

## Craving food from morning til bedtime: Anecdotal stories reveal how weight-loss drug Ozempic quells ‘food noise’

Until she started taking the weight loss drug [Wegovy](#), Staci Klemmer’s days revolved around food. When she woke up, she plotted out what she would eat; as soon as she had lunch, she thought about dinner. After leaving work as a high school teacher in Bucks County, Pa., she would often drive to Taco Bell or McDonald’s to quell what she called a “24/7 chatter” in the back of her mind. Even when she was full, she wanted to eat.

Almost immediately after Ms. Klemmer’s first dose of medication in February, she was hit with side effects: acid reflux, constipation, queasiness, fatigue. But, she said, it was like a switch flipped in her brain — the “food noise” went silent.

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Wendy Gantt, 56, said she first heard the term food noise on TikTok, where she had also learned about [Mounjaro](#). She found a telehealth platform and received a prescription within a few hours. She can remember the first day she started taking it last summer. “It was like a sense of freedom from that loop of, ‘What am I going to eat? I’m never full; there’s not enough. What can I snack on?’” she said. “It’s like someone took an eraser to it.”

**[This is an excerpt. Read the original post here](#)**