



Coming off weight loss injections? What nobody really tells you about “doing it naturally” afterwards

First of all – if you’re panicking slightly about coming off Ozempic, Wegovy or Mounjaro... that’s normal.

Because most women are not actually worried about the injection itself.

They’re worried about the hunger coming back, the food noise returning, emotional eating creeping in again, gaining the weight back, feeling out of control around food, ending up back where they started.

And then you might think “Was it the medication doing all the work?”

Here’s the thing. The injections helped physically, yes. But for many women they also created something they hadn’t felt in years:

Space in their head. Less obsessing. Less negotiating with themselves.

Less “I’ll start again Monday.”

Less standing in the kitchen eating cheese straight from the fridge while wondering how they got there. (You are absolutely not the only one by the way.)

What happens after stopping can feel confusing because suddenly appetite increases, cravings get louder, stress eating returns, old habits wake up again, your brain starts shouting about biscuits at 4pm.

And then comes the self-blame and guilt.

But this is exactly where women often need support – not another strict plan.





Why “Just use willpower” usually backfires

Most women I work with are not lacking knowledge.

They know vegetables exist.

They know protein is important.

They know family-size chocolate bars are probably not a serving suggestion.

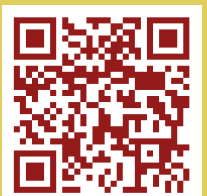
The problem is usually not information.

It's: stress, exhaustion, habits, hormones, emotional eating, blood sugar crashes, all-or-nothing thinking, using food as relief, reward, comfort or escape.

And during peri-menopause especially, your body becomes far less forgiving of stress, poor sleep and chaotic eating patterns.

So if you stop the injections and simply try to “be good”... it often lasts about three days before the wheels come off and you're eating toast over the sink wondering what happened.

This is why mindset and nervous system support matter just as much as nutrition.





What actually helps after stopping weight loss injections

1. Stop Trying To Eat As Little As Possible

This surprises women. After stopping injections, many panic and think: “I need to control this quickly.”

Which often leads to skipping meals, under-eating, trying to be “perfect”, then overeating later.

Your body does much better with stability.

The women who tend to maintain their progress are usually not the strictest. They’re the ones who become more consistent.

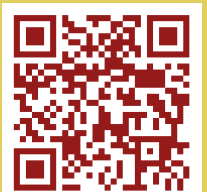
2. Blood Sugar Matters More Than You Think

Blood sugar swings can massively affect cravings, mood, hunger, energy and emotional eating.

A breakfast of coffee and toast and surviving on rice cakes or salad until 5pm is havoc for your blood sugar levels.

Simple changes can make a huge difference: protein at every meal, balanced meals (yes, healthy fats are crucial), eating regularly, and fibre.

Small things done consistently work far better than extreme plans.





3. Food is often not the real problem

*This is the part women rarely talk about openly.
Sometimes food became comfort, reward, stress relief, a pause button,
something that felt reliable*

And when injections reduced appetite, it temporarily quietened some of that.

But when the medication stops, the underlying patterns are often still there.

*This is why many women say:
“I don’t even think I’m hungry... but I still want to eat.”
That’s where CBT and hypnotherapy can be incredibly powerful.
Because you’re not just trying to “behave better.”*

*You’re changing automatic patterns, emotional triggers, stress responses, self-
talk, habits wired into the nervous system.*

Why doing this alone can feel so hard

Women often think they should be able to manage this on their own. But trying to untangle years of emotional eating, dieting, hormone changes, stress habits, guilt around food, body image struggles with a motivational Instagram quote and a bag of almonds is... ambitious.

Support matters.

Not because you’re weak. Because lasting change is easier when someone helps you spot patterns you can’t see yourself, regulate rather than restrict, stop the self-sabotage cycle and rebuild trust with food and your body.



Helping **women** improve
food habits - energy - mood - sleep

*Evidence-based nutrition and CBT Hypnotherapy
to help you manage fatigue, weight changes, sleep
issues and hormonal symptoms.*



My approach

I work with women – especially peri-menopausal women – using a combination of nutrition, CBT techniques, hypnotherapy, behavioural change support

to help them: feel calmer around food, reduce cravings and food noise, improve energy and sleep, stop all-or-nothing eating, feel more in control again without obsessing.

No shaming. No impossible meal plans.

No pretending you'll suddenly love kale and meditation overnight.

Just practical support, mindset work, and helping your body and brain work together again.

Final thought

Coming off weight loss injections is not just physical.

For many women it brings up fear, pressure, frustration and a loss of confidence in themselves.

But this does not mean you are back at square one.

With the right support, this can actually become the point where you build something far more sustainable than another cycle of restriction and regret.

And honestly? You don't have to figure all of that out alone.

Madeleine Hardus
PhD | Nutritionist | CBT Hypnotherapist

*A unique approach that focuses on the
biology and psychology of change.*

[Book your free 15 min call](#)

