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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!

How to Identify Fraudulent Weight Loss Claims

By Renee Kennedy

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The FTC has released an 18-page report to help the media identify products that use fraudulent weight loss claims in their sales pitch. The report, Red Flag Bogus Weight Loss Claims, is available here: <http://www.ftc.gov/bcp/conline/edcams/redflag/>. Although it is geared toward the media, consumers may also learn from the brochure.

Below are the seven warnings of the report.

FICTION: Products that claim you can lose two or more pounds per week without dieting and exercise. A claim is false if it is telling you that you can quickly lose weight, drop dress sizes, lose inches, or lose body fat without changing your lifestyle.

FACT: Losing weight will require you to change your eating and exercise habits.

FICTION: Products that claim you can eat whatever you want and however much you want with no limits. A pill that will allow you to eat whatever you want and still lose weight? Science may be good, but it's not going to change the laws of physics.

FACT: What goes into your body must go somewhere, whether it is expended into energy, turned into fat, or turned into waste; your body must do the work to expend the calories.

FICTION: Products that claim your weight loss will be permanent even after you stop using the product. A pill that will curb your appetite is only going to work while you use the pill.

FACT: Anything permanent is going to require a permanent lifestyle change.

FICTION: Products that claim they will block absorption of calories or fat and lead to substantial weight loss.

FACT: Even fat blockers must be used in conjunction with a lower calorie diet.

FICTION: Products that claim you can safely lose more than three pounds a week for more than four weeks at a time. You should consult your health care professional for what your goal weight loss should be every week, especially if you are diagnosed with obesity.

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FACT: Intense weight loss of more than three pounds per week over several consecutive weeks can be damaging to your organs and cause health problems.

FICTION: Products that claim all users will lose substantial weight.

FACT: No product can work for everyone.

FICTION: Products that are worn on the body or rubbed on the skin will cause substantial weight loss. Patches, creams, lotions, body wraps, clothing, shoes, earrings, rings, belts, buzzers, etc. etc. - leading to weight loss?

FACT: Weight loss can only occur through changes in diet and exercise.

Need help losing weight?

Come and visit the NutriCounter web site
<http://www.nutricounter.com> and find out how
you can learn to eat healthier.

Renee Kennedy is the editor of the monthly ezine NutriCounterUpdate. Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

Fake Weight Loss Claims : Identify Them

By Jasdeep

Identify Fake Weight Loss Claims :-

Its crowded..really crowded..every other site offers Weight Loss Programs and guarantees loss of weight quickly and effectively. But do they really live upto it? Does Loss of Weight remains with time or the individual regains the weight after some time? The answer to these question differentiates between genuine Weight Loss Programs and fake Weight Loss Programs .

Things to Watch out for :-

1) One product cant serve the needs of all people. Programs which claim to work for all types of masses is **BIG NO**.

Tip: Look out for programs which reads your body needs and body structure and how your Metabolism works .

2) Programs which assures permanent Weight Loss , even after you don't use the product . Mark it Fake.

Tip: You have to follow the Diet Plan and exercise on daily basis . Walking or Jogging daily helps a lot.

How to Identify Fraudulent Weight Loss Claims

3) Programs which allows you to eat anything you want. Believe me this is fake also. How can you on this earth remain fit by eating anything or everything you want.

Tip: You need to take a BALANCED DIET with proper amount of calories , fat and other nutrients.

4) Be careful with programs that claim to reduce more than two pounds a week. Such programs will disturb your Metabolism and digestive system to great extent

Tip: Loose upto 1 or 2 Pound Per week.

5) Programs which have products that are to be applied on body or something like that will NEVER NEVER work for you.

Tip: The best and the most successful way to loose weight is to follow a Diet Plan and Exercise daily. Get a free Diet Plan for your body right here at

Know more on weight loss tips and genuine weight loss programs at

Jasdeep : for

your complete and most comprehensive family guide

on Health.

Also get free tips and tricks on weight loss, diet and muscle Building at

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Fake Weight Loss Claims : Identify Them

Weight Loss Supplement

Using Weight Loss Supplements To Reach Your Weight Loss Goals

Can Weight Loss Improve Your Health And Make You Feel Better?

Natural Weight Loss Products, Can You Believe?

Obesity and Weight Loss

Collectible Manager Pro Software

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat



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