***Skinny jabs***

Skinny jabs have recently been promoted by celebrities and influencers on social media. Remember, they have no nutritional qualifications or training, and skinny jabs lack valid research to support their use.

Injections of the drug have many common side effects including insomnia, vomiting, increased risk of infection, diarrhoea and gut disturbances to name a few. The drug has been licensed for weight loss when someone cannot lose weight on their own despite best efforts – but this would be done under medical supervision of a doctor.

Research shows an extra 4-6kg of weight loss after taking the drug for a year compared to people who do diet and exercise methods, not a difference worth paying over and above for, not to mention potentially risking your own health. If these things worked celebrities wouldn’t be using a new one every month!