Bibliography & References

All references are organized by subject area corresponding to the chapters in which they appear. This bibliography encompasses the foundational science, landmark clinical trials, pharmacological data, mechanistic research, nutritional science, genomics literature, and policy documentation cited or substantiated throughout Beyond the Scale. References follow APA 7th edition format where applicable.

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A Note on This Bibliography

This bibliography represents the primary scientific literature underpinning the clinical content of Beyond the Scale. The field is evolving rapidly; readers are encouraged to consult current clinical resources, including ClinicalTrials.gov for ongoing trial updates, FDA.gov for current prescribing information and approval status, and peer-reviewed medical literature databases including PubMed and NEJM.org for the most recent research. All clinical decisions regarding GLP-1 therapy should be made in consultation with a qualified healthcare provider.