

Choosing a Weight-Loss Plan

Turn Your Life Around with a Diet and Exercise Regimen that Works!

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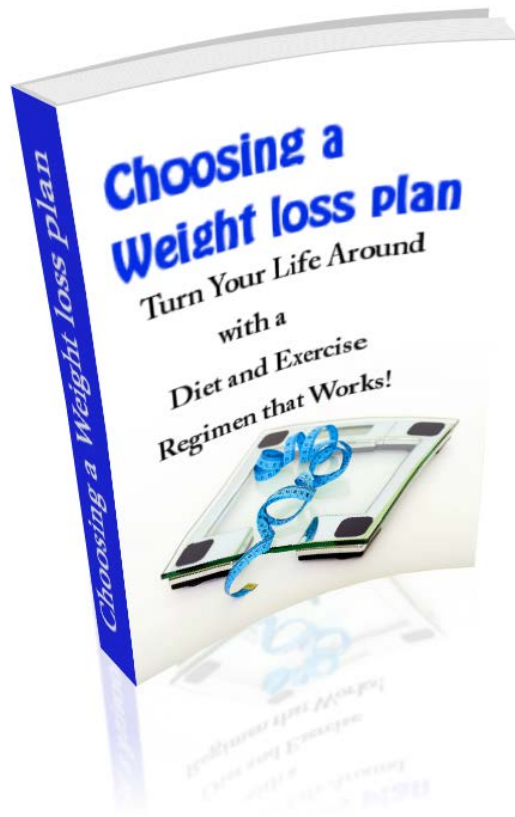


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1. The Battle against Weight Gain

A lot of people throughout the world are concerned about gaining weight. Millions of people everywhere are obese and suffering many different health consequences because of it. Most people have trouble deciding which weight-loss plan is going to work for them. They can't make a solid plan or they fall victim to "snake-oil" cures like diet pills and ridiculous fad diets. In this book we're going to tell you the truth about weight gain, weight loss and what you can do to choose the perfect plan for you.

What are My Options?

When it comes to losing weight there are a myriad of proven and viable options. There are also a ton of ineffective methods that you should avoid. We're going to show you the primary effective methods which include: exercise, nutrition, lifestyle changes, surgical procedures and counseling.

We're also going to discuss some of the pitfalls associated with weight loss: diet pills, eating disorders, ridiculous food myths and lack of support. It's essential to understand the potential consequences to every one of these weight-loss plans and, more importantly, learn how to cope with them. Let's start by examining what does NOT work; many of you may be trying out a weight loss plan while you're reading this book so I want you to know what to avoid as early as possible.

2. Diet Plans to Avoid at All Costs!

The Truth about Diet Pills

When it comes to diet pills in the 21st century we actually have it easier than a lot of people before us did. Back in the 50's, 60's and 70's, diet pills were generally derivatives of methamphetamine (AKA Speed). These pills got millions of people addicted and ruined hundreds of thousands of lives. That being said; they actually kind of worked. If you didn't mind becoming addicted to a serious drug and essentially ruining your life, emotionally and financially, you did lose a few pounds on speed. These days diet pills can't even promise that. Virtually nothing that has come to market does anything other than waste people's time and money (which is arguably not as bad as destroying your life but, depending on how desperate you are to lose weight that might be a thin line).

There are a few pills that can aid the loss of weight but to be honest with you, most of them have horrific side effects that honestly aren't worth it in the long run. If you're wondering whether or not a weight-loss pill will do anything for you, just consider where you found out about it. If you heard about it from a friend, saw in infomercial about it, read about it in a magazine, saw it in the paper or spotted it on a billboard, I can all but guarantee you that it's a complete sham and a waste of your time.

Lousy Laxatives

One popular weight loss supplements available in the market today take the form of tea. Stores all over sell slimming tea, dieter's tea and others but all of them are actually the same. They may appear to be effective, but what is not seen may actually harm you.

One of the effects of drinking dieter's tea is frequent bowel movement. This gives people the feeling of body cleansing. These people may get toxins out of their body but it isn't exactly the only thing that slimming tea actually does to the body. Slimming tea contains herbs which are natural laxatives. These include aloe, senna, rhubarb root, cascara, buckthorn and castor oil. These are products which are derived from plants and

are used since the ancient times because of their potency in treating constipation and to inducing bowel movement.

Cascara, castor oil and senna are substances which are recognized as laxatives available over the counter and are also regulated as drugs. Scientific studies show that diarrhea induced by laxatives does not absorb significant amounts of calories taken in the body.

The reason for this is that laxatives do not act on the small intestines where most of the calories are absorbed. Instead, they work on the large intestines. If taken in large amounts for prolonged periods, it can affect fat absorption of the body. This may lead to greasy diarrhea and loss of weight. Abuse of laxatives is common practice among people who suffer from bulimia and anorexia nervosa, which we will discuss in the next section.

While weight loss can be guaranteed by overdosing on laxatives, it may also cause permanent damage to the gastrointestinal tract and the weakening and softening of the bones, a condition known as osteomalacia. Drinkers of slimming teas may actually patronize the product because they are less expensive and taste better than other laxatives sold in the market. Other people, such as those with eating disorders like bulimia and anorexia nervosa drink dieter's tea because they work fast and produce watery stool and having loose consistency.

Women may even be more susceptible to the effects of slimming teas. Although they may not be known to interfere directly with the woman's menstrual cycle and fertility, they should watch out if drinking them causes them to rapidly shed off weight. It is also not safe for pregnant women to be taking in laxatives of any kind. Wise and responsible herbalists also discourage the use of senna and other herbal products with laxative properties for pregnant women and women who are trying to conceive.

One should be wary about these findings because the labeling of slimming teas in the market today can be absolutely misleading. For instance, they commonly refer to the laxative qualities as "natural bowel cleansing properties" and not specifically use the word "laxative". Some even use the term "low-calorie" on their labeling. These products

in fact, contain essentially no calories nor nutrients whatsoever; unless of course, if they are sweetened.

Adverse effects of misusing laxatives in the form of slimming tea generally occur when taken in more than or longer than recommended. These include nausea, stomach cramps, vomiting, diarrhea, fainting, rectal bleeding, electrolyte disorder and dehydration as well as injury and worse, death. It was also reported that excess use of stimulant laxatives cause severe constipation and pain for long periods (as much as for decades) due to the colon losing its function. It eventually led to surgery removing the colon altogether.