

ISSUE	MCDUGALL PROGRAM	SEMAGLUTIDES (Obesity-Diabetes)
Weight Loss (year)	22 pounds (19.1 + 25.3/2) (initial = 190)	25 pounds (initial = 233)
Plateau reached (average)	Lose until at trim body weight reached	37 pounds in 68 weeks – plateau
Regain lost weight when stopped?	Likely, but most (85%) continue diet	Yes, expected when hunger returns
Adherence (12 months)	85%	27% -- 50%
Appetite	Enhanced & satisfied	Suppressed
Meal enjoyment?	Pleasurable (delicious)	Lose “food noise,” Nothing tastes good.
Expected side Effects?	None (flatus)	Nausea, vomiting, diarrhea, halitosis
Desired Effects?	Feelings of well-being enhanced	Feels of being unwell
Costs?	Reduces food expenses (20%-80%)	\$1000 – \$1400 monthly
Pregnancy?	Ideal diet	Contraindicated
Children	Recommended after weaning	Contraindicated before age 12
Medical oversight?	No prescriptions required	Frequent medical visits
Life threatening adverse effects	None	Many
Reduces comorbid diseases	Stops the injury – healing happens	Food poisoning continues

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Muscle loss / Elderly	None – Winners of marathons	Free fatty mass lost – more falls
Bone loss	No	Yes – BMD down at 1 year
Upper bowel function	None – No indigestion	Gastric retention, halitosis, vomiting
Lower bowel function	“Normal”	Ileus, constipation, diarrhea
Appetite for alcohol, Etc.	Unchanged / Toxicity decreased	Suppressed all addictive drugs
Sex drive	Attractiveness / Endurance / Odor	ED and loss of desire
Delivery devices (needles, pills)	Fork and spoon	Purchased by Novo Nordisk / Lilly
Patents	None	20 lasting beyond 2040
Research funded?	Multiple researchers	Two drug companies
Loss for food businesses	Less expensive foods	Eat fewer unhealthy foods
Loss for medical businesses	80%+ diseases due to diet, resolved	Eat less = Obesity/AODM/CVD/etc.
Loss for transportation businesses	Lighter passengers	Lighter passengers
Planet friendly?	Constructive	Destructive
Animals’ lives?	Kindness	Cruelty
Long term effects	Known	Unknown