 1385. The Wellness Scoop

Episode: Food, Mood and the 2026 Wellness Trends to Watch!  
Date: 2025-12-01 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1s in the context of wellness trends and health news, noting an article about them, but does not provide in-depth discussion on how they affect the food and beverage industry or operator perspectives.

*"The emotional beige blanket effect. Some people are now reporting on GLP-1s. That was a fab article. Can't wait to get into that."*

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### 1386. Built for Growth by Miesha Tate

Episode: Jordan Syatt | The Truth About Diets, Weight Cuts & Food Guilt #75  
Date: 2026-01-29 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast features a discussion mentioning GLP-1 drugs in the context of personal nutrition and fitness, touching on the concept but without in-depth analysis or direct commentary on their impact on the food and beverage industry or consumer behavior.

*"We left off the very end of the podcast as a GLP-1. And that was just a fantastic conversation."*

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### 1387. Hard Factor

Episode: Restaurant Serves You Serial Killers' Identical Last Meals | 1.22.26  
Date: 2026-01-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral  
[Listen to Episode](#)

Summary: The podcast includes a casual conversation about Ozempic, a GLP-1 weight loss drug, focusing on personal experiences with appetite suppression and side effects, but lacks detailed discussion about industry impact or consumer behavior changes.

*"Ozempic doesn't increase your metabolism. It's just supposed to stop your appetite, right? Well, it's supposed to. It seems to be making me hungrier. It slows digestion. So, it keeps food in your stomach longer than it normally would."*

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### 1388. All Def SquADCast

Episode: 176: Banned From Uber/Lyft vs Every Fast Food Restaurant | SquADD Cast Versus | All Def  
Date: 2025-08-25 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed  
[Listen to Episode](#)

Summary: Podcast hosts casually discuss their personal experiences and perceptions of Ozempic, a GLP-1 drug, mentioning weight loss effects, lifestyle changes required, and concerns about side effects including a potential blindness risk. The discussion is anecdotal, offering limited insight into broader impacts on the food and beverage industry or operator insights.

*"I've taken it and I'm not mad at it either. You gotta definitely change your lifestyle if you want to take it. It's just designed for diabetics and... You gotta eliminate sugar, you gotta eliminate caffeine, you know."*

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### 1389. The Mark Simone Show

Episode: Mark's 11am Monologue.  
Date: 2025-10-10 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The speaker briefly mentions Ozempic and other GLP-1 drugs, discussing negative side effects such as 'Ozempic face,' dental issues, and potential misdiagnoses in medical imaging, but does not connect these effects directly to changes in the food and beverage industry or consumer behavior.

*"Now, dentists are pointing out you'll get Ozempic teeth. It plays around with the health of your teeth and your gums."*

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### 1390. Dr. Berg's Healthy Keto and Intermittent Fasting Podcast

Episode: Why Ozempic is a Scam  
Date: 2025-08-01 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative  
[Listen to Episode](#)

Summary: The podcast discusses the high cost of Ozempic, a GLP-1 drug, in the U.S. compared to Canada, attributing the price discrepancy to Pharmacy Benefit Managers rather than the drug manufacturers. It critiques the pricing system but does not deeply examine how GLP-1 drugs affect the food and beverage industry or consumer behavior changes.

*"Why does Ozempic cost \$1,500 in the U.S., yet in Canada it's only \$147?"*

### 1391. Kramer & Jess On Demand Podcast

Episode: FULL SHOW: 10-8-25

Date: 2025-10-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1 drug Ozempic in the context of public opinion and its extension into pet weight loss treatments, highlighting uncertainties about safety. However, it lacks detailed exploration of impacts on the food and beverage industry or consumer behavior.

*"You know, I know everyone has their thoughts on Ozempic. You know, I say the word Ozempic. Everyone's like, oh, all of a sudden I would do that or I wouldn't do that or whatever. It's kind of a polarizing topic."*

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### 1392. The RadioU Podcast

Episode: Mindmeld | The RadioU Podcast

Date: 2025-08-21 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the development of Ozempic, a GLP-1 drug, for use in overweight dogs as well as some concerns about side effects like vision issues. It briefly touches on the potential market for pet weight management but does not deeply analyze the impact on the food and beverage industry or consumer behavior.

*"The company known as Okava is expecting to roll out animal friendly Ozempic, basically, by the end of the decade."*

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### 1393. Food News

Episode: Emergency Food Response, Spain's Chair Thieves, and Tasting Polish Delicje Cookies

Date: 2025-10-31 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts discuss GLP-1 drugs, specifically Ozempic, in terms of how they suppress appetite and impact eating behavior. The conversation reflects on how such drugs might change the experience and enjoyment of eating, but does not delve into effects on the food and beverage industry or gather executive insights.

*"So I've thought about this because this is kind of related to Ozempic. What happens with Ozempic is... Oh, Ozempic is soon to be a pill. Is I think that you forget to eat. You basically don't need to have meals. And so it changes the hormonal brain chemistry. So you forget to eat or you don't need to eat or you don't want to eat."*

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### 1394. Wake With Jake Show

Episode: Wake With Jake Show (4-25-25)

Date: 2025-04-25 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions 'Ozempic Mouth,' a side effect linked to the GLP-1 drug Ozempic, noting the physical changes associated with rapid weight loss due to the medication. However, it does not delve into broader impacts on the food and beverage industry or detailed consumer behavior changes.

*"Ozempic Mouth is the latest side effect... They describe the condition as sunken cheeks, saggy jowls, and deeper lines around the mouth."*

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### 1395. The Burnt Toast Podcast

Episode: Ozempic Is Morally Neutral

Date: 2025-02-13 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the cultural and social implications of Ozempic, a GLP-1 drug, particularly in relation to thinness, class, and celebrity status, but does not deeply analyze the effects on the food and beverage industry or consumer behavior from an operator or executive perspective.

*"Celebrities and pop culture and idols have always been like celebrated for being thin, but this is the first time there's been this \$1,000 a month drug that makes people thinner."*

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### 1396. Scrolling with Hayley

Episode: Terror Strikes Manchester Again - Hayley Caronia (Ep.147)

Date: 2025-10-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mentions Ozempic, a GLP-1 drug, in the context of political debate about tariffs and drug pricing, with some commentary on people's reliance on the drug for weight loss versus traditional methods like exercise. However, there is no detailed discussion about the impact on the food and beverage industry or operators' responses.

*"Give people the 100% tariff on Ozempic. We're all going to get fat again. And then everybody is operating at the whim of Donald Trump. We're all going to get fat again because of tariffs? And the only way to get skinny, apparently, is to be on Ozempic?"*

### 1397. The Right Angle -

Episode: Episode 223 - Enzo returns to talk Bully sticks, disassembling a car to replace the battery, foreign language product manuals and way more

Date: 2025-08-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses personal experiences and general thoughts about the weight loss drug Ozempic (a GLP-1 drug), touching on its effects on weight loss and questions about addiction and long-term use. However, it lacks specific discussion on the impact of GLP-1 drugs on the food and beverage industry or detailed consumer behavior insights.

*"I actually have a friend who, in the course of a year, taking Ozempic and working out every day, went from 290-something, almost 300 pounds. And now he's, I think, 185 or something."*

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### 1398. Jonesy & Amanda

Episode: CUTTING ROOM FLOOR: Weekly Review (Podcast Exclusive)

Date: 2025-02-14 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses user experiences and side effects of Ozempic, a GLP-1 drug, including weight loss effects and social impacts like loss of appetite and enjoyment around food. However, it lacks detailed analysis or specific data related to the food and beverage industry or executive perspectives.

*"I know people myself, who've decided to go back on, to go off Ozempic because you lose your appetite. You lose your sense of fun around food. You don't look forward to meals."*

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### 1399. Dana Cortez Show Podcast

Episode: S3 Ep191: DIDM Breakdown: Videos Games or the Girl?

Date: 2025-04-26 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses GLP-1 weight loss drugs in the context of celebrity weight loss stories and personal experiences, highlighting diet changes and skepticism about drug effects rather than detailed industry impact or consumer behavior analysis.

*"She denies using Ozempic. I believe her. I got to look at her. She doesn't look like weird flabby how Ozempic people usually look."*

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### 1400. Company Lot

Episode: Youtube wants your ID now

Date: 2025-08-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker mentions using Ozempic, a GLP-1 drug, in a personal anecdote highlighting a cultural trend of designer Ozempic needle cases, but does not deeply analyze the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior changes.

*"Then we pull out our Ozempic out of our velvet hard case. It's velvet on the interior. It's a nice mahogany on the outside. You think I'm pulling out a cigar. It's actually my Ozempic needle for the day."*

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### 1401. The Bourbon Hunters Podcast

Episode: BH383 - Old Grand Dad Lineup

Date: 2025-12-03 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The hosts discuss Ozempic, a GLP-1 drug, focusing on side effects such as muscle loss and nutritional challenges, reflecting on how these drugs impact users but without industry or market insights. The conversation is informal and includes skepticism about physical effects and diet adjustments needed.

*"Well, the problem with Ozempic is you lose as much muscle as you lose fat. It doesn't discriminate."*

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### 1402. The Well Podcast

Episode: We Picked Our Own Pope | The Well

Date: 2025-05-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speakers discuss how Americans rely on weight loss drugs like Ozempic instead of changing eating habits, noting the stock market impact of pharmaceutical companies with such drugs. However, the discussion is more anecdotal and lacks detailed analysis.

*"Everyone just goes and fucking buys and eats whatever they want. And then they take fucking Ozempic when they want to lose weight."*

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### 1403. Weightloss With Desiree Cart Dugas

Episode: Weightloss Journey With Desiree Cart Dugas May 3, 2025

Date: 2025-05-03 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses observations of many people using GLP-1 drugs like Ozempic for weight loss, noting that users often do not admit to taking these medications. The impact on consumer behavior is implied but not deeply analyzed.

*"The people on TikTok... had bariatric surgery... They're all taking Ozempic. And if not Ozempic, they're taking the non-brand peptide... so*

*many people are on that weight loss shot, but nobody's going to admit it."*

#### **1404. The Table with Anthony O'Neal**

Episode: I Made \$15M but Chasing MONEY Nearly Killed Me (My 90-Day TURNAROUND)

Date: 2025-09-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a discussion about rapidly losing weight and mentions Ozempic, a GLP-1 drug, mostly to highlight public curiosity and skepticism. The speaker advises against quick fixes like Ozempic, instead recommending lifestyle changes such as reducing unhealthy habits, indicating a cautious and somewhat skeptical view toward the drug.

*"There's this huge talk about Ozempic right now. And they're saying, man, if I take Ozempic, I can lose weight even faster."*

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#### **1405. Wonder Podcast: Empowering Women Entrepreneurs to Change the World**

Episode: Turning A Family Business Into Airport Culinary Success | Iva Chen

Date: 2025-12-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker shares a personal account of using GLP-1 weight loss drugs, specifically mentioning Ozempic and Mounjaro, highlighting significant weight loss and improved self-image. However, there is no direct discussion on the impact of these drugs on the food and beverage industry or changing consumer behavior from an operator or executive perspective.

*"I got on, uh, Ozempic. Um, and it really helped me get back into a healthy space. I have polycystic ovarian syndrome, so it's very, very difficult to lose weight. ... I lost about 50 pounds on that."*

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#### **1406. MJ Morning Show on Q105**

Episode: MJ Morning Show, Tues., 8/26/25: Have You Dealt With The Stench Of Someone Who Wreaks Of Marijuana Smoke? We Took Calls.

Date: 2025-08-26 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast briefly discusses Ozempic and other weight loss drugs, expressing skepticism and concerns about potential long-term side effects, but also acknowledging the drugs' effectiveness. The tone is informal and somewhat humorous, with mention of various fanciful side effects and questioning long-term impacts.

*"Possibly weight loss drugs like Ozempic could be a matter of regret... I feel like we don't truly know the long term side effects of these medications that are working too well."*

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#### **1407. BJ & Jamie**

Episode: Travel Sport Parents | Tabloid Trash

Date: 2025-05-29 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts discuss personal experiences and general observations about the GLP-1 drug Ozempic, focusing on side effects and lifestyle implications, but without connecting it directly to the food and beverage industry or operator perspectives on consumer behavior changes.

*"I took the shot yesterday and I was sick all night long. Oh, no. Yeah. Oof. The Ozempic."*

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#### **1408. The Jubal Show ON DEMAND**

Episode: Nina's What's Trending: Cat Ozempic, Harry Styles Everywhere & Are Donuts Having an Identity Crisis?

Date: 2026-01-16 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses a novel application of GLP-1 weight loss drugs being trialed for cats, touching on the concept as a cultural and commercial curiosity rather than a serious analysis. The tone is humorous and skeptical, with no detailed exploration of impacts on human consumer behavior or the food and beverage industry.

*"There's a company that's doing clinical trials of GLP-1 for cats. They're weight loss implants that they're putting underneath of their skin, under a cat's skin, to release the weight loss medicine."*

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#### **1409. (Audio)NEWS/VIEWS/NOVELS**

Episode: Business Matters: Wyoming Businessman Offers to Buy TikTok for \$50 Billion - Full Broadcast (Feb. 21) - EpochTV

Date: 2025-02-21 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions that the nationwide shortage of GLP-1 weight loss drug Ozempic is over, highlighting that Novo Nordisk is now meeting demand and warning about counterfeit versions. It also notes FDA's stance on compounding versions of these drugs, but lacks discussion on food and beverage industry impacts or executive/operator opinions.

*"The nationwide Ozempic shortage is over. The Food and Drug Administration said today there's no longer a short supply of the weight loss and diabetes drug WeGovie and Ozempic."*

## 1410. Pandemic: The Deadly CCP Factor

Episode: Business Matters:Wyoming Businessman Offers to Buy TikTok for \$50 Billion - Full Broadcast (Feb. 21) - EpochTV

Date: 2025-02-21 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions the shortage of GLP-1 weight loss drug Ozempic and its resupply by Novo Nordisk, with a warning about knockoff versions and FDA stance on compounded versions. However, the discussion lacks insight into the food and beverage industry's response or changes in consumer behavior.

*"The nationwide Ozempic shortage is over... Novo Nordisk said it's now meeting or exceeding current and projected nationwide demand."*

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## 1411. Healthcare NOW Radio Podcast Network - Discussions on healthcare including technology, innovation, policy, data security, telehealth and more. Visit [HealthcareNOWRadio.com](#)

Episode: Healthcare Rap: CES 26 Digital Health Tour

Date: 2026-01-27 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs as one of several major health topics in an upcoming series, emphasizing its role in consumer-centered healthcare but without detailed analysis on its impact on the food and beverage industry or consumer behavior changes.

*"These series are going to cover some of the biggest topics in 2026, starting with rural health and including the CMS HealthTech ecosystem, GLP L1s, wearables, and more."*

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## 1412. Advertising Industry News Daily

Episode: The Future of Advertising: AI, Privacy, and Measurable Growth in 2026

Date: 2026-01-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions the mainstreaming of GLP-1 weight loss drugs as a factor influencing consumer behavior and advertising, leading brands to adopt more cautious and credible messaging strategies. However, the discussion is brief and part of a broader conversation about advertising trends and AI adoption.

*"New Year campaigns are moving away from dramatic, short-term promises toward trust, credibility, and long-term wellness, partly driven by the mainstreaming of GLP-1 weight loss drugs."*

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## 1413. The Dr. Darian Parker Podcast

Episode: 30. GLP-1s, Perimenopause & Power: What Every Woman Needs to Know Beyond Weight Loss w/ Kayla Johnson

Date: 2025-06-03 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses GLP-1 drugs in relation to perimenopause and personal experiences with weight management, mentioning some medical benefits beyond weight loss but does not address impacts on the food and beverage industry or operator perspectives.

*"I was on vacation. I was weight training, which is what I do when I podcast. And I just sat down because this doctor is telling my story. She's talking about discovering GLP ones and perimenopause because she was wearing a perimenopause sweater."*

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## 1414. The Business Show

Episode: Retail Earnings on Deck, Wegovy's New FDA Win, and the Winklevoss Twins Take Gemini Public

Date: 2025-08-18 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk's GLP-1 drug Wegovy having received FDA approval for a new indication related to liver disease, signaling market expansion. The discussion touches briefly on major retail earnings which could provide insights into consumer spending, but offers limited detail on the deeper impact of GLP-1 drugs on the food and beverage industry or operator perspectives.

*"Novo Nordisk won FDA approval for its Wigovi Weight Loss Drug to treat MASH liver disease, opening a significant new market for blockbuster medication."*

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## 1415. Wall Street Breakfast

Episode: White House blasts idea of listing tariff costs

Date: 2025-04-29 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions the partnership between Hems & Hearst Health and Novo Nordisk to sell the weight loss drug Wagovi and notes the market response and competitive pressures related to GLP-1 drugs. There is limited discussion on the broader impact of GLP-1 weight loss drugs on consumer behavior or the food and beverage industry.

*"The partnership marked a milestone for Hems, which has come under shareholder scrutiny in recent weeks after the FDA declared an end to the Wagovi shortage in February, putting pressure on the company's business focused on cheaper versions of the drug."*

## 1416. Peter Greenberg Travel Detective

Episode: Eye on Travel - MS Riviera Radiance - November 22, 2025

Date: 2025-11-22 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs like Ozempic and Wegovy in the context of obesity statistics and diet trends, but does not delve deeply into how these drugs impact the food and beverage industry or consumer behavior changes. The discussion focuses more on obesity prevalence by state and associated health and dietary patterns.

*""when you think about the diet in the world of Ozempic and Wegovy...""*

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## 1417. A Corporate Time with Tom and Dan

Episode: ACT - "Itching For Lips" (Tuesday 12-16-25)

Date: 2025-12-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speakers discuss skepticism and uncertainty about a person's weight loss methods, referencing micro-dosing diabetes medications similar to Ozempic, a GLP-1 drug, but do not delve into broader industry or consumer behavior impacts. The conversation is anecdotal and speculative rather than analytical or industry-focused.

*""I thought this was really interesting. In order to focus on it, he locked himself in a cabin with a nutritionist... he started micro-dosing him with sort of the same medication that a diabetic person would take...""*

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## 1418. Audio Journal Podcasts

Episode: USA Today

Date: 2025-07-31 | Relevance: 40/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion briefly touches on pharmaceutical tariffs impacting companies like Novo Nordisk, the manufacturer of GLP-1 weight loss drugs, but does not deeply explore how GLP-1 drugs are affecting the food and beverage industry or consumer behavior changes.

*""For instance, the Danish manufacturer behind the GLP-1's Wegovy & Ozempic, Novo Nordisk, has already had a presence in North Carolina and plans to expand."""*

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## 1419. The PM Team w/Poni & Mueller

Episode: PM Team FULL Show 5-29-25

Date: 2025-05-29 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts briefly discuss the use of Ozempic, a GLP-1 drug originally for diabetes, for weight loss and mention related effects such as appetite suppression and potential rebound weight gain upon stopping the drug. They also touch on side effects like increased sensitivity to cold after weight loss.

*""He's lost almost, what, 40% of his body weight, it sounds like. Do you think he went the Ozempic route? Yeah, I would. That would be my guess."""*

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## 1420. The Luke Beasley Show

Episode: Don Lemon Arrested

Date: 2026-01-31 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt briefly mentions 'the fat shot,' likely a GLP-1 drug such as Ozempic, referring to it in a conversational anecdote about a friend who tried the drug for weight loss without success. There is some cost comparison between London and New York but no detailed discussion on impact or consumer behavior.

*""After he made in everything, this is where my friend who's very successful, I told you, a seriously overweight person. And he takes the fat, the fat pill or the fat shot. And he was in London and he said, cost \$87 there, cost \$1,300 in New York."""*

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## 1421. The Joe Rogan Experience

Episode: #2291 - Bert Kreischer

Date: 2025-03-18 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The episode touches on GLP-1 drugs like Ozempic in the context of social perceptions and side effects related to weight loss, with jokes and anecdotes about people using these drugs and facing adverse reactions. The discussion is informal and includes some skepticism and humor around the stigma and effects of these drugs.

*""It also goes into, like, society, the demonizing of anyone on a semi-glutide. Yeah. I mean, people get shit on."""*

## 1422. Pharmaceutical Executive

Episode: Scaling Sustainability: A Big Pharma Formula

Date: 2025-12-22 | Relevance: 40/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast features an Eli Lilly executive discussing the company's long-term approach to sustainability and development, referencing its growth in areas such as obesity but without specific focus on GLP-1 weight loss drugs or their impact on the food and beverage industry.

*"Eli Lilly has experienced unprecedented growth in recent years and is operating areas that impact large populations such as obesity, which has gotten a lot of attention in the market."*

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## 1423. Grow Everything Biotech Podcast

Episode: 166. The Great Reformulation: Joshua Lachter Rethinks How We Make Everything at Scale

Date: 2026-01-30 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt mentions Eli Lilly's GLP-1 drugs Zepbound and Mounjaro in the context of biopharma and tech partnerships, highlighting Lilly's financial success with these drugs but offering no detailed discussion on impact to the food and beverage industry or consumer behavior changes.

*"Yeah, and so just as a reminder, Lilly is a pharma company that made Zepbound and Mounjaro, which is the equivalent of Zepbound and Wegovy. So they are raking in a lot of cash too."*

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## 1424. Weight Loss And ...

Episode: Why Your Brain Won't Stop Thinking About Food with Emily Dhurandhar

Date: 2026-01-14 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions a study by Novo Nordisk suggesting that GLP-1 drugs may reduce intrusive food thoughts ('food noise'), but acknowledges the study is not strong and discusses the broader context of food-related thoughts and behavior.

*"There is some data about the GLP-1s reducing food noise from, uh, Novo Nordisk did a study. So there's, it was just a pre-post, not a strong study, but there is a study out there."*

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## 1425. The Emma Guns Show

Episode: I Can't Stay Out of the Fridge

Date: 2025-11-05 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast host discusses personal struggles with binge eating and weight gain, mentioning a Times piece wishing she had tried GLP-1 drugs to alleviate these issues, indicating some recognition of their potential benefits but without detailed analysis.

*"this is why I wrote the piece for the Times about sometimes wishing I had used GLP ones because I wonder whether it would remove this whole tripping up and needing to reset element of my own recovery from binge eating and constant weight gain."*

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## 1426. Hospitality Hangout | Expert Strategies & Industry Trends from Hospitality Insiders

Episode: Fresh Pressed Power: Building Wellness and Gut Health with Main Squeeze Juice CEO Jennifer Dodd

Date: 2025-12-02 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt mentions that many GLP-1 users (such as those on Ozempic) are now customers of a juice company because they are encouraged to feed their microbiome to support natural GLP-1 production. The discussion briefly touches on the intersection of GLP-1 usage and dietary choices but does not delve into detailed industry analysis or effects on consumer behavior within food and beverage sectors.

*"A lot of GLP-1 users actually are coming in now because they're learning that. Because they're on Ozempic? They're on Ozempic or any of those GLP-1, and your body can make its own GLP-1. But you have to feed your microbiome to be able to get that going."*

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## 1427. Scrolling with Hayley

Episode: CNN's Colorblindness Strikes Again! - Hayley Caronia (Ep.191)

Date: 2025-12-06 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs in the context of a new clinical trial testing GLP-1 implants for cats by Acava Pharmaceuticals, raising ethical concerns and noting the potential cost to pet owners. There is no discussion on the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior changes.

*"Weight Loss Drugs for Cats. Company launches clinical trial of GLP-1 implants in cats."*

## 1428. Thrivetime Show | Business School without the BS

Episode: How to Start & Grow a Successful Online Business + "My Relationship w/ Your Firm Was Foundational. We've Had Something Like 30,000% Growth. If You Need More Sales Call Clay Clark." - FishFlix.com & LogosTradingPost.com

Date: 2025-07-10 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast includes a brief discussion about Ozempic, a GLP-1 weight loss drug, focusing on its societal implications and public perception but lacks detailed analysis on its impact on the food and beverage industry or executive viewpoints on changing consumer behavior.

*"Ozempic, what are your thoughts? Seriously. Answer the question. I don't even know what that is. It's a, it's the weight loss drug that everybody, you know, who, who comes across, like they're losing a lot of weight."*

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## 1429. Weightloss With Desiree Cart Dugas

Episode: Weightloss Journey With Desiree Cart Dugas May 3, 2025

Date: 2025-05-03 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses the use of weight loss shots like Ozempic among people who have had bariatric surgery, noting a social reluctance to admit to taking these drugs. The commentary is informal and anecdotal without deep industry insight.

*"The people on TikTok, the ladies, all that had bariatric surgery, I'm following them. And you know what? They've all come to realize, they're all taking Ozempic. And if not Ozempic, they're taking the non-brand peptide."*

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## 1430. Shift Forward Health

Episode: How Noom Is Reducing GLP-1 Side Effects (#454)

Date: 2025-09-16 | Relevance: 35/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features Noom executives discussing their new microdosing program to mitigate side effects of GLP-1 weight loss drugs and the evolving physician perspectives as GLP-1s dominate public conversation. However, it focuses mainly on Noom's approach rather than broader food and beverage industry impacts or operator insights on consumer behavior changes.

*"...the company's new microdosing program, the changes that happen as GOP-1s continue to dominate the public conversation about weight loss, and what physicians think about it all."*

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## 1431. Keto Made Simple - Learn With Doctor Westman

Episode: The Truth About Carbs Doctors WON'T Tell You!

Date: 2025-08-11 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker briefly mentions GLP-1 drugs in the context of concerns about their safety and monitoring requirements compared to low-carb diets. The discussion touches on potential risks like thyroid cancer and critiques the lack of lab monitoring for GLP-1 drug users, highlighting skepticism towards current medical approaches.

*"But, but, but the GLP-1 drugs, you know, you could just start those. There's no mention of, of checking labs, by the way."*

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## 1432. The Best One Yet

Episode: "End the \$1K Baby Tax" - Tariffs crush strollers. Star Wars' epic re-release. UNC's D1 ath-fluencer class.

Date: 2025-04-29 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: A 13-year-old asked the Pepsi CEO tough questions about the impact of Ozempic, a GLP-1 drug, on Pepsi's snack sales, highlighting concerns about how GLP-1 weight loss drugs may be hurting the food and beverage industry. Pepsi's stock declined after the earnings call.

*"What are you doing to stop Ozempic from hurting your snack sales?"*

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## 1433. Cleanse Heal Ignite

Episode: GLP-1s EXPOSED: The Truth You Haven't Heard!

Date: 2025-04-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker briefly discusses GLP-1 drugs like semaglutide and tirzepatide, comparing them to peptides like 'sloop' which are proposed as alternatives. The conversation touches lightly on these drug types but focuses more on general health topics and product recommendations rather than detailed impacts of GLP-1s on consumer behavior or the food and beverage industry.

*"GLP one meaning semaglutide, terzepatide, retirutide. And many of you probably know of these things as, you know, we'll go be Monjaro, Ozempic."*

## 1434. The Fred Show On Demand

Episode: Stay Or Go: Ozempic!

Date: 2025-07-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses personal perspectives on Ozempic, a GLP-1 drug, focusing on usage, societal perceptions, and skepticism about health impacts without detailed industry or consumer behavior analysis.

*"I mean, I can take Ozempic and eat Big Macs all day. My cholesterol is still through the roof and I could still have a heart attack, but I'd be skinny when I had it."*

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## 1435. Spirit Sessions: Sex, Spirit & Self-Care

Episode: Ep. 217 Ozempic: A Compassionate Ayurvedic Perspective

Date: 2025-06-20 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses Ozempic, a GLP-1 drug, from an Ayurvedic and spiritual perspective, emphasizing nonjudgmental awareness and personal intentions rather than industry impact or consumer behavior.

*"I want to talk today about Ozempic because it's been talked about a lot. And yet I don't think it's been talked about as much from what I've seen from an Ayurvedic perspective."*

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## 1436. Back to the Bar

Episode: Ozempic for Pets and Garlic Mouthwash: Episode 141

Date: 2025-12-20 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses a weight loss product for pets that is compared to Ozempic, a GLP-1 drug, but does not delve into detailed discussion about GLP-1 drugs or their impact on consumer behavior in the food and beverage industry.

*"It's a product like Ozempic, I swear. Hmm. So it's like a chip. A chip? Yeah, you gotta get a chip put in their ass."*

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## 1437. All Up Innes

Episode: Mispronounced Words

Date: 2025-12-06 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The speaker discusses personal experience obtaining the GLP-1 drug Mounjaro (previously mispronounced as Monjaro) highlighting difficulties with doctors and insurance, and expresses both frustration with the medical system and a positive personal endorsement of the drug for weight loss. There is no direct discussion of the impact on the food and beverage industry or consumer behavior changes from an operator or executive perspective.

*"That is how I'm able to continue to get Monjaro and other things is I just flash this. Like the doctor's like, why do you still have this? I'm like, cause I know how to game the system. Cause I love Monjaro."*

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## 1438. Giles Coren Has No Idea

Episode: Should I be taking Ozempic?

Date: 2025-05-16 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses general impressions and personal anecdotes related to semaglutide drugs like Ozempic and Manjaro, focusing on their use for weight loss and people's hesitations. However, it lacks detailed insights on the impact of GLP-1 drugs on the food and beverage industry or changes in consumer behavior.

*"We feel that the weight that we need to lose is small, not worth a drug with injections. And we should morally, but just generally be able to do it ourselves."*

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## 1439. Game-Changing Health

Episode: 5 Signs Your GLP-1 Journey May Need Attention (Ozempic, Wegovy, Mounjaro, Zepbound)

Date: 2025-05-26 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast episode broadly discusses GLP-1 medications, with the host promoting an upcoming program related to GLP-1 drug users and sharing her personal engagement with the topic as a dietitian. However, there is no detailed discussion about the impact of GLP-1 weight loss drugs on the food and beverage industry or changing consumer behavior in this excerpt.

*"I am launching a program for my GLP-1 gilries. So if you are someone taking a GLP-1 medication, I think you're going to love it."*

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## 1440. WSJ Minute Briefing

Episode: Fears of AI Disruption Rattle Investors

Date: 2026-02-04 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast mentions the plunging shares of Novo Nordisk and intense competition in the GLP-1 drug market, referencing price cuts and sales forecast downgrades. However, it provides limited detail on the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior.

*"Shares of drug maker Novo Nordisk are plunging this morning after the maker of weight loss drugs Ozempic and Wegovy cut its sales forecast and warned of unprecedented pricing pressure."*

#### **1441. Earn Your Leisure**

Episode: Ozempic Maker Novo Nordisk Faces Massive Lawsuits Over Causing Blindness - Investors Beware

Date: 2025-09-06 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast discusses the legal challenges faced by Novo Nordisk and Eli Lilly related to GLP-1 drugs like Ozempic, mentioning lawsuits over rare side effects including vision problems. However, the discussion shifts into unrelated historical anecdotes and does not deeply analyze the impact of GLP-1 drugs on the food and beverage industry or consumer behavior.

*"Novo Nordisk and Eli Lilly are both facing a growing federal multi-district litigation. Over 2,000 lawsuits so far, which are estimated to be valued at over \$2 billion as far as how much they're actually asking for. Over in Ozempic and similar drugs, some cases allege rare vision problems among other issues."*

#### **1442. American Gravy**

Episode: AI Cashiers, Secret Chick-fil-A Cafes, and Thanksgiving Hacks

Date: 2025-11-13 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast hosts discuss the prevalence of GLP-1 weight loss drug advertisements and express personal discomfort and negative sentiment about societal pressures related to body image and the use of such drugs. They touch on broader cultural trends around appearance modification rather than directly analyzing impacts on the food and beverage industry or operational changes.

*"Every other ad of mine is a weight loss drug, like whether it's the GLP-1s, the trisepatide, the peptides, and I'm like, oh, should I take this?"*

#### **1443. What's Eric Eating**

Episode: Episode 498 - Catching Up with Houston Hospitality Veteran Jonathan Horowitz

Date: 2025-09-25 | Relevance: 40/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the influence of the Ozempic craze and changing consumer behavior, noting that people are eating less and reserving special dining occasions, which may be impacting restaurant frequency and spending. However, the discussion does not deeply analyze GLP-1 drugs themselves or provide specific data on their industry impact.

*"You talk about the Ozempic craze and all of that. People are just physically. They just physically can't eat that much anymore. They're, they're just eating less."*

#### **1444. Fitzy, Wippa & Kate**

Episode: The Foods That Will Make You Smell Good Every Day

Date: 2025-08-12 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts briefly mention GLP-1 drugs like Monjaro and Ozempic in the context of reducing appetite and limiting food intake, with some personal anecdotes about how these drugs affect eating behavior.

*"One thing about Monjaro, which I've had a couple of times... it limits the amount you want to eat when you sit down for a meal."*

#### **1445. The Tyler Glen Show**

Episode: Farewell Weightwatchers.

Date: 2025-04-10 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast mention briefly discusses Ozempic, a GLP-1 drug, highlighting its high cost and potential health benefits including weight loss, addiction support, and dementia risk reduction, while noting the negative impact on traditional weight loss programs like Weight Watchers.

*"Unlike Weight Watchers, Ozempic is very expensive. Unless you've got a drug plan, you're going to be paying a lot of money to use Ozempic."*

#### **1446. The Greg Hill Show**

Episode: Full Show - Tuesday, May 27th, 2025

Date: 2025-05-27 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast speakers discuss Ozempic, a GLP-1 weight loss drug, referencing weight loss effects, potential side effects like dental issues and 'Ozempic feet,' and celebrity usage. The conversation is largely anecdotal and informal, with mixed views on the drug's effects and social perception.

*"Are you on the Ozempic? No. That could. Okay. I'm not. I'm four people on the Ozempic. Yeah, you are."*

## 1447. The Anthony Cumia Show

Episode: The Anthony Cumia Show | 07-06-25

Date: 2025-07-07 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts mention Ozempic, a GLP-1 drug, discussing its popularity among celebrities and expressing concerns about side effects like impacts on teeth, eyes, and skin. They discuss weight loss impacts but focus more on anecdotal and cautionary perspectives rather than detailed industry analysis.

*""Ozempic does weird stuff to you... It seems like your eyes, your teeth, your skin. ""*

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## 1448. Game-Changing Health

Episode: How To Calculate Your Energy Needs on a GLP-1 From a Registered Dietitian

Date: 2026-02-02 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast host, a registered dietitian, introduces a program specifically for people taking GLP-1 medications and discusses calculating energy needs for those on GLP-1 drugs, aiming to provide practical nutritional advice. However, the discussion is general and focused on guidance rather than industry impact or operator perspectives in food and beverage.

*"I am launching a program for my GLP-1 girdies. So if you are someone taking a GLP-1 medication, I think you're going to love it. I think you're going to be obsessed with it and I'd love to have you."*

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## 1449. Rover's Morning Glory

Episode: THURS PT 2: Charlie is taking Ozempic and barfing all the time

Date: 2025-03-20 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts are discussing the use of Ozempic, a GLP-1 drug, in a personal and casual context focusing on its weight loss effects and side effects. The mention is anecdotal and does not cover broader industry impacts or consumer behavior changes related to the food and beverage industry.

*""I took an Ozempic Monday. Did you really? Yeah. Seriously? Yeah, and it screwed me up actually, I think. ""*

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## 1450. The KVJ Show

Episode: KVJ Cuts- Have You Heard Of Ozempic Peen (06-10-25)

Date: 2025-06-10 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses anecdotal claims about Ozempic, a GLP-1 weight loss drug, specifically focusing on purported effects on male anatomy, but does not address its impact on the food and beverage industry or consumer behavior changes.

*""They say men who have been taking Ozempic for weight loss are now claiming that the drug is making their penises larger. ""*

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## 1451. Nutrition For Mortals

Episode: Non-Diet Hormone Health (with Gregory Dodell, MD)

Date: 2026-01-07 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a discussion with an endocrinologist who touches on GLP-1 medications among other hormone-related health topics. There is a mention of weight-inclusive care and insulin resistance but not a detailed exploration of GLP-1 drugs' impact on consumer behavior in the food and beverage industry.

*""We talk about insulin resistance. We talk about just bedside manner with patients. We talk about GLP-1 medications. We talk about a whole bunch of things that I'm excited for everyone to hear. ""*

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## 1452. 365 Sports Presents: 365 Sports (Daily)

Episode: 365 Sports! 2.11.25

Date: 2025-02-11 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The podcast segment includes a brief advertisement promoting semaglutide (Ozempic/Wegovy), an FDA-approved GLP-1 drug for weight management, highlighting its benefits and encouraging listeners to consult a local clinic. No discussion on how GLP-1 drugs affect the food and beverage industry or changing consumer behavior is present.

*""Semaglutide is an FDA-approved weight management medication. Once a week injections of this powerful medication offers an average body fat weight loss of 20% within the first year of treatment. ""*

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## 1453. The Blake Show with Kelly and Todd

Episode: Does Ozempic Make Your D Bigger

Date: 2025-06-09 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode humorously discusses anecdotal side effects of the GLP-1 drug Ozempic related to male physical changes, without linking these effects directly to changes in consumer behavior or the food and beverage industry.

*""Male Ozempic users say their penises have gotten bigger since they started injecting the weight loss shot with dozens of well-endowed*

*fellas flocking to online forums to fawn over their expanded members."*

#### **1454. The Dave Ryan Show**

Episode: GT: Her Husband is Sneaking Ozempic

Date: 2025-08-05 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses a personal story involving the use of Ozempic, a GLP-1 drug, highlighting secrecy and mixed feelings about the medication within a family context. However, it does not deeply explore the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior from an operator or executive perspective.

*"I found some Ozempic in his garbage... I was very surprised and honestly, I'm a little upset that he didn't open up to me about it."*

#### **1455. Tom Kelly Show**

Episode: 439: OZEMPIC RUMSPRINGA - LONG ISLAND HOT TAKES

Date: 2025-06-30 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode briefly discusses personal and social effects of Ozempic (a GLP-1 drug), including changes in behavior and lifestyle, but lacks detailed discussion on the impact on the food and beverage industry or consumer behavior changes from an operational or executive perspective.

*"Let's talk about it. I think I'm happy having my testosterone drop. Yeah. It's probably less distracting. I'm a little bit easier to get along with. You're a little less edgy."*

#### **1456. Find Your Food Voice**

Episode: [Chat] GLP-1, Gentle Nutrition in LIVE Q + A

Date: 2025-04-15 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode includes a brief live Q&A segment that touches on GLP-1 drugs, indicating the host plans to discuss the topic more deeply in future episodes and essays. The discussion is introductory and aimed at a general audience interested in nutrition rather than the food and beverage industry's operational impact.

*"And then this episode, we also got a really great question on GLP ones. What we decided is we didn't have enough time to explore these two topics. So we definitely will devote whole episodes to them."*

#### **1457. Crying Burns Calories**

Episode: 296 - My TOP 2026 Health Predictions + Where the Industry is Getting it Wrong

Date: 2025-12-12 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast episode discusses broad health industry trends including the obsession with weight loss drugs such as GLP-1s, highlighting both excitement and concerns about their impact on health and societal attitudes toward thinness. However, it lacks specific discussion on how GLP-1 drugs are affecting the food and beverage industry or operator perspectives.

*"There are some really positive things and some really cool trends that I'm going to talk about in this episode. But for me, there's also some really big setbacks and steps that we're taking in the wrong direction as an industry as a whole. When it comes to the obsession with thinness, the obsession with weight loss drugs..."*

#### **1458. Absolutely Not**

Episode: Stronger than Ozempic

Date: 2025-07-30 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast speaker describes personal experience using Ozempic, a GLP-1 drug, emphasizing significant negative side effects such as severe acid reflux and difficulty eating, but does not discuss broader impacts on the food and beverage industry or consumer behavior changes.

*"I have just been, one might say pushing through Ozempic. I am. My acid reflux the last two nights has been so incredibly bad that I don't know how much more I can shove down the gullet."*

#### **1459. So Many Receipts**

Episode: DEEP DIVE: AND JUST LIKE THAT EP 9 - Carrie and Aiden call it quits, Miranda comes clean, Seema is rich again, Charlotte and Harry are bedridden and Herbert's ridiculous campaign diet

Date: 2025-08-01 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 weight loss drug, in the context of a TV show's storyline about characters dealing with weight issues and dieting, but does not analyze its impact on the food and beverage industry or changing consumer behavior.

*"And Lisa's running out to go to some function. And she tells him just take Ozempic. So we have our first Ozempic mention on in Just Like That."*

## 1460. Inside New Orleans with Eric Asher

Episode: Inside New Orleans with Eric Asher Feb. 21, 2025

Date: 2025-02-22 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a segment promoting Zelthi, a company offering GLP-1 weight loss medications like Ozempic and Wegovi online at substantially reduced prices, highlighting accessibility and affordability. However, there is no discussion about the impact of these drugs on the food and beverage industry or insights from operators and executives on changing consumer behavior.

*"You've heard of Ozempic, Wegovi, and the other GLP-1 medications, right? Well, I found this great company called Zelthi. If you qualify, their providers can prescribe medications like Ozempic and Wegovi and other GLP-1 medications that are 80% to 90% less expensive, all 100% online."*

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## 1461. The Morning Dump

Episode: The Morning Dump 06-10-25

Date: 2025-06-10 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion humorously references Ozempic, a GLP-1 weight loss drug, focusing on anecdotal claims about effects on men's physical appearance. There is minimal analysis of the impact of GLP-1 drugs on consumer behavior or the food and beverage industry.

*"Male Ozempic users say their penises have gotten bigger since they started injecting weight loss shot with dozens of well-endowed fellas flocking to online forums to fawn over their expanded members."*

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## 1462. Peter Greenberg Travel Detective

Episode: Eye on Travel - Gale Miami Hotel & Residences - August 16, 2025

Date: 2025-08-16 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references 'Ozempic travel' as a new travel trend possibly related to GLP-1 drugs affecting travel patterns, but lacks detailed discussion on how these drugs impact the food and beverage industry or consumer behavior changes.

*"We're talking to our good pal Jack Ezon on the brave new world of a new travel trend. Try not to laugh. Ozempic travel and what that means to your travel patterns and your travel behavior."*

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## 1463. Crescent City Sports

Episode: Tailgators 02-08-25

Date: 2025-02-08 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes an advertisement for Zelthie, a company offering GLP-1 medications like Ozempic and Wegovi online at a lower cost. There is no substantive discussion on the impact of GLP-1 drugs on the food and beverage industry or changes in consumer behavior.

*"You've heard of Ozempic, Wegovi, and the other GLP-1 medications, right? Well, I found this great company called Zelthie."*

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## 1464. Fitness Confidential

Episode: The Risk of Side Effects - Episode 2676

Date: 2025-07-28 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly discusses GLP-1 agonists like Ozempic in the context of diabetes management and the lowering of A1C levels but does not explore effects on the food and beverage industry or consumer behavior changes. There is limited substantive insight into industry impact or operator perspectives.

*"A GLP-1 agonist such as Ozempic, which a little while ago, it's a semiglutide. So yeah, you know, all of these things are around the same thing, but they all do the same thing. They lower... They're all made to do one thing, to lower your... A1C."*

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## 1465. Bein' Ian with Jordan

Episode: Fiddy Vs Diddy W/Ian Lara & DSG | Bein' Ian with Jordan #177

Date: 2025-12-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discussion includes a personal mention of starting Ozempic as part of a diet change due to health concerns like high cholesterol, reflecting an individual's experience with a GLP-1 drug. However, there is no detailed discussion on how GLP-1 weight loss drugs affect the food and beverage industry or broader consumer behavior.

*"So I'm getting on the Ozempic. That's the... How are you? For your diet."*

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## 1466. Stock Movers

Episode: US Bank Stocks Rout Deepens; Pharma Falls on Trump Ozempic Comments

Date: 2025-10-17 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast briefly discusses the impact of potential government price negotiations on GLP-1 weight loss drugs, highlighting recent stock declines in companies like Eli Lilly and Novo Nordisk and the possibility of significant price reductions affecting profitability.

*"Trump in the White House said that these diabetes, sorry, these weight loss drugs could come to just down to \$150 a month, which would be a steep drop given the list price for some of these is roughly 1,000 for a month of supply."*

### 1467. Let's Combinante - Drugs + Devices

Episode: 203 - Drug Delivery, Platforms, IP Battles, Supply Chain Risks with Jim Collins

Date: 2025-08-27 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The discussion mentions companies producing GLP-1 drugs and their competitive environment, focusing mainly on intellectual property expiry in auto-injector devices rather than the drugs' impact on the food and beverage industry or consumer behavior changes.

*"They have competitive products like Manjaro versus Ozempic and the insulins, the hormones, right? They're like their competitors in the truest sense there."*

### 1468. Geeky Gay

Episode: Geeky Gay Episode 1638

Date: 2025-04-16 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The speaker briefly mentions Ozempic, a GLP-1 weight loss drug, noting a personal anecdote about someone who lost weight using it and expresses a positive attitude toward weight loss achieved by any means, including GLP-1 drugs. There is no detailed discussion of impact on the food or beverage industry or changing consumer behavior.

*"I don't know. I'm just going to go on Ozempic...she has lost a lot of weight in a short amount of time recently...Good for her for losing weight."*

### 1469. The Mark Simone Show

Episode: FULL SHOW: Andrew Cuomo talks to slow; Can Dems say anything nice?

Date: 2025-10-10 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic and other GLP-1 drugs focusing on some negative health side effects like 'Ozempic face', dental issues, and potential complications with medical imaging results. There is no discussion on effects on the food and beverage industry or consumer behavior changes.

*"Hey, speaking of medical, you know, a lot of people love taking Ozempic. ... The problem with this Ozempic, you get what's called Ozempic face. It starts looking old. Your face looks old and it starts sagging."*

### 1470. The Balanced Body Podcast

Episode: Is there such thing as "nature's ozempic"?

Date: 2025-12-30 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses the idea of 'nature's Ozempic,' exploring whether natural foods or interventions can mimic GLP-1 drug effects, but it does not delve deeply into GLP-1 drugs themselves or their impact on consumer behavior and the food industry.

*"This is metabolic preloading. It will give you superpowers of being biologically indifferent to otherwise enticing aromas and lessen your risk of late night binge eating."*

### 1471. Morning Brew Daily

Episode: Is America Going Sober? & The Decline of the Working Man

Date: 2025-08-14 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs like Wegovy and ZepBound as not significantly influencing the decline in alcohol consumption in the U.S., suggesting that changing scientific consensus about alcohol's health effects is a bigger factor.

*"They also called out GLP-1 drugs like Wegovy and ZepBound and said that's not really influencing this decline in consumption of alcohol that we are seeing."*

### 1472. Health, Wellth & Wisdom Podcast

Episode: 342 // Is Food Noise A Real Thing?

Date: 2026-01-09 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses the concept of 'food noise' in relation to GLP-1 medications like Ozempic or Wegovy, exploring different opinions on whether 'food noise' is a real phenomenon and how it may relate to dieting and GLP-1 use. However, the discussion is more focused on nutrition psychology rather than detailed impacts of GLP-1 drugs on consumer behavior or the food and beverage industry.

*"You may have seen it talked about in the context of GLP-1 medications like Ozempic or Wegovy, or perhaps you've even felt it yourself, like many of the women that I work with. Relentless thoughts about food, planning your next meal, thinking about snacks before lunch, and or mentally replaying your food choices all day long."*

### 1473. Science News Daily

Episode: Food Additives Just Changed What We Know About Future Generations

Date: 2025-12-26 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 medications such as Ozempic and Wegevy as appetite suppressants that are linked to a trend of reduced food spending in the U.S., implying economic effects on the food economy.

*"And, if you're taking GLP-1 medications like Ozempic or Wegevy, you might be part of a larger trend. Cornell researchers found these appetite suppressants are actually reducing Americans' overall food spending, creating ripple effects throughout the food economy."*

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### 1474. The Longevity & Lifestyle Podcast

Episode: #233 The Science of Hunger: GLP-1, Appetite Control & Natural Weight Management With Sarah Kennedy

Date: 2026-01-08 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses natural appetite suppression research and historical practices related to bitter substances affecting hunger, but it does not directly focus on GLP-1 weight loss drugs or their impact on the food and beverage industry.

*"In 2010, a group of talented scientists hypothesized they would find a natural extract that suppressed appetite, well before drugs like Ozempic and Wegovy existed."*

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### 1475. Biceps After Babies Radio

Episode: 395: I Was Wrong About GLP-1's with Dr. Taylor Brueske | Best Of 2025

Date: 2025-12-09 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode features a general discussion about Ozempic, a GLP-1 drug, with personal opinions shared by a gynecologist and her husband; however, it lacks in-depth coverage of how GLP-1 drugs affect the food and beverage industry or insights from relevant industry operators or executives.

*"We were driving...and somehow the topic of Ozempic came up, and we had a conversation for like 45 minutes to an hour about Ozempic, and I learned a lot of things that I didn't know."*

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### 1476. Investeringspodcasten

Episode: Afsnit 305: 2026 for aktier (Novo Nordisk, tech-aktier, danske aktier, Venezuela)

Date: 2026-01-07 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode briefly mentions Novo Nordisk's GLP-1 weight loss pill approval and its availability in the US, noting that this was anticipated and aligns with the company's guidance timeline. However, there is no detailed discussion on the impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes.

*"...slutte af med Novo Nordisk, godkendelsen af pillen og dens tilgngelighed i USA, som jo abenbart er kommet bag pa nogen, selvom Novo Nordisk jo hele vejen igennem har guidet den tidsplan, som viser sig at holde."*

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### 1477. Sweet and Salty with Ellen Karis

Episode: Sweet and Salty with Ellen Karis S11E40 - Thoughts and Talk

Date: 2025-11-19 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker discusses personal views and anecdotes about weight loss and mentions the GLP-1 drug Ozempic as an option some women use for losing a few pounds, but she personally rejects it due to dislike of drugs and injections. There is no deeper discussion on industry impact or consumer behavior changes.

*"There are women that have admitted that they have used Ozempic for the five pounds. So but I just can't. I just can't as much as that sounds really tempting."*

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### 1478. Johnjay & Rich On Demand

Episode: Three MORE Things You NEED To Know

Date: 2025-05-22 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast briefly mentions the side effects of the GLP-1 weight loss drug Ozempic, including dental issues and 'Ozempic face.' However, the discussion is casual and includes some humor without in-depth analysis or industry perspective.

*"Now, there is something called Ozempic teeth. Basically, people on the weight loss drug are dealing with dry mouth, bad breath and even tooth decay."*

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### 1479. The Mark Simone Show

Episode: "Mark's Weekend Bonus Segment -- NOT HEARD ON THE RADIO!"

Date: 2025-10-03 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast briefly mentions the GLP-1 drug Ozempic with a cautionary tone, highlighting concerns about side effects such as 'Ozempic face,' dental issues, and dry mouth. There is no connection to how GLP-1 drugs are affecting the food and beverage industry or

consumer behavior changes.

*"Hey, Ozempic. Stay away from that Ozempic. You know, just eat less. Exercise more. Eat less. The problem with that Ozempic is you never look right and it hurts your skin. They call it Ozempic face."*

#### 1480. Tad Drex & Kara On-Demand

Episode: TAD DREX & KARA PODCAST THURSDAY OCTOBER 2

Date: 2025-10-02 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt touches on weight loss and references Ozempic, a GLP-1 drug, in the context of an individual's sudden change in weight and behavior, but does not discuss the broader effects on the food and beverage industry or consumer behavior changes in detail.

*"You said he lost weight. Is he on Ozempic or one of those?"*

#### 1481. The Mark Simone Show

Episode: Mark's 11am Monologue.

Date: 2025-03-31 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speaker mentions Ozempic, a GLP-1 drug from Denmark, noting it has generated significant revenue for the country but offers no detailed discussion on its impact on the food and beverage industry or consumer behavior.

*"You heard about Ozempic. It's everywhere. Everybody's using Ozempic. Ozempic is the biggest business in the world. Guess where it comes from? Denmark."*

#### 1482. The Anthony Cumia Show

Episode: The Anthony Cumia Show | 05-25-25

Date: 2025-05-26 | Relevance: 35/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features a casual discussion about the weight loss drug Ozempic, a GLP-1 drug popular among celebrities for losing weight, with concerns expressed about its side effects and the appearance of rapid weight loss. However, the discussion is anecdotal and focuses on personal opinions rather than detailed impacts on the food and beverage industry or consumer behavior.

*"Why don't you do Ozempic? I hear that's a big thing for celebs these days."*

#### 1483. CNBC's "Fast Money"

Episode: Fast Money 9/23/25

Date: 2025-09-23 | Relevance: 35/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast touches on the impact of GLP-1 weight loss drugs on the restaurant and dining industry, referencing a boom in these drugs and how it's influencing consumer behavior and related sectors.

*"Oil stocks get energized in dining out on GLP-1s. What the boom in weight-loss drugs mean for the industry, the restaurant industry."*

#### 1484. Neurology Podcast

Episode: Exploring GLP-1 Receptor Agonists for Neurodegeneration

Date: 2025-02-27 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 receptor agonists as potential treatments for neurodegenerative diseases, acknowledging ongoing research and investment interest, but does not address their impact on the food and beverage industry or consumer behavior related to weight loss.

*"There is still, as we discussed, a lot of reason to have hope for the GLP-1 receptor agonists as a potential treatment."*

#### 1485. Marcus In The Morning "ON DEMAND"

Episode: NSFW: Ozempic Is Changing Men's Bodies

Date: 2025-06-16 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses personal anecdotes and rumors related to the physical effects of the GLP-1 drug Ozempic, focusing on male body changes rather than the impact on the food and beverage industry or consumer behavior in that sector.

*"On the Ozempic Success Stories Reddit thread... Increased size. Anybody else notice? Men only."*

#### 1486. What's Up! with John and Reena

Episode: Ozempic Penis

Date: 2025-06-12 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast hosts discuss the physical appearance changes associated with Ozempic, a GLP-1 drug, focusing on social perceptions and humorous anecdotes rather than industry impact or consumer behavior in food and beverage. They mention terms like

'Ozempic face' and speculate on side effects, often in a lighthearted manner.

*"Ozempic for the humans is like AI. Right. You can spot Ozempic people just like you can spot AI writing. She's like unbelievably skinny now."*

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### 1487. The Non Essentials Podcast

Episode: Episode 148: Ozempic Horse Lips and Cat Fiasco

Date: 2025-09-06 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly discusses the effects of the GLP-1 drug Ozempic on body changes and weight loss, with humorous references to physical transformations but does not address impacts on the food and beverage industry or consumer behavior changes.

*""... found that taking Ozempic, uh, air quotes, major dick grow, but it was just the fact that losing excessive body fat exposed more of your pee pee.("")*

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### 1488. The Daily Swole

Episode: #3428 - Ozempic Makes People "White"

Date: 2025-09-23 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The speaker discusses GLP-1 drugs like Ozempic in a highly critical and negative tone, framing their widespread use as harmful and likening it to a 'genocide' on qualities like hard work and discipline. However, the discussion is more of a personal opinion and social commentary rather than focused on the impacts on consumer behavior or the food and beverage industry.

*"I think it's a genocide on hard work. I think it's a genocide on discipline. I think it's a genocide on logic and common sense."*

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### 1489. Rumble in the Morning

Episode: News with Sean 4-8-2025 ...Ozempic can also do what? It's Magic

Date: 2025-04-08 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 drug, discussing its potential uses beyond weight loss in a casual, non-technical manner without focusing on industry impact or consumer behavior changes.

*"Ozempic, what else can it cure now, or at least help with?"*

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### 1490. Entertainment & Celebrity News Today | 2 Min News | The Daily News Now!

Episode: The Governess Unscripted: Weight Loss, Ozempic & Chase Secrets

Date: 2025-10-01 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: Ann Hegarty discusses weight loss, mentioning Ozempic as a GLP-1 drug recommended to her by her doctor due to pre-diabetes, but she has not used it and is uncertain about starting. The excerpt offers a personal perspective rather than industry or consumer behavior insights related to the food and beverage sector.

*"She mentioned her doctor recently recommended Ozempic since she is pre-diabetic. However, she hasn't made up her mind about taking it."*

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### 1491. 2 Guys Named Chris, Daily Show Highlights

Episode: The Most Googled Things Of 2025.

Date: 2025-12-08 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs like Monjaro and Zep Bound, focusing mainly on the difficulty of pronouncing their names and cost considerations, but does not delve into their impact on the food and beverage industry or consumer behavior changes.

*""Next year I'll be on a new one. Zep Bound. Oh, really? Oh, for expense? Yeah. Same thing, is it? Close enough. Isn't Zep Bound exactly like Wegovy or one of them?""*

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### 1492. La Chronique Bourse

Episode: Jerome, tu vas avoir de gros ennuis !

Date: 2025-09-18 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk's announcement that the GLP-1 drug Wegovy achieves weight loss comparable to the injectable version, and briefly notes Mounjaro's role in improving glycemic control in children in a phase 3 trial. However, there is no detailed discussion on the impact of GLP-1 weight loss drugs on the food and beverage industry or operator insights.

*"Novo Nordisk, pour sa part, annonce que la pilule Wegovy permet une perte de poids comparable a la version injectable."*

## 1493. INFOS, METEO et TRAFIC de NRJ Avignon

Episode: INFOS de NRJ du samedi 21 juin 2025 a 07h00

Date: 2025-06-21 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions the upcoming prescription availability of three anti-obesity drugs, including Mounjaro, Wegovy, and Saxenda, which are GLP-1 weight loss medications now accessible via general practitioners in France. However, the discussion is brief and does not connect these developments to the food and beverage industry or consumer behavior changes.

*"Des lundi, 3 medicaments anti-obésité pourront être prescrits par les médecins généralistes: Le Wegovy, le Mounjaro et le Saxenda."*

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## 1494. Hvad du vil vide mere

Episode: Har Novo-Mike en plan?

Date: 2025-08-01 | Relevance: 30/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses leadership changes at Novo Nordisk and mentions a significant downgrade in sales growth and operating profit, which indirectly relates to their GLP-1 drug business. However, it lacks specific discussion about the impact of GLP-1 weight loss drugs on the food and beverage industry or changing consumer behavior.

*"Novo Nordisk nedjusterede en meget kraftig nedjustering på salgskvisten og på driftsresultatet."*

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## 1495. Genstart

Episode: Lars man standing

Date: 2025-05-26 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses leadership changes at Novo Nordisk, the company behind GLP-1 drugs, briefly noting that Lars Fragaard led the company during a period of medical weight loss revolution involving GLP-1 drugs. However, the focus is more on executive transitions and company management than detailed drug impact or industry analysis.

*"Lars Fragaard har staet i spidsen for en medicinsk slanke revolution. Han er blevet ansigtet på en helt utrolig succes."*

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## 1496. Finans Podcast

Episode: Bundlinjen #315: Fruergaard skal sige: Vi er fandme Novo Nordisk. Nu smadrer vi Eli Lilly

Date: 2025-04-11 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses recent challenges at Novo Nordisk, including executive changes and stock price decline, reflecting uncertainty in the company which is a major player in GLP-1 drugs; however, it does not specifically address GLP-1 drugs' impact on the food and beverage industry or consumer behavior.

*"Det er ikke lang tid siden, at Novo Nordisk Neppe var i stand til at stå en fod forkert."*

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## 1497. The Finimize Daily Brief

Episode: Carmakers Are Driving Off Without Apple's Carplay Upgrade, And Novo Nordisk Dumped Telehealth Platform Hims & Hers

Date: 2025-06-26 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast mentions Novo Nordisk's decision to dump the telehealth platform Hims & Hers over concerns about copycat weight loss drugs, which caused investor disappointment. However, it does not deeply analyze the impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes.

*"Novo Nordisk dumped Telehealth Platform Hims and Hers over copycat weight loss drugs, and heartbroken investors sent both stocks down."*

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## 1498. Astra Report | WNTN 1550 AM | Grecian Echoes

Episode: Daily Global News - WED NOV 5th - Democrats have a big night

Date: 2025-11-05 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions a government negotiation with pharmaceutical companies Eli Lilly and Novo Nordisk regarding obesity drugs, aiming to reduce consumer prices through a pharmacy plan called Trump Rx. There is no detailed discussion on how GLP-1 weight loss drugs impact the food and beverage industry or consumer behavior changes.

*"The Trump administration is negotiating a deal with pharmaceutical companies Eli Lilly and Novo Nordisk to sell obesity drugs to consumers for under \$150 per month through the Trump Rx pharmacy program."*

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## 1499. WFYI News Now

Episode: IMS Responds to "Speedway Slammer" Post, Lawsuits Against Eli Lilly, Ideas to Combat Youth Violence in Indy, Federal Funds Improve Energy Efficiency for Seniors, Veep Talks Redistricting

Date: 2025-08-08 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast mentions lawsuits filed against Eli Lilly and Novo Nordisk concerning their obesity and diabetes drugs, including GLP-1 weight loss drugs, focusing on alleged downplayed side effects and patient safety concerns.

*"The lawsuits named both Eli Lilly and Novo Nordisk, both manufacturers of diabetes and weight loss drugs. The suits allege that the two companies minimized the risks of taking their respective weight loss drugs while overplaying the weight loss benefits."*

## 1500. The Daily Recap

Episode: The Daily Recap - Key Moves from LLY, AMD, and NVO

Date: 2025-08-27 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Eli Lilly's positive stock movement following top-line results of a Phase 3 trial, likely related to GLP-1 drugs, and briefly notes Novo Nordisk's stock decline due to manufacturing concerns. However, there is no detailed discussion on the impact of GLP-1 weight loss drugs on the food and beverage industry or consumer behavior.

*"Shares of Eli Lilly traded higher following the announcement of top-line results from its Phase 3 Attain 2 trial."*

## 1501. The Metabolic Link

Episode: Ultra-Processed Food and Nutrition Policy: What We're Getting Wrong | Dr. David Ludwig | The Metabolic Link Ep. 85

Date: 2026-01-13 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode discusses ultra-processed foods and nutrition policy, with a brief mention of GLP-1 drugs intersecting with dietary strategies. However, the primary focus is on ultra-processed foods, with no in-depth discussion about GLP-1 drugs or their impact on food and beverage industry consumer behavior.

*"...and how GLP-1 drugs may intersect with dietary strategy in ways most people misunderstand."*

## 1502. KQED's Forum

Episode: Oakland's Restaurant Scene Is Swimming in Praise, But Struggling to Stay Afloat

Date: 2025-05-12 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly brings up GLP-1 drugs like Ozempic in the context of questioning whether these drugs are impacting the restaurant industry, citing media articles discussing potential effects on group dining and restaurant viability, but without in-depth discussion or data.

*"Steve also is curious about whether or not Ozempic and the GLP-1 drugs are doing things. He says, you know, there have been recent articles like is Ozempic killing restaurants? And in today's New York Times, group dining on Ozempic. It's complicated."*

## 1503. Hospitality Hangout | Expert Strategies & Industry Trends from Hospitality Insiders

Episode: Never Trust a Skinny CEO: Rob Lynch of Shake Shack on Hustle, Culture, and Community

Date: 2025-10-07 | Relevance: 30/100 | Source: SourceSignal.insider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode includes a brief, informal mention of GLP-1 weight loss drugs like Ozempic in a humorous context, highlighting their popular use but not deeply analyzing their effects on the food and beverage industry or consumer behavior.

*"Everyone's taking Ozempic. Do I look like I take Ozempic? No, no, you look sad."*

## 1504. Dirt & Sprague

Episode: Stat or Story 6-11-25

Date: 2025-06-11 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 weight loss drug, in a humorous context discussing anecdotal user experiences but does not provide meaningful insights into how GLP-1 drugs are affecting consumer behavior or the food and beverage industry.

*"There is a Reddit thread that popped up the other day from all these different Ozempic users who have obviously taken the medication to lose some weight."*

## 1505. Inside New Orleans with Eric Asher

Episode: Inside New Orleans with Eric Asher Feb. 26. 2025

Date: 2025-02-27 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly discusses GLP-1 drugs like Ozempic and Wegovi in the context of an online service (Zelthie) offering these medications at reduced costs. There is no substantial discussion on their impact on the food and beverage industry or consumer behavior changes.

*"You've heard of Ozempic, Wegovi, and the other GLP-1 medications, right? Well, I found this great company called Zelthie. If you qualify, their providers can prescribe medications like Ozempic and Wegovi and other GLP-1 medications that are 80 to 90% less expensive, all 100% online."*

## 1506. Slate Money

Episode: Elon Backs Off

Date: 2025-05-24 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions the impact of GLP-1 drugs like Ozempic on dining experiences, reflecting changing consumer behavior in restaurants without deep analysis.

*"the fraught experience of going out to eat in a restaurant when your dining companions are all on Ozempic."*

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## 1507. Hospitality Hangout | Expert Strategies & Industry Trends from Hospitality Insiders

Episode: Kimchi Magic: CEO of Bonchon Suzie Tsai on Korean Fried Chicken, Global Growth, and Flavor Innovation

Date: 2025-11-18 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The mention references Ozempic, a GLP-1 weight loss drug, mostly in a humorous and metaphorical context comparing kimchi as a 'natural Ozempic' without detailed discussion of the drug's impact on the food industry or consumer behavior changes.

*"If everyone would be eating kimchi, no one would eat Ozempic."*

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## 1508. Radio Law Talk

Episode: HR1 CONC: Walia v. Coup De Thai Restaurant in CA as Dragon Balls Are Too Hot; Lululemon Sues Costco For Copying Designs

Date: 2025-07-16 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions Ozempic, a GLP-1 drug, primarily in a humorous and cultural context related to a proposed Barbie doll with a removable tummy symbolizing weight loss effects. There is no in-depth discussion on the impact of GLP-1 drugs on consumer behavior or the food and beverage industry.

*""What about an Ozempic Barbie... with a removable tummy?""*

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## 1509. The Mark Simone Show

Episode: Hour 2: NYC mayoral race polls.

Date: 2025-10-10 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The mention briefly discusses the popularity of GLP-1 drug Ozempic and some negative side effects, including impacts on facial appearance, dental health, and medical imaging accuracy. The discussion is anecdotal without detailed analysis.

*"Speaking of medical, you know, a lot of people love taking Ozempic. ... The problem with this Ozempic, you get what's called Ozempic face. It starts looking old. Your face looks old and it starts sagging."*

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## 1510. All Good Things with Jason Nash

Episode: Josh Peck and Jonah's Worst Fight Yet

Date: 2025-02-10 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt contains a casual discussion about Ozempic, a GLP-1 weight loss drug, including personal experiences and public perception, but lacks detailed analysis or insights into how GLP-1 drugs affect the food and beverage industry or shifting consumer behaviors.

*"A lot of people were like, oh, look at his... He lost his fat ass weight because of Ozempic. So a lot of people were saying I lost weight on Ozempic. I was like, I didn't fucking lose weight on Ozempic."*

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## 1511. (Almost) Main Characters

Episode: PART 2: EMERGENCY EPISODE - Caesars Palace, Ozempic Temptation & (Almost) Losing It in Vegas

Date: 2025-07-17 | Relevance: 40/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts briefly discuss Ozempic and GLP-1 drugs in the context of weight loss and personal experiences, with mentions of cost comparisons to grocery bills and curiosity about GLP-1 journeys, but without deep analysis. The discussion is casual and lacks detailed insights into the impact on the food and beverage industry or executive perspectives on consumer behavior changes.

*"Well. I looked up the price of Ozempickle. And it's not bad. Honestly. It's very affordable. There are some good deals. Because you know what? How much is your grocery bill a month? Oh my God. Well. And so then imagine not eating. Oh. And then that's the Ozempick. Like your Ozempick is your grocery bill. Because you don't eat."*

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## 1512. Seeking Derangements

Episode: \*Preview\* SD 395 SuperHaters: The JVN Gangstalking Experience

Date: 2025-04-01 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discussion briefly mentions GLP-1 drugs like Ozempic in the context of celebrities using them for weight loss, but lacks substantive analysis on the impact on the food and beverage industry or consumer behavior changes from a business perspective.

*""She's on Ozempic completely. But I really like So body positivity is over Woke is over And now the question is...""*

### 1513. Nina's What's Trending on The Jubal Show

Episode: Cat Ozempic, Harry Styles Everywhere & Are Donuts Having an Identity Crisis?

Date: 2026-01-16 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast humorously discusses the concept of GLP-1 weight loss drugs being tested on cats, reflecting on the human obsession with weight loss. The mention touches on the potential for FDA approval and commercialization, but offers no serious analysis of the impact on the food and beverage industry or consumer behavior.

*"There's a company that's doing clinical trials of GLP-1 for cats... They're weight loss implants that they're putting underneath of their skin, under a cat's skin, to release the weight loss medicine."*

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### 1514. Social Studies

Episode: Class Actions

Date: 2025-06-16 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts discuss Ozempic, a GLP-1 drug, primarily focusing on anecdotal experiences, including weight loss effects and informal reports of side effects, without detailed analysis or connection to the food and beverage industry.

*"Do you know about what Ozempic is? Yes, Fran's on it. Oh, well. Did I tell you about this? She showed up at my door at my wedding and was like down like 25 pounds."*

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### 1515. The Morning After's Audio Dump Podcast

Episode: The Morning After Audio Dump Podcast - June 9th, 2025

Date: 2025-06-09 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses Ozempic, a GLP-1 weight loss drug, focusing on anecdotal and speculative side effects related to male genital size rather than its impact on food and beverage industry or consumer behavior. There is no detailed analysis or mention of industry trends or executive insights.

*"At this point, I think we're all pretty familiar with Ozempic and its ability, at least for some, to shrink waistlines."*

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### 1516. The Confident Consumer

Episode: ConsumerAffairs Daily News August 15, 2025

Date: 2025-08-15 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.positive

[Listen to Episode](#)

Summary: The mention briefly highlights new research suggesting that GLP-1 drugs like Ozempic may reduce death rates and support recovery after strokes and brain bleeds. The discussion is brief and peripheral to the main topics of housing and consumer behavior.

*"New research shows Ozempic users who suffer strokes appear to have much lower death rates and better long-term survival."*

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### 1517. BRAVE COMMERCE

Episode: Riboli Wines' Jenna Steele on Reinventing Wine for the Digital Consumer

Date: 2025-07-29 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 introductions as one of several macroeconomic factors affecting consumption patterns and the distributor landscape post-COVID, indicating a recognition of some impact but without in-depth discussion specific to the food and beverage industry.

*"...the GLP-1 introductions, some game-changing things for a lot of people, which is driving changes in consumption patterns."*

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### 1518. Shift Forward Health

Episode: CES '26 Digital Health Tour (#480)

Date: 2026-01-15 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode mentions GLP-1 drugs briefly in the context of metabolic health and consumer demand but primarily focuses on consumer-centered health, wearable devices, and digital health innovations rather than GLP-1 drugs specifically or their impact on food and beverage.

*"This shout out goes to everyone working in and around GLP Ones. Builders, clinicians, operators, and storytellers navigating one of the most talked about, misunderstood, and fast-moving categories in healthcare right now."*

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### 1519. Here's the Deal: Fitness, Nutrition, & Mindset for People Who Don't Want Life to Suck

Episode: Q&A: Supporting Those on GLP-1s, 30 Minute Workouts, Fat Loss Without Tracking, & More!

Date: 2025-12-15 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode includes a brief mention that some audience questions are surrounding GLP-1 medications, but the transcript excerpt does not provide substantive discussion on GLP-1 drugs or their impact on food and beverage industry or consumer behavior.

*"We did get two or three surrounding GLP-1 medications. So we'll start there."*

## 1520. The Glossy Beauty Podcast

Episode: The Glossy Beauty Podcast's 2026 predictions

Date: 2026-01-01 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly touches on the cultural impact of GLP-1 weight loss drugs like Ozempic, linking them to changes in consumer behavior, particularly in scent and food cravings, rather than directly discussing their effect on the food and beverage industry or executive perspectives.

*"I wonder how that connects to that larger conversation Emily about like um sorry this is my topic of the day but like ozempic and perfume and like people wanting to smell like croissants or whatever like I don't know maybe they're also craving like a martini or I don't know on the other end of the spectrum some French some salty french fries"*

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## 1521. Murphy, Sam & Jodi

Episode: FRIDAY 4/11 PART 1: Grateful Friday / Jodi's Top 5 entertainment stories of the week

Date: 2025-04-11 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast mentions the impact of GLP-1 weight loss drugs like Ozempic and Wegovy on Weight Watchers, noting that the company is filing for bankruptcy likely due to competition from these drugs. However, the discussion is brief and lacks detailed analysis.

*"They've had a rough go of it since the weight loss drugs like Ozempic and Wegovy and all those came on to the scene."*

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## 1522. The Daily Zeitgeist

Episode: Jumping The Shark Week, MANister Of Bro-paganda 07.24.25

Date: 2025-07-24 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 drug, in the context of discussing prescription drug prices and a user's experience with the medication. However, it does not delve into how GLP-1 drugs are affecting the food and beverage industry or changes in consumer behavior.

*"I have a friend who has a serious weight problem... He takes Ozempic. Oh my God. Or as they call it, the fat drug."*

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## 1523. Real Food Recovery

Episode: The Blood Sugar Method with Anja Hall

Date: 2025-12-11 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode introduces Anja Hall, who works on metabolic health and mentions GLP-1 use among other health topics, but the excerpt provides only an introductory overview without detailed discussion on GLP-1 drugs or their impact on the food and beverage industry.

*"She helps them specifically with PCOS, menopause, pregnancy, GLP-1 use, and HRT, hormone replacement therapy."*

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## 1524. Game-Changing Health

Episode: Your GLP-1 New Year Roadmap: How to Enter 2026 Confident & In Control (Ozempic/Wegovy/Mounjaro/Zepbound)

Date: 2026-01-05 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast host introduces a program for people using GLP-1 drugs, implying some discussion of GLP-1 medications for health and weight management, but does not provide substantive analysis related to consumer behavior or impact on food and beverage industry in the excerpt provided.

*"I am launching a program for my GLP-1 girdies, so if you are someone taking a GLP-1 medication, I think you're going to love it."*

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## 1525. The Clay Travis and Buck Sexton Show

Episode: AI Cashiers, Secret Chick-fil-A Cafes, and Thanksgiving Hacks

Date: 2025-11-13 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts mention GLP-1 weight loss drugs and related products, reflecting some public curiosity and societal commentary about body image changes and weight loss trends, but do not discuss impacts on the food and beverage industry in depth.

*"Every other ad of mine is a weight loss drug. Like whether it's the GLP-1s, the trisepatide, the peptides. And I'm like, oh, should I take this?"*

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## 1526. Mental Health Industry News

Episode: The Mental Health Revolution: AI Chatbots, Preventive Wellness, and the Pursuit of Longevity

Date: 2026-01-05 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references GLP-1 guidelines in the context of prior reports but does not directly link GLP-1 weight loss drugs to behavioral changes in the food and beverage industry or provide relevant commentary from operators or executives.

*"Compared to late 2025 reports, where cannabis debates and GLP-1 guidelines grabbed attention without direct mental health ties, current focus sharpens on AI personalization and longevity integration."*

## 1527. BJ & Jamie

Episode: Ozempic Wiener | Safeway Strike | Father's Day

Date: 2025-06-12 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The hosts discuss the social and humorous effects of Ozempic, a GLP-1 drug, mentioning some side effects and cultural references without detailed analysis. The discussion is light and anecdotal, without connection to food and beverage industry implications.

*"Have you heard of the Ozempic Wiener?... When you lose so much weight in these sections here that it makes the other portion stand out more."*

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## 1528. The Culture We Deserve

Episode: The Ozempic Economy

Date: 2025-03-12 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The podcast briefly mentions RFK Jr.'s negative opinion of the GLP-1 drug Ozempic, with a focus on his criticism and skepticism toward psychopharmaceuticals and modern health approaches rather than detailed discussion on how GLP-1 drugs affect consumer behavior or the food and beverage industry.

*"RFK Jr. hates Ozempic. He hates Ozempic. He's walked back a little bit recently, but yeah, he hates Ozempic, and he hates psychopharmaceuticals and he thinks that people who have depression should just go work on farms."*

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## 1529. The Witching Hour

Episode: The Miller Channel

Date: 2025-06-11 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references Wegovy, a GLP-1 weight loss drug, highlighting patient outcomes and side effects, but does not deeply discuss impacts on the food and beverage industry or changes in consumer behavior.

*"Discover the power of Wegovy. With Wegovy, I lost 35 pounds. And some lost over 46 pounds. And I'm keeping the weight off."*

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## 1530. Millionrklubben

Episode: Fruergaards fald - Novo-aktiens redning?

Date: 2025-05-19 | Relevance: 30/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly discusses Novo Nordisk and recent company events related to leadership changes and broader market context but does not specifically examine GLP-1 weight loss drugs or their impact on the food and beverage industry.

*"Det var altsa i fredags, at Novo Nordi satte Lars Fruergaard Jrgensen pa porten til stor overraskelse for de fleste."*

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## 1531. The Gist Healthcare Podcast

Episode: Monday, March 10, 2025

Date: 2025-03-10 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk and Eli Lilly lowering prices on their weight loss drugs but primarily focuses on other health and business news unrelated to GLP-1 drugs or their impact on the food and beverage industry.

*"Novo Nordisk drops the price of its popular weight loss drug after a similar move from rival drugmaker Eli Lilly."*

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## 1532. Reality Court

Episode: B12, Birkins & Bad Behavior

Date: 2025-10-22 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 drug, in the context of its popularity and value leading to thefts, but does not explore its impact on the food and beverage industry or consumer behavior in depth.

*"Better check your fridge because I bet you anything they're going to start stealing your Ozempic."*

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## 1533. Remarkable Retail Podcast

Episode: Decoding Luxury's Next Chapter with Puck's Lauren Sherman and featuring Guest Co-Host Ben Miller (Shoptalk)

Date: 2025-11-04 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs in connection with shrinking waistlines as part of a broader discussion on retail and consumer trends, but does not provide detailed insights or data.

*"GLP-1 drugs maybe aren't just shrinking waistlines."*

### 1534. Most Innovative Companies

Episode: What's behind the Beyond Meat rebrand?

Date: 2025-08-07 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions a telehealth company dispensing GLP-1 drugs like Ozempic but does not discuss the broader impact of these drugs on the food and beverage industry or consumer behavior. The focus remains on an executive career change rather than the drugs' influence.

*"Linda Yaccarino would be the new CEO of E-Med, a telehealth company that dispenses Ozempic and Wigobi."*

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### 1535. MtM Vegas - Fun, Interesting & Absurd Sides of Vegas!

Episode: MGM Casino Sale, Fontainebleau's Michelin Award, Wizard Of Oz Windfall & Durango's HUGE Expansion!

Date: 2025-10-21 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 weight loss drug, as a possible factor in reduced food and beverage consumption in Las Vegas, but attributes the decline more to pricing and other factors. The discussion lacks deep analysis or specific data related to the impact on the industry.

*"People complain about \$20 movies. What about Ozempic killing Vegas? ... Basically blaming Ozempic for why Vegas is empty. People aren't indulging as much in drinking and in food and in all of the debauchery that goes on in Vegas."*

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### 1536. So Many Receipts

Episode: DEEP DIVE: AND JUST LIKE THAT EP 9 - Carrie and Aiden call it quits, Miranda comes clean, Seema is rich again, Charlotte and Harry are bedri

Date: 2025-08-01 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention references Ozempic, a GLP-1 drug, briefly in a TV show storyline context, noting its use for weight loss during menopause. There is no detailed discussion on the impact of GLP-1 drugs on the food and beverage industry or consumer behavior from executives or operators.

*"And Lisa's running out to go to some function. And she tells him just take Ozempic. So we have our first Ozempic mention on and just like that."*

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### 1537. Big Boy's Neighborhood Podcast

Episode: THE BIG PODCAST - Fat Joe Drinks 40 What A Day?! Jesus' HS Reunion Dilemma, Dr. Dre & DJ Quik Tweet, What's Your Worst Date Experience?

Date: 2025-08-01 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts casually discuss the use of Ozempic, a GLP-1 drug, mentioning side effects like bad breath, but without in-depth analysis or industry relevance. The conversation is informal and anecdotal without addressing impacts on the food and beverage sector or consumer behavior changes.

*"We were just talking about Ozempic breath not that long ago. No, Louie was, man. Louie got a thing against Ozempic. He got something going on, man."*

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### 1538. Armstrong & Getty Podcast

Episode: Jackie's With God, Sir!

Date: 2025-05-21 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions how GLP-1 drugs like Ozempic are influencing consumer behavior, noting that martinis in New York City are shrinking because people who have lost weight on Ozempic cannot handle as much alcohol. However, the discussion is very limited and lacks depth related to the food and beverage industry.

*"Martin is are shrinking in New York City because of what they're calling Ozempic cocktails. People who can't on the Ozempic having lost a bunch of weight, they can't handle as much booze."*

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### 1539. Mental Health Industry News

Episode: Mental Health Industry Adapts to Regulatory Shifts, Tech Innovations, and Rising Costs

Date: 2025-11-14 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs briefly in relation to a recent deal impacting obesity drug pricing and insurance coverage trends, but does not provide detailed discussion or focus on food and beverage industry impacts or operator perspectives.

*"the marketplace is still adapting to agreements like the Trump administration's recent GLP-1 deal for obesity drugs and its implications for insurance coverage trends."*

## 1540. The Savage Sacktap

Episode: The New Face Of Ozempic

Date: 2025-10-10 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode includes a brief mention of Ozempic (a GLP-1 drug) in the context of a controversial joke about a plus-size dance team, reflecting cultural commentary rather than substantive discussion about GLP-1 drugs or their impact on the food and beverage industry.

*""They're now the new face of Ozempic. ""*

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## 1541. Markt-Trends setzen mit Swissquote

Episode: Wacklige Lage | New York to Zurich Taglich

Date: 2026-02-04 | Relevance: 20/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Eli Lilly's and Novo Nordisk's performance in connection to GLP-1 drugs, highlighting growth and competition, but does not deeply analyze the impact on the food and beverage industry or operator sentiments.

*"Ila Lilly, well, here we see why Novo Nordisk had to warn. Eli Lilly grows and grows. The competitor to Novo shows no signs of slowing down."*

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## 1542. WSJ What's News

Episode: Disney Suspends Kimmel Over Kirk Comments

Date: 2025-09-18 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk's weight loss pill showing strong trial results and notes that companies are exploring pill versions of GLP-1 injectables due to demand, but does not discuss impacts on the food and beverage industry or consumer behavior changes.

*"Weekly injectables. They've just generated huge sales. But the companies that have developed those haven't rested on their laurels. And they feel that there is a demand for pill versions of these drugs."*

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## 1543. Nombase Podcast

Episode: Key Regulatory Lessons from 2025 That Will Define 2026

Date: 2026-01-20 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode mentions GLP-1 claims briefly in the context of regulatory scrutiny shaping the food and beverage industry, but does not deeply explore the impact of GLP-1 weight loss drugs on consumer behavior or operators' responses.

*"From ultra-processed food scrutiny and GMO labeling to FDA attention on grass to protein and GLP-1 claims, this conversation is designed to help you understand where risk is rising, how expectations are shifting, and how to stay ahead of issues before they turn into costly problems."*

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## 1544. Greg & The Morning Buzz

Episode: WHATS THE BUZZ? = MARGARITAS MEXICAN RESTAURANT. 6/9

Date: 2025-06-09 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic in a casual and humorous context, discussing anecdotal claims about side effects in males without serious analysis or connection to the food and beverage industry.

*"If you are on Ozempic and you are a male, you might want to check your unit."*

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## 1545. The Scoot Show with Scoot

Episode: President Trump seems to have a hand in "The Late Show with Stephen Colbert" getting cancelled (Full Show: 7/18/2025)

Date: 2025-07-18 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast features a general discussion about the weight loss drug Ozempic, mentioning concerns about overuse and potential long-term issues but also admiring those who choose not to use such drugs. It references social attitudes and a celebrity's choice related to drug use but lacks detailed analysis or industry insights.

*"I love that she's not tempted to just go do what everybody else does, which is, you know, taking the shot. Take an Ozempic or taking something equivalent to that."*

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## 1546. Greg & The Morning Buzz

Episode: WHATS THE BUZZ? = MARGARITAS MEXICAN RESTAURANT. 7/31

Date: 2025-07-31 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions 'Ozempic face,' a condition related to significant weight loss from GLP-1 drugs like Ozempic, noting increased facelift operations due to sagging skin. There is no discussion on the impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes from operators or executives.

*"Ozempic face is a condition that people who lose a lot of weight get a really baggy face and it has caused a huge surge in facelift operations."*

### 1547. DeHuff Uncensored

Episode: Ep. 776 | Too much tipping | Steelers big Rodgers mistake

Date: 2025-06-11 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 weight loss drug, in the context of humorous anecdotes related to weight loss effects, but does not deeply discuss impacts on consumer behavior or the food and beverage industry.

*"Now, connecting that to Ozempic penis, male users reveal shocking change to their genitalia after injecting the weight loss drug. They're losing weight so they can see their penis again."*

### 1548. DeHuff Uncensored

Episode: Ep. 776 | Too much tipping | Steelers big Rodgers mistake

Date: 2025-06-11 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast segment mentions the GLP-1 weight loss drug Ozempic in a humorous context, discussing a side effect related to perceived physical changes after weight loss but lacks any meaningful discussion on the drug's industry impact or consumer behavior.

*"Well, now, connecting that to Ozempic penis, male users reveal shocking change to their genitalia after injecting the weight loss drug. They're losing weight so they can see their penis again."*

### 1549. The Ben Joravsky Show

Episode: Oh, What a Week-Lincoln Park's Going To The Dogs

Date: 2025-09-26 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic and Wegovy, GLP-1 weight loss drugs, in the context of political figures' weight loss and public curiosity, without discussing their impact on the food and beverage industry or consumer behavior changes.

*"What's that weight loss thing people take when they want to lose weight? Ozempic. Ozempic. Wegovy."*

### 1550. Inside New Orleans with Eric Asher

Episode: Inside New Orleans with Eric Asher Feb. 17, 2025

Date: 2025-02-18 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes an advertisement for Zelthi, a company offering GLP-1 medications like Ozempic and Wegovy at significantly reduced prices online, but there is no detailed discussion on how GLP-1 drugs are affecting the food and beverage industry or insights from operators or executives.

*"You've heard of Ozempic, Wegovy, and the other GLP-1 medications, right? Well, I found this great company called Zelthi. If you qualify, their providers can prescribe medications like Ozempic and Wegovy and other GLP-1 medications that are 80 to 90% less expensive, all 100% online."*

### 1551. Tad Drex & Kara On-Demand

Episode: TAD DREX & KARA PODCAST THURSDAY OCTOBER 2

Date: 2025-10-02 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly touches on a person's husband losing weight and becoming more energetic after turning 40, with a suggestion that he might be using Ozempic or a similar GLP-1 drug, but the discussion is anecdotal and not focused on GLP-1 drugs or their wider impacts.

*"You said he lost weight. Is he on Ozempic or one of those?"*

### 1552. Inside New Orleans with Eric Asher

Episode: Inside New Orleans with Eric Asher Apr. 17, 2025

Date: 2025-04-18 | Relevance: 30/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mention briefly advertises GLP-1 medications like Ozempic and Wegovy, highlighting a company, Zelthi, that offers these drugs online at significantly reduced prices. There is no discussion about the impact on the food and beverage industry or consumer behavior changes.

*"I can get GLP-1 medications for 80% to 90% less and do it all online? No doctor's office or pharmacy?"*

### 1553. All Things Fitness and Wellness

Episode: This Week In Fitness: Planet Fitness NYE 2026, Crunch Feel More, GLP-1s, 24 Hour Fitness

Date: 2025-12-30 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs as a significant trend shaping fitness in 2026 but does not elaborate on their impact on the food and beverage industry or provide insights from operators or executives about changing consumer behavior.

*"Now to one of the most consequential forces shaping fitness in 2026."*

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### 1554. Pet Care Industry News

Episode: Pet Care Resilience: Holiday Demand, Travel Trends, and Sector Outlook 2025-2034

Date: 2025-12-23 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The mention briefly notes that General Mills observed pet owners favoring high-margin fresh and wet foods amid GLP-1 diet trends, causing snackers to switch to protein options. However, there is no detailed discussion on GLP-1 drugs or their broader impact on the food and beverage industry.

*"General Mills notes pet owners favoring high-margin fresh and wet foods amid GLP-1 diet trends, where snackers switched to protein options."*

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### 1555. Mental Health Industry News

Episode: The Mental Health Revolution: AI Chatbots, Preventive Wellness, and the Pursuit of Longevity

Date: 2026-01-05 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references GLP-1 guidelines in the context of past reports but does not delve into how GLP-1 weight loss drugs are affecting consumer behavior or the food and beverage industry. The focus is largely on mental health technology and preventive wellness.

*"Compared to late 2025 reports, where cannabis debates and GLP-1 guidelines grabbed attention without direct mental health ties, current focus sharpens on AI personalization and longevity integration."*

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### 1556. Timcast IRL

Episode: Trump Russia HOAX DECLASSIFIED, Obama Officials EXPOSED In "TREASONOUS CONSPIRACY" w/ Alex Stein & 67 Kevin

Date: 2025-07-19 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The speakers discuss weight loss strategies including time-restricted eating and mention Ozempic (a GLP-1 drug) to deny usage while sharing personal weight loss experiences; however, they do not address the impact of GLP-1 drugs on the food and beverage industry or changing consumer behavior.

*"People said I'm on an Ozempic. I swear to God I'm not on an Ozempic."*

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### 1557. Inside New Orleans with Eric Asher

Episode: Inside New Orleans with Eric Asher Feb. 27, 2025

Date: 2025-02-28 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a promotional mention of Zelthi, a company providing GLP-1 medications like Ozempic and Wegovi at a reduced cost through online prescription and delivery services. However, the discussion lacks detailed insights into the impact of GLP-1 weight loss drugs on the food and beverage industry or commentary from operators and executives regarding changing consumer behavior.

*"You've heard of Ozempic, Wegovi, and the other GLP-1 medications, right? Well, I found this great company called Zelthi. If you qualify, their providers can prescribe medications like Ozempic and Wegovi and other GLP-1 medications that are 80% to 90% less expensive, all 100% online."*

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### 1558. WTAM 1100 Podcasts

Episode: Wills & Snyder Friday, 05/30/25

Date: 2025-05-30 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions a weight loss drug called ZetBound, which is positioned as similar to Ozempic, a GLP-1 drug, but there is no detailed discussion about its impact on the food and beverage industry or consumer behavior.

*"Ozempic, but better? It's called ZetBound and is now available from Future Health."*

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### 1559. Payne & Pendergast

Episode: FULL SHOW - Thursday, December 18th

Date: 2025-12-18 | Relevance: 25/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The mention briefly references Ozempic, a GLP-1 drug, but only in a casual, anecdotal context without substantive discussion about their impact on the food and beverage industry or operator/executive views on changing consumer behavior.

*"We want to promote this new drug called Ozempic."*

## 1560. How to Get Cancelled 101

Episode: Ozempic

Date: 2025-03-10 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast hosts mention Ozempic briefly, discussing someone obtaining the drug, with casual and informal conversation that touches on the drug in a personal context. There is no detailed discussion about the impact of GLP-1 weight loss drugs on the food and beverage industry or changing consumer behavior.

*"You heard on the bus that Abel got Ozempic, right?"*

## 1561. My Life On GLP1

Episode: My Life on GLP1 - Series 7 Trailer

Date: 2025-05-31 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This podcast episode teaser mentions GLP-1 drugs in a lighthearted and humorous context without providing substantive discussion or insights into the impact of GLP-1 weight loss drugs on the food and beverage industry or changing consumer behavior.

*"Oh boy, are we really doing this? I guess if anyone's going to talk about... We are going to try a rapid-fire Q&A session."*

## 1562. INFOS, METEO et TRAFIC de NRJ Toulouse

Episode: INFOS de NRJ du samedi 21 juin 2025 a 09h00

Date: 2025-06-21 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions that three anti-obesity drugs, including options likely related to GLP-1 drugs, will soon be prescribable by general practitioners instead of only specialists. There is no in-depth discussion on the impact on the food and beverage industry or changing consumer behavior.

*"Des lundi, trois medicaments anti-obesite pourront etre prescrits par les medecins generalistes, le Ouegoville, le Mounjaro et le Saxenda."*

## 1563. Benoit Dutrizac

Episode: Ep. 19/01 | Est-ce la fin de la CAQ?

Date: 2026-01-19 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions GLP-1 drugs like Ozempic in a humorous context relating to the character Obelix from the Asterix series, suggesting weight loss effects and their cultural references, but lacks detailed discussion on their impact on the food and beverage industry or executive perspectives.

*"aussi, a 11 heures, parce que la, bientot, tous les medicaments comme Ozampic, Wigovie, Ozampic, la joke a Autricheur, le nouveau Douride dans Asterix, pour faire perdre du poids."*

## 1564. Trends

Episode: Z-Beurs: woensdag 24/12/25 met Danny Reweghs

Date: 2025-12-24 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk in the context of its stock performance despite a challenging year, but it does not specifically discuss GLP-1 drugs or their impact on the food and beverage industry or consumer behavior changes.

*"Daarnaast gaan we het ook hebben over Novo Nordisk, dat in een rampjaar 2025 toch nog een kerstcadeau heeft voor de aandeelhouders."*

## 1565. Alles auf Aktien - Die taglichen Finanzen-News

Episode: Lohnt der Einstieg bei Novo Nordisk und BIP-Champion Hamburg

Date: 2025-03-31 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk, a key player in GLP-1 drugs, as a potential investment opportunity but does not deeply discuss GLP-1 drugs or their impact on the food and beverage industry.

*"In der AAA-Idee verraten wir euch, ob sich der Einstieg bei Novo Nordisk jetzt lohnen konnte."*

## 1566. Logically Answered

Episode: The \$595 Billion Company Behind Ozempic (Europe's Largest) | Logically Answered

Date: 2025-04-20 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk, a major player in the diabetes treatment space, but focuses mainly on the history of insulin development rather than GLP-1 drugs or their impact on the food and beverage industry.

*"Novo Nordisk is Europe's biggest company by a long shot, but you have probably not heard that they are a large company producing insulin."*

### **1567. Equistor Podcast**

Episode: Eli Lilly: neue Abnehmpille | Spotify dreht auf | Quartalszahlen

Date: 2025-08-09 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast episode mentions GLP-1 weight loss drugs in passing along with other unrelated news like quarterly earnings and politics, but does not provide substantive discussion or analysis on GLP-1 drugs or their impact on the food and beverage industry.

### **1568. Beyond the Prescription**

Episode: The New USDA Food Pyramid: Wacky or Well Done?

Date: 2026-01-10 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references GLP-1 drugs like Ozempic in relation to nutrition and weight loss but does not provide a detailed discussion about their impact on consumer behavior or the food and beverage industry.

*"We had that conversation once, Emily, like where you talked about Ozempic and GLP-1s and nutrition. And that's for a different day."*

### **1569. The Best One Yet**

Episode: "Doo-Doo-Doo" - Baby Shark's IPO. 85% off Ozempic. Lyft CEO David Risher. +Restaurant Hottie AI

Date: 2025-11-07 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions the price reduction of Ozempic, a GLP-1 weight loss drug, due to negotiations for lower prices, but does not deeply analyze the impact on the food and beverage industry or changing consumer behavior.

*"For our second story, the price of Ozempic just plummeted by 85%. Ozempic? It's basically on Ozempic. President Trump negotiated lower prices with the big pharma companies, so we'll explore TrumpRx."*

### **1570. Inside New Orleans with Eric Asher**

Episode: Inside New Orleans with Eric Asher Feb 19, 2025

Date: 2025-02-20 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a brief advertising segment promoting Zelthi, a company offering GLP-1 weight loss drugs like Ozempic and Wegovi at reduced prices online. There is no discussion on how these drugs affect the food and beverage industry or commentary from operators and executives on changing consumer behavior.

*"You've heard of Ozempic, Wegovi, and the other GLP-1 medications, right? Well, I found this great company called Zelthi. If you qualify, their providers can prescribe medications like Ozempic and Wegovi and other GLP-1 medications that are 80% to 90% less expensive, all 100% online."*

### **1571. Slate Daily Feed**

Episode: Slate Money | Elon Backs Off

Date: 2025-05-24 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions dining with companions using Ozempic, a GLP-1 drug, highlighting a fraught restaurant experience. There is no in-depth discussion about GLP-1 drugs or their impact on the food and beverage industry.

*"...we are going to talk about the fraught experience of going out to eat in a restaurant when your dining companions are all on Ozempic."*

### **1572. DAE On Demand**

Episode: Rays Lose Red Sox Series. Pacers Take Finals Lead

Date: 2025-06-12 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a brief and casual mention of GLP-1 drug Ozempic, highlighting an anecdotal and somewhat confused discussion about its effects, but it does not explore impacts on the food and beverage industry or consumer behavior in any detail.

*"Speaking of pharmaceutical ads, did you see the story recently about, I don't even want to talk about which drug it is, but people bragging that a drug has made them bigger? What drug? What drug? Because I'd like to know. What drug? It was Ozempic. Apparently."*

### **1573. Slate Business**

Episode: Slate Money | Elon Backs Off

Date: 2025-05-24 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast includes a brief reference to the experience of dining with companions on Ozempic, a GLP-1 drug, but does not deeply analyze its impact on consumer behavior or the food and beverage industry.

*"We are going to talk about the fraught experience of going out to eat in a restaurant when your dining companions are all on Ozempic."*

## 1574. The Weekly Wrap w/ Bruce Wolf

Episode: BOMB-BOMB-BOMB BOMB-BOMB-IRAN, 2020 Election Fraud Proof, We Still Don't Have a King +more! TWW2525

Date: 2025-06-20 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: This podcast mention briefly refers to Ozempic, a GLP-1 drug, noting a cultural shift in willingness to admit its use and a slight personal observation about users getting slimmer. However, it does not delve into impacts on the food and beverage industry or detailed consumer behavior changes.

*"He's actually looking a little slimmer He must have Finally discovered Ozempic People That's what People are saying Ozempic And there's There's a whole Guilt trip thing About Ozempic Right"*

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## 1575. Currently Cringing

Episode: Stanley Cups, Lifting Weights & Olive Oil

Date: 2025-05-23 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The mention briefly notes the impact of Ozempic (a GLP-1 drug) on Weight Watchers, indicating a shift in weight loss approaches, but does not deeply discuss GLP-1 drugs or their influence on food and beverage operators.

*"By the way, did you know that Weight Watchers is filing for bankruptcy because of Ozempic? Like, like, so many people are on Ozempic now."*

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## 1576. Global Perspectives

Episode: Global Perspectives: Dissecting consumer shifts - health, technology, and the investment implications

Date: 2026-01-15 | Relevance: 10/100 | Source: SourceSignal.analyst | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses general consumer behavior shifts towards health and wellness and obesity trends, but does not specifically address GLP-1 drugs or their impact on the food and beverage industry.

*"We're hearing more and more and more about the obesity crisis. Tell us about that."*

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## 1577. Reuters World News

Episode: Trump critic cases dropped, Novo Nordisk and Obamacare

Date: 2025-11-25 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Novo Nordisk's GLP-1 drug Ozempic in the context of its failure in Alzheimer's trials, without discussing its effects on the food and beverage industry or consumer behavior.

*"Novo Nordisk's Ozempic pill fails in Alzheimer's trials."*

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## 1578. DID YOU KNOW?

Episode: i f ?

Date: 2025-07-07 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 drug, in the context of checking drug interactions using an online tool, but does not discuss its impact on the food and beverage industry or consumer behavior.

*"I typed in, Ozempic. Ozempic. Bing. Now, I got it. And then I'm going to type in, let's see. Let's do a statin. We're going to do an add. We're going to type in, let's see, a statin."*

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## 1579. Grifhorse

Episode: Episode 297: Overcharged Chicken

Date: 2025-03-24 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1-related drugs like Ozempic as frequent ads during a TV show, acknowledging their cultural presence without substantive discussion on their impact in the food and beverage industry or consumer behavior changes.

*"Well, usually you watch America's Next Top Model on Hulu, and pretty much every other ad is for Ozempic or like an Ozempic-esque offshoot."*

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## 1580. The Casey Adams Show

Episode: Dr. Will Bulsiewicz - Founder of 38TERA on Healing the Gut to Unlock Energy, Focus, and Longevity

Date: 2025-05-09 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses gut microbiome and metabolism with a brief mention of Ozempic, a GLP-1 drug, linking it to metabolism, but does not deeply analyze GLP-1 drugs or their impact on the food and beverage industry or consumer behavior.

*"Our metabolism, which is ozempic. That's now the summary for metabolism is ozempic."*

## 1581. Selective Ignorance with Mandii B

Episode: Ep. 5 | Can Fat People Fat Shame?

Date: 2025-03-11 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast discusses societal perceptions and assumptions about weight loss, touching briefly on Ozempic (a GLP-1 drug) in relation to celebrity body changes and public reactions, without in-depth focus on the drug or its impact.

*"So because Ozempic is the topic of conversation right now in the cultural zeitgeist or whatever, everybody just immediately jumps to Ozempic."*

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## 1582. TigerBelly

Episode: Zach Justice & TheTunnel Toddler

Date: 2025-12-10 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The mention acknowledges that someone has been on Ozempic (a GLP-1 drug) but does not provide substantive discussion or insights related to GLP-1 drugs' impact or consumer behavior changes. The conversation is casual and largely unrelated to the research question.

*"First of all, she's on Ozempic. She's been on Ozempic for a while."*

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## 1583. The Drew Lane Show

Episode: "Thin" Lizzo - September 17, 2025

Date: 2025-09-17 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 weight loss drugs such as Ozempic in passing while discussing public attitudes towards weight and health, but does not offer detailed analysis or insights on how these drugs impact consumer behavior or the food and beverage industry.

*"They have to sign. They will not take Ozempic. Or any of those drugs. They get fired for losing weight."*

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## 1584. Holmberg's Morning Sickness - Arizona

Episode: 12-11-25 - FULL SHOW - THURSDAY - Holmbergs Morning Sickness 98 KUPD

Date: 2025-12-11 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.mixed

[Listen to Episode](#)

Summary: The podcast briefly mentions Ozempic, a GLP-1 drug, in relation to its effects on body image and weight loss, comparing its impact to bulimia and anorexia, with a cautionary tone about moderation and health risks. However, the discussion is anecdotal and mixed with unrelated, informal banter, without in-depth analysis of the food and beverage industry or executive perspectives.

*"It's like, I get it. The ozempic works. But in moderation. It's no different than bulimia. Bulimia works too."*

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## 1585. Coffee with the Dog

Episode: Your guest is as good as mine EP903

Date: 2025-06-05 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.negative

[Listen to Episode](#)

Summary: The speaker mentions avoiding GLP-1 drugs like Ozempic and surgery for weight loss, instead favoring intermittent fasting and exercise to lose weight. There is no detailed discussion on the impact of GLP-1 drugs on the food and beverage industry or changing consumer behavior.

*"I'm trying to avoid, you know, the ozempic and the, in surgery and all of that bullshit."*

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## 1586. Bulture Podcast

Episode: "The George Foreman Grill walked, so the air fryer could fly!" Ep 330

Date: 2025-03-25 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast excerpt includes a brief mention of weight loss drugs such as Ozempic in the context of societal attitudes toward body image and weight loss, without focused discussion on GLP-1 drugs' impact on the food and beverage industry or consumer behavior from an operator or executive perspective.

*"She like, you just can never be, people can never be. Oh, she's so fat. Like, it's them if you do them, if you don't, it's kind of like what I was trying to say. Cause it's like, for instance, sometimes I see some people saying like, everybody say you look good, but then you have the little 5% that's just like, she looked better when she was fat."*

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## 1587. Dieting from the Inside Out

Episode: Can You Silence Food Noise Without Medication?

Date: 2026-01-23 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast mentions GLP-1 drugs in the context of discussing weight loss methods, emphasizing non-medication approaches to silencing 'food noise' and improving one's relationship with food. The speaker is not opposed to GLP-1 drugs but focuses on behavioral and psychological strategies instead.

*"Now to be clear, I am not anti-medication or anti-GLP-1 at all. If you want to go that route, that's okay and totally your choice."*

## 1588. Sustain Nutrition - Chewing the Fat

Episode: #195: Is GLP-1 the new Biggest Loser

Date: 2025-09-27 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly references weight loss and lifestyle challenges associated with extreme dieting as depicted in 'The Biggest Loser,' but does not provide a focused discussion on GLP-1 drugs or their impact on the food and beverage industry.

*"Is GLP-1 the new Biggest Loser?"*

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## 1589. Cat & Nat Unfiltered

Episode: Food Noise, Weight Loss and Obsessive Thoughts

Date: 2026-01-27 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

[Listen to Episode](#)

Summary: The podcast briefly mentions Oprah's positive remarks on GLP-1 drugs affecting her life, but the discussion quickly veers off into unrelated topics about podcasting and teenagers, offering little insight on GLP-1 drugs or industry impact.

*"You hear Oprah talk about how her life changed because of GLP-1s."*

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## 1590. Optimal Metabolism

Episode: Episode 256- How I Lost Weight on a Cruise and Through Thanksgiving, Without Dieting or Tracking

Date: 2025-12-02 | Relevance: 20/100 | Source: SourceSignal.outsider | Sentiment: Sentiment.neutral

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Summary: The speaker briefly mentions GLP-1 medications in the context of weight loss but does not discuss them in detail, focusing instead on alternative natural approaches they used. There is no discussion on the impact of GLP-1 drugs on the food and beverage industry or consumer behavior changes.

*"In the land of GLP-1 medications making such a huge noise. Um, and that's another topic I will talk about at some other stage."*

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