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Walk off more weight



JAVI SANZ Getty Images

“Walking improves insulin sensitivity and boosts mood, which enhances the effects of any strategy aimed at reducing cravings,” explains hormone specialist Gowri Rocco, M.D., author of *Growing Younger*.

BY LISA MAXBAUER
Woman's World

After decades of binge eating, Janet Allen tried Contrave, a weight-loss medicine that acts on reward pathways in the brain to quiet appetite and boost mood. She paired that pill with walking and unlocked a level of success she never knew was possible. Despite being in menopause, she shed 115 pounds—without the sagging skin that’s so common among women who lose weight. Now at 61, she’s in the best shape of her life. The best part? Unlike newer drugs like Ozempic, which cost up to \$1,000 a month, Contrave is affordable. Here, how this combo works on your waistline, willpower and wallet.

Many of us are looking for the one magic bullet that will unlock weight loss. But what if the answer is actually two easy tweaks that complement each other perfectly to amplify results? That looks to be the case with a little-known diet pill called Contrave and the world’s most popular exercise: walking.

WHY THIS COMBO CURES

Ivy-League educated obesity expert Katherine Saunders, M.D., cofounder of Flyte-Health, says, “Obesity is a heterogeneous disease.” It is caused by many different factors and thus needs different treatments. Dr. Saunders, who has given a popular TED Talk about obesity care, says what works best is a “comprehensive, personal and multifactorial treatment plan.” Often, that means combining medication with other health habits—a duo she describes as “life-changing and lifesaving.”

Indeed, stories like Janet’s aren’t rare. Dr. Saunders says,

Discover the low-cost, no-injection Ozempic alternative that makes exercise even more effective

“I see women over 50 have success every day. It’s one of the reasons why I love what I do.” She witnesses patients experience what science calls “super responder-level weight loss,” meaning they shed far more weight than doctors expect. Dr. Saunders explains, “Contrave and other anti-obesity medications allow women who are unable to lose weight with diet and exercise alone to treat their obesity successfully.”

SHUT DOWN CRAVINGS

While new injectable drugs like Ozempic work to slow stomach emptying so you feel full longer, Contrave—an oral tablet with the active ingredients naltrexone and bupropion that’s been available since 2014—works differently. It addresses the mental side of weight gain. Hormone specialist Gowri Rocco, M.D., author of *Growing Younger*, says, “Contrave targets two areas of the brain involved in hunger and cravings. This can be especially helpful for women in menopause who often experience more emotional eating.”

The drug’s antidepressant, anti-addiction effects appeal to many yo-yo dieters. Dr. Rocco says, “Contrave works on the brain’s reward center to reduce hunger and the urge to emotionally eat. It helps rewire the brain, making it a unique tool for addressing habits rooted in the brain, not the gut.”

And fans say you can’t beat the results for the price. While Wegovy shots are shown to help people shed 15% of their weight, Contrave can help

TAKING PRESCRIPTION CONTRAVE DAILY HELPED PEOPLE DROP NEARLY 12% OF THEIR WEIGHT WITHOUT DIETING, FINDS UNIVERSITY OF WINDSOR RESEARCH.

people drop nearly 12% and costs about 90% less. Many patients pay just \$99 a month for Contrave using the CurAccess program (at Contrave.com).

ADD IN WALKING

Gentle exercise like walking can amp the drug’s benefit. “Walking improves insulin sensitivity and boosts mood, which enhances the effects of any strategy aimed at reducing cravings,” explains Dr. Rocco. “When the brain’s triggers are quieted and the body is moving regularly, the results often come faster and feel more sustainable. The two together create a reset for body and mind.”

Proof: A study in *The Lancet* found that people taking a higher dose of Contrave and walking regularly slimmed down 4.2 times faster than dieters in a control group. And in a study in *Obesity*, people taking Contrave and walking were more than twice as likely to shed 15% of their weight

than those who only walked.

REAL-LIFE RESULTS

For years, Janet Allen overate salty foods when she felt stressed, sad, angry or lonely. “The cravings were constant,” she says. “I never actually felt hungry—I overate so often that I was always full.” She believed this weight gain was inevitable with age. “I felt hopeless.”

Then when Janet finally opened up to her nurse practitioner about her wild cravings, she got some new advice: Try a prescription pill.

“That conversation changed my life,” she says. “Finding out there was a medical option that would help me address the reasons I was eating was a breakthrough.”

Her appetite quickly decreased. “I was able to catch myself before I ran to the fridge, so I could choose an alternative activity.” The activity she used from day one was walking with her daughter. Slowly, 15 minutes became 30, then 45, then an hour. They soon added in hills. “The more we moved, the more we lost,” says Janet.

Janet dropped 10 pounds in one month using Contrave and walking. The exercise also toned her body—and that helped her avoid sagging skin. “I pinch myself. I thought getting back into shape would be impossible. This is the most weight I’ve ever lost. I lost faster than when I was younger.”

All told, Janet shed more than 100 pounds and reversed her sleep apnea. “The medicine helped with my unique

Fuel up and satisfy cravings on this combo plan

When calming wild cravings, Dr. Rocco says, “I recommend cutting out processed foods, sugar and alcohol. These increase inflammation, disrupt hormones and make cravings worse.” Instead, pair your walking and Contrave routine with plenty of water, whole-food meals (samples, right), vitamin D and proper sleep. “Supporting the body from every angle helps results come faster and last longer.”

BREAKFAST

Start your day by frying 2 eggs and ½ cup egg whites; serve with turkey bacon and a side of whole wheat toast.

LUNCH

Aim for a big green salad complete with ½ cup quinoa, ½ avocado, candied nuts, 4 oz. chicken and 1 Tbs. vinaigrette.

DINNER

End the day with 6 oz. lemon-grilled salmon, ½ cup steamed green veggies like broccoli and ½ cup sweet potato mash.

situation,” she explains, whereas her daughter dropped 90 pounds simply by walking. “When I feel hungry now, it’s such a wild feeling,” she says. “You can reclaim your life. It’s not too late!”

Additional reporting by Allison Nemetz, Cailey Griffin

SAVINGS SOLUTIONS

Woman's World

ENJOY A DELICIOUS TREAT FOR LESS

If you’ve got a sweet tooth, grab your fork! July 30 is National Cheesecake Day—a time to celebrate this creamy dessert with discounted or free servings at eateries around the country. Last year, for example, The Cheesecake Factory offered 50% off any slice to rewards members who dined in, while Long John Silver’s handed out a free slice with any \$5 app order for members of their loyalty club. Check out this year’s cheesecake specials by logging on to your favorite restaurant or bakery’s app or website or look for deals at *RetailMeNot.com* and *TheKra-*

zyCouponLady.com.

FIND THE LOWEST PRICES IN A SNAP

There’s a new way to pinpoint the biggest bargains on everything from gadgets to clothing super fast: Simply visit the free AI assistant *ChatGPT.com* and ask it to locate a product for you within a specific price range. For example, you might write: “What are a few good options for an electric toothbrush under \$40?” Or “Can you help me find the best bathing suits for women over 40 that cost less than \$100?” ChatGPT will display a carousel of choices, complete with links and prices so you can spot the best deal instantly. And because the suggestions are based on cost,

Watch out for water filter fraud

Someone knocking on your door offering water tests? Don’t let them in. Scammers are going door to door claiming that your area’s tap water is contaminated. Then they use bogus test results to push expensive filters you don’t need. If you’re worried about your h₂O, call your utility department to get the facts for free.

availability and relevance—not paid for by advertisers—you can trust the results.

CUT YOUR PROPERTY TAX

You could qualify for a prop-

Dodge ‘coupon creep’

To save money, avoid visiting an online shop just because they sent you a coupon. Scoring 20% off jeans or 25% off mascara may seem like a great deal, but a Rice University study shows that these offers often lead us to spend more money than we planned. That’s because once we’re on the website, we tend to fill our carts with impulse buys, even if we never purchase the discounted item. Bottom line? Consider skipping the shopping session if you wouldn’t have done it without the coupon. And if you do decide to use it, set a spending limit so you don’t go over your budget.

erty tax break if you’re over a certain age and on a limited budget. In Ohio, for instance, people over age 65 with a total household income of less than \$36,800 in 2024 may be eligible for a reduction in their home’s taxable value. Washington state offers similar relief for

those who are at least 61 years old. The amount you save can range from a few hundred dollars to more than \$1,000, depending on tax rates. Learn what’s available in your area by searching online for your local tax assessor or county property appraiser website.