Hed: Dolores Catania Partners with Advanced Herbals to Debut: *The Dish on GLP-1s* an Informational New Content Series

Dek: Reality TV star Dolores Catania and certified obesity physician Dr. Holly Lofton to use *The Dish on GLP-1s* to further educate GLP-1 users on potential side effects.

3Key:

*The Dish on GLP-1s* aims to educate and destigmatize GLP-1 side effects and treatments.

64% of surveyed GLP-1 users claim they were unaware of common side effects.

*The Dish on GLP-1s* looks to promote Non-prescription solutions for common side effects.

In Advanced Herbals’ recent survey of GLP-1 users, two-thirds (64%) revealed they were not completely educated on the medicine, leading to unwanted and unknown side effects.

In the same survey, 61% of users confirmed they were unprepared for the severity of the side effects, with most reporting nausea and constipation as the most common side effects.

Erica Nesbitt, Associate Marketing Director at Prestige Consumer Health spoke on the issue, "As some of the most common symptoms of GLP-1 medications, nausea and constipation have proven to be jarring and disruptive for GLP-1 users," "All indicators point to increased accessibility and continued use of GLP-1 medications.” **(1 Needs citation)**

Erica continues with suggesting multiple non-prescription solutions to help prevent and treat these symptoms:

* Fleet Oral laxatives
* Liquid Glycerin Suppositories
* Advanced Herbals Ginger Chews

Experience living with these side effects assisted reality TV star Dolores Catania, and Advanced Herbals (from the makers of Dramamine) to partner with one another to form a new informational series titled *The Dish on GLP-1s*.

The series is expected to dive headfirst into commonly experienced side effects of using GLP-1s such as, nausea, a side effect Dolores mentions in the series’ first episode.

**What Is *The Dish on GLP-1s* About?**

Dolores Catania has established herself as a GLP-1 advocate, by vocalizing her own personal journey with the medications. "When I first started my wellness journey with GLP-1 medications, I was prepared for weight loss and I was ready to feel different, but the nausea? No one prepared me for that," "It really impacted my day-to-day life, but at the time no one was having these open, honest conversations about GLP-1 use – there was still a lot of stigma and speculation**."(1 Needs citation)**

Catania’s co-host Dr. Holly Lofton is a board-certified obesity medicine physician from NYU Langone. Aside from just providing professional expertise on GLP-1’s, Dr Lofton expressed her desire to advance education in additional weight loss practices and hopes to use the new platform to help promote health lifestyle options.

The debut on July 15, 2025, provided viewers the first chance to experience the series, which is formatted into candid conversations between Dolores Catania and Dr. Lofton. The series’ focus shifts between Catania’s personal experiences with GLP-1s, and Dr. Lofton providing her professional expertise.

Dr Lofton explains the function of GLP-1 medications, which work by slowing the rate at which the stomach empties, helping users feel full longer and ultimately consume fewer calories. Yet, this mechanism can also lead to symptoms like nausea, bloating, and constipation which are the three most reported side effects.

Lofton has additionally expressed her concerns of these side effects becoming potential deterrents for new GLP-1 patients and becoming a risk of hindering current users from continuing treatment. To help increase awareness, the series tailored its viewing experience to support and provide stigma-free solutions for common GLP-1 side effects, such as suggesting non-prescription side effect solutions.

*The Dish on GLP-1s* is currently available on Dramamine.com/TheDishonGLP1 with additional viewing options on Instagram, and YouTube. The series is scheduled to air weekly on the previously mentioned platforms with the goal of empowering and educating GLP-1 users.

**Sources:**

1. Dolores Catania Teams Up with Advanced Herbals®, from the Makers of Dramamine®, to Launch The Dish on GLP-1s Content Series and Tackle One of the Most Common Complaints from GLP-1 Users: Nausea *Dramamine* July 15,2025 <https://www.prnewswire.com/news-releases/dolores-catania-teams-up-with-advanced-herbals-from-the-makers-of-dramamine-to-launch-the-dish-on-glp-1s-content-series-and-tackle-one-of-the-most-common-complaints-from-glp-1-users-nausea-302504794.html>