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**Natural Diet Pills for Weight Loss - How Safe are They?**

**By Mary Magdalen DeLantawan**

Many of us have heard horror stories about the 'diet pills' that were popular a generation or so ago.

These pills, available with a prescription, were basically 'speed' - which, in a slightly different form, was sold as a street drug. And yes, these pills did make women lose weight - sometimes a great deal of weight. This weight loss came at a heavy cost, though. A lot of people became addicted to diet pills. Others simply took them for so long, or at such heavy doses, that they ruined their health.

Nowadays, those types of diet pills still exist, but they are not prescribed or used nearly as often as they used to be. In general, people today are more aware of the importance of good health and doing things the natural way. All the same, losing weight is still a going concern, and there are many people looking for an easy way to do it - a 'shortcut', so to speak. That's where natural medicine comes in.

Natural, naturopathic or herbal medicine has been around for literally hundred of years - long before western medicine or modern pharmaceuticals. It has also undergone a bit of a revival of late. People are disenchanted with the mainstream medical system, and looking for answers through an older system of medicine, one that is based on natural substances such as herbs and vitamins.

In fact, you can see how true that statement is just by browsing the shelves of your local drug store. Chances are, there will be almost as many herbal medicines available on your drugstore shelves as there are conventional medicines. Even some doctors are coming to accept the role that herbal medicine and natural medicine has to play. Even if they don't out and out endorse it, many doctors will concede that natural medicine does no harm, at any rate.

So, when looking for a quick fix to the weight problems that plague so many of us, natural or herbal diet pills might seem very appealing. Actually, they really do have their strong points. Herbal diet pills are not speed - they don't even resemble the harsh pharmaceutical diet pills of a generation ago, and they work in totally different ways. For example, some natural diet pills work as a 'glucophage' - they 'eat up' the excess glucose that is circulating in your system after you eat. Glucose, according to some, is precisely what does make you gain weight. It can even lead to other problems, such as diabetes later in life. Glucophage can be a great way of eliminating excess glucose in your system if you happen to eat too much.

## Natural Diet Pills for Weight Loss – How Safe are They?

Of course, as might be expected, that doesn't work well for everyone - in fact, it sometimes backfires. You might use it as an excuse to eat even more, in fact, in which case no amount of glucophage can save you! It may also be true that this type of herbal remedy has inconsistent results - it may work much better on some people than on others. That having been said, though, there are people who have used glucophage and had excellent results.

Other types of herbal diet pills act as appetite suppressants. They just make you want to eat less, plain and simple, much as the diet pills of a generation ago did. There the similarity ends, however - herbal diet pills are less effective than pharmaceutical ones, but they are also much less harmful. For more info, visit

<http://www.researchfor.com>

Then there are the herbal supplements that you would take in order to cleanse your body of toxins. Some people choose to do this once or twice a year - the early spring, particularly, seems a good time.

The herbal supplements that you take during a cleanse are not diet pills per se, but the end result of the cleanse is often weight loss. Furthermore, you might find it a lot easier to lose weight after you've done a cleanse. For one thing, you will have gotten out of any bad food habits you might have accumulated!

The diet pills of the seventies were not a great idea, except maybe in extreme cases where weight loss was imperative. Even then, there were probably better ways to do it. Don't assume that all diet pills are bad, though - and do check out the new types of herbal diet supplements available today.

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### DISCLAIMER:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read. For more info, visit

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Since natural and/or dietary supplements are not FDA approved they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease."

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More articles written by Mary DeLantawan can be found at her website

<http://www.researchfor.com>

## Fast Way To Lose Weight

By Susan Sweet

### Fast Way To Lose Weight

Fast weight loss programs can lead to loss of your health while losing fat. It can cause some irreparable changes into the body making it weak. You must have heard stories of diet pill failures but not all diet pills are alike. The best situation to be in is when you don't need any weight loss but in case you need one follow simply weight loss herbal diet pills.

Diet pills are often advertised as 'Fast Way to Lose Weight'. But remember, all that glitters is not gold! Weight loss drugs advertisements can be quite misleading at times. False promises have resulted in serious side effects and stories of diet pill failures. Hence don't get carried away by such cheap market gimmicks and make an informed choice when buying diet pills. From prescription diet pills to over-the-counter diet pills the markets these days are flooded with weight loss products. Each one claims to be a fast way to lose weight and seem as an attractive option as compared to conventional methods of weight control.

Diet pills are often looked upon as a great food supplement to lose weight and retain energy. Fast weight loss diet pills have seen an insurgence within a last few years. Thousands of people in US spend millions of dollars every year on the diet pills. Undoubtedly, these pills offer a fast way to lose weight but while making a decision to use them take medical consultation.

What is the best diet pill to lose weight?

Several fast weight loss diet pills have flooded marketplace. Finding the best one out of them may give you a headache. But now you don't have to worry! We provide the best proven weight loss pills to our customers. You can buy the following major weight loss diet pills from us:

- Phenazen diet pill
- Zantrex-3 diet pills
- Slimming tablet xenadrine
- Cortislim diet pill
- Meta Gen Diet Pills
- Desert Burn
- Carb blocker diet pill
- Leptoprin-sd
- Zilacetin Diet Pills
- Nueslim Diet Pills

Herbal Diet Pills : Herbal diet pills are effective diet pills that help you lose unwanted fat naturally. Safe diet pills are those diet pills that help you lose weight without any serious side effects. Before trying any herbal diet pills , safety of diet pills should be ensured. We recommend you to take prescription diet pills to lose those extra pounds. This is because we all have different body structures and systems and a diet pill that works for one may not necessarily work for all. Get the right diet pill prescription to attain best results. Also, Check out:

## Natural Diet Pills for Weight Loss – How Safe are They?

- Effective Diet Pills
- Herbal Diet Pills

- Safety Of Diet Pills
- Diet Pill Prescription

Carb blockers : Carb blockers prevents glucose or sugar from being converted into fat. The unique formulation of Carb Blocker products helps you to lose weight without much change in your diet. Low carb diet pills work by inhibiting the absorption of carbohydrates and sugar by your body. Extreme carb blockers are also available for maximum Carb Blockers effectiveness. Carb Blocker diet pills are a really a fast way to lose weight and have no serious carb blocker side effects . Find out more about Carb blocker diet pills. Also, Check out:

- Low carb diet pills
- Extreme carb blockers
- Maximum Carb Blockers effectiveness
- Carb Blocker diet pills
- Carb blocker side effects

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