

Approaches to the Treatment of Obesity and A Free Weight Loss Formula

The general approach for treatment of obesity is to suggest a low calorie diet and increased physical activity. There are many weight loss programmes in the market. Some over-the-counter wellness products are also very popular these days as they claim to produce the results fast. But many of these products are not researched properly and medical community has expressed doubts about their effectiveness in long term. Many weight loss programmes are based on low carbohydrate diet although its long term effect is not very much different than that of low calorie carbohydrate rich diet, according to a recent research. Low carbohydrate diet produces ketosis which causes low cholesterol levels and reduced body weight. However, there are differences of opinion in medical community as to whether the low carb diet is safe in long run. Other systems of medicine like Ayurveda and Homeopathy also have their own approach for treatment of obesity. According to Ayurveda, obesity is recognized as a disease called "Medoroga". Meda means fat and it is one of the seven Dhatus that are sequentially produced from food in the human body. Obesity is considered as a nutritional disorder mainly produced due to sedentary life style. Ayurveda puts more emphasis on prevention of the disease and adopting a healthy life style. The medicines for the treatment of obesity contain the substance known as Guggulu which is responsible for reducing weight. Ayurveda uses natural products in the preparation of medicines and these medicines are generally safer than chemical based medicines and drugs. Also, the Ayurvedic medicines have a long history of use and hence, are more reliable. Homeopathy has its own approach. It treats the patient, not the disease. It takes into account the constitution of a person for treatment of diseases. The constitution is the physical, emotional and intellectual make up of the person. Hence there are no ready made prescriptions for obesity which can produce uniform results. The patient should have enough patience to take Homeopathic medication otherwise no significant results can be produced. Another approach that can help in curing obesity is that of Yoga. Yoga advocates a healthy life style with its specific techniques to clean the body from toxins and improve emotional and intellectual balance. It covers a broad spectrum of life. Besides physical aspects, it also covers emotional, intellectual and spiritual aspects of life which are mostly ignored by modern science when treating a patient. Certain types of pranayama (breathing techniques) greatly help in the cure of obesity. Meditation can reduce mental stress which is also a cause for tendency of over-eating. A person should be kept motivated and focused on the goals in order to implement a particular weight loss programme. Hence behavioral therapy is also popular these days which suggests to set specific goals and have a reward other than food for achieving those goals. Regular recording of weight and activities is also important to track the progress. An integrated approach is required which can address the issue more appropriately. A good weight loss plan should be based on a synthesis of different approaches for treatment of obesity.

About the Author

Kate Winslet was awarded substantial libel damages Friday after a British magazine wrongly stated that she had visited.

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