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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Does Dieting With Chitosan Work?

By Jerry Hall

If you are planning to down Chitoson in a bid to lose weight fast, read on first! You may be wasting your hard earned cash on a diet pill that does not deliver as it should. We do our best to provide accurate and unbiased information and reviews on bodybuilding and weight loss supplements, which we hope will be useful to you. Chitosan is basically a fiber derived from shellfish and it claims to have the ability to dissolve and grab hold of fats and cholesterol in the stomach.

You may have seen some outrageous claims that you can eat whatever you want, and Chitosan will block out all the fat from the media. Sounds too good to be true doesn't it? You're right, it is not all that true. Chitosan is extracted from the shell of crustaceans like shrimp and crab. Contrary to what you might think, Chitosan has been used for over 30 years. It is not some new, revolutionary discovery, or new weigh loss miracle pill. So do not get fooled by the media hype. Note: you shouldn't take Chitosan if you have any type of shellfish allergies.

Chitosan makes grand promises of 'absorbing' fat and preventing it from getting into your body. Is it the ultimate 'Fat Blocker' – or is it? Far from it. Thorough clinical studies on humans have show that Chitosan does NOT work! Initial Chitosan research were done on animals, NOT humans. These studies on animals did show some effectiveness, and did show some fat-absorbing abilities; however no studies have been done on the effects of chitosan on dietary fat absorption in humans.

There were NO substantial studies done with humans (if any) before producing and selling this product to the public. Weight loss experts all agree that Chitosan simply doesn't work. Previous studies done on Chitosan were 'small' studies and were not published in peer reviewed journals. There is no studies that have found Chitosan to effectively block fat in humans. In a 1999 study conducted by the European Journal of Clinical Nutrition, it showed that the Chitosan group who took 8 pills a day for 4 weeks showed no more weight loss than the placebo group.

Because few studies have been done on Chitosan, there are little recorded side effects of Chitosan. No long term studies have been performed on the side effects of Chitosan, and some studies have show Chitosan to prevent effective absorption of minerals and vitamins.

Which Diet Pill works? That is a million dollar question! Know the facts behind the Fats at Diet Pill Review –

<http://www.smartreviewguide.com>

Fourteen Reasons Why Dieting Is Bad For Your Health

By Paul Wilson

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1. The lower the calories eaten per day, the harder it is for you to get your daily requirements of proteins and vitamins.
2. Dieting makes your body believe it is starving so it starts to save fat, as this is its best way to store energy.
3. Losing weight means digesting your own body tissues instead of food and unfortunately, dieting does not tell your body what parts it needs to digest or which parts to save.
4. Severe dieting causes muscle loss and if you are unlucky the loss may be from your heart with severe consequences.
5. Dieting will make you difficult to live with and your family may want to kill you.
6. Dieting changes your body chemistry and one effect may be bad breath.
7. If you're a smoker you may smoke even more to dull the hunger pangs.
8. Binge eating, generally with very unsuitable foods often follows dieting.
9. Dieting makes you food obsessed.
10. Breaking a diet often results in guilt, poor self esteem and despair often followed by comfort eating.
11. Dieting emphasises food as a reward or compensation – so called 'comfort eating' where food is used to cheer us up or

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because it's raining we are somehow entitled to eat lots of sweets or cakes.

12. Dieting lowers the base metabolic rate which means you can live on less food, so when you return to your normal food intake which was already too high, you put on weight even faster than before and will probably end up heavier

than before the diet.

13. Dieting does nothing to teach you to eat healthily. Healthy eating does not mean going hungry.

14. Dieting often causes constipation and this concentrates toxins and carcinogens within the bowels and they are present for a longer period. Fruit and vegetables have a positively beneficial effect on the smooth running of your digestive system.

Attention! Read This Before Wasting Hundreds, Possibly Thousands On Expensive Online Fitness Programmes, "Wonder-Cures", Fad Diets Or Potentially Dangerous Low-Carb Experiments...
<http://www.nodietdiet.co.uk>



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