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Dangerous Weight Loss Drugs Vs. Safer Alternatives

By **George Alarcon**

Sometimes when we become so self-conscious about our physical appearance we would do almost anything to eliminate those unwanted pounds of fat. And sometimes we feel there are only a few choices to choose from.

So what do many slightly and really overweight people do? Many turn to diet drugs without a second thought! The NAAFA website clearly informs the general public of how dangerous most weight loss drugs can be. For example, Phenylpropanolamine which was marketed under different names such as Dexatrim, Accutrim, Dex-a-Diet, and others, causes insomnia, headaches, anxiety, disorientation, fast heartbeat, hallucinations, vomiting, high blood pressure, heart and kidney damage, psychosis, heart attack, and lastly, sudden death! The site goes on to state that such drugs rarely ever produce enduring weight loss results.

At present there are more than 50 new weight loss drugs that are ready to be approved for consumer consumption. There is the case of the amphetamine appetite suppressant. In 1999, in France, this drug was removed from the market on account of causing serious cardiovascular side effects.

Because of the serious side effects of weight loss drugs, more and more people are turning to alternative means for helping them win the battle against unwanted fat and obesity.

If I had a choice, I would first consider a natural "weight loss helper" over a diet drug. Why take unnecessary risks with your health. A safe alternative to weight loss drugs is to exercise regularly on a daily basis, 15-20 minutes, by walking, jogging, or running, or other physical workout; such exercise will help to suppress your appetite. Or you can simply try eating a little less each day in a progressive manner in order to prevent your body from experiencing a shocking reaction. Fasting is always a good

idea as an effective measure for losing weight as well as for eliminating many toxins from your body.

If that does not work for you, nor excites you to new heights, there's a number of safe natural appetite suppressants such as Metabo-Speed XXX, or the much talked about African cactus plant called Hoodia Gordonii. By what I have read so far online about this Hoodia from South Africa, sounds very promising. It's supposed to naturally remove one's appetite by making your brain believe that you're full without having eaten. You can find factual information about this African plant below.

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Does Weight Loss Result In An Early Death?

By Gelfey Sterling

'Weight loss' is certainly the talk of the teenager, the adult and the elderly. It's hardly a surprise, why there are so many weight loss products, supplements, methods and drugs in the market to help you shed those extra pounds. But does weight loss result in an early death? The answer is yes and no.

It depends on your approach to weight loss. People who cherish the idea of looking good adopt immediate measures, which are very harmful to the body. The result. Adverse health issues towards the later part of your life that can even give you an early death. The 30-year long study undertaken by the Institute of Preventive Medicine at Copen Hagen University shows the same results. Out of the 2957 obese people studied, 268 of them died in 18 years.

Sudden weight loss methods are dangerous to the body. Stay away from plans and programs that offer immediate solutions. And it's unwise to follow heavy diet plans for a long time. Stick to short-term weight loss plans. It's safer as far as your health is concerned.

A word of caution goes out to the young generation who are recklessly out to lose the fat in their body. There are various routines, which you can follow to lose weight:

- Exercise regularly. There is no superior way to good health than work outs.
- Choose your diet wisely. More salads and fruits coupled with cereals and beans is healthy.
- Eat during regular intervals.
- Don't snack on oily food. Try low fat sandwiches for a change.

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· Ask your family doctor about your body structure and he will guide you in deciding the right diet patterns for your body before you make any important decisions regarding your health, think about its pros and cons and decided if it's really worth a try.

Author is an experienced health and diet expert. For more visit:

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