

## Dieting pills ills and bellyaches

This week, I want to talk to you about the dangers of dieting pills. It may surprise some of you that I feel this way, however, we do not promote or indeed encourage anyone to take the pills as a means of weight loss. The weight went on because of overeating and next to no exercise, so it makes sense that in order to take it off again, you eat less and exercise more. In the majority of cases, this will give good results.

For the small percentage of you for whom this will not work for, -your own doctor will advise on the best course of action. There are a certain amount of people who want the quick fix and to be honest will try almost anything in order to shift a few pounds. While reading an article a few months ago, I thought it would be of interest to those of you out there who might seriously think of taking diet pills to lose weight.

The bottom line is that any weight loss pills that you can buy over the counter will only work if you follow the instructions. "To be followed in conjunction with a low fat diet or a calorie controlled diet". I'm sure you all know someone who has purchased a jar of these so called wonder pills but I'm sure you have all observed that they make little or no difference to their weight loss.

The tablets that concern me most, are those that are available to buy on the internet. The majority of these tablets are made and sold in other countries and some of the ingredients would be banned over here, for example, Clenbuterol (source given was Romania). There are serious side effects to all these banned drugs. I am going to detail these side affect according to one girl who recorded her experiences while taking them.

Lucy (not actual name) was drawn to these type of tablets on seeing pictures of slim ladies on websites. Her start weight was 11 1/2 stone and within 10 days she had lost 10 lbs. Impressive. After two months she had lost another 29 lbs. After six months, in total, she had lost 33 lbs and weighed just over nine stone. These tablets were appetite suppressants which stimulate the release of chemicals in the brain which reduce the sensation of hunger.

During the time of Lucy's so-called weight loss, she suffered some of the common side effects of these type of drugs. What kept her going was the fact that she was losing weight and people were noticing surely this is worth a few side effects, she thought.

These side effects included mood swings, chest pains, tremors and irregular heartbeat, and if you happen to take too many it can lead to hallucinations, seizures, severe headaches, blurred vision and vomiting.

Initially, Lucy felt more awake after taking one, full of energy and not even hungry. But at night, when she should have been sleeping, she found that she lay awake most of the night looking up at the ceiling. At work she would burst into tears at the slightest thing and if she did try to eat a proper meal, then she felt bloated and nauseous. Stomach pains were another problem, but every time she stood on the scales, she had lost weight so she put up with the agony.

The down side to all of this is that when she came off the pills, having reached her ideal weight and put up with the side effects, she regained all the weight and more. So what did she do? She went back on them again and ended up doubling and tripling the doses. She ended up in hospital. Now on the mend, Lucy will tell you to stay away from these quick fix methods of weight loss. She now has to try and lose the weight the healthy way. Unfortunately for her, her metabolism will have been affected by the drugs and it may take a while for it to sort itself out.

A lot of us want to lose some weight. Some may be carrying more weight than others, but we want to see you aiming to do it gradually. Being happy and content at losing 1 lb or even 1/2 lb per week is ideal. Doing it naturally is the way to go. Nothing is worth a whole change of personality or total disruption to a household for the sake of losing a few pounds.

Sudden weight declining, we should quickly see a doctor. May hyperthyroidism, or have the ability to digest or absorb bad, and may even be suffering from chronic diseases or birth to a malignant tumor. If weight loss after taking diuretics is in excess moisture was drained weight loss is due phenomenon.n

Malabsorption malabsorption syndrome is a syndrome from intestinal absorption of nutrients by the syndrome caused by the barriers. Clinical divided into two categories of primary and secondary. Primary malabsorption syndrome is a result of intestinal mucosa have some shortcomings, and the effects of fatty acid absorption material in cells caused by the re-esterification.n

Gastrointestinal dysfunction gastrointestinal dysfunction, also known as gastrointestinal Neurosis or gastrointestinal neurosis. It is due to nerve dysfunction caused by gastrointestinal secretion and impaired motor function mattresses, gastrointestinal syndrome is a group of Said. The disease can not find any anatomical reasons. Emotional factors, diet, drugs or hormones may trigger or aggravate illness.n

Reflux esophagitis reflux esophagitis due to lower esophageal sphincter dysfunction, stomach and duodenal contents into the esophagus-caused inflammation of esophageal mucosa. Because of its stomach, duodenum dysfunction, increased intra-abdominal pressure or stomach, the sphincter relaxation bird, esophageal mucosa anti-reflux barrier damage, such as hiatal hernia caused.n

Reflux esophagitis reflux esophagitis (Reflux esophagitis) refers to a combination of factors caused the lower end of the esophagus and stomach contents generated by the prolonged repeated contact with the inflammatory lesions. Extremely frequently attack gastroesophageal reflux is mainly caused by temporary lower esophageal sphincter relaxation and / or resting lower esophageal sphincter pressure too low or absent.n

If eating pork colorful, light may arise muscle tremor, palpitation, headache, weight can coma, convulsion. This is because in the process of raising pigs feeding off clenbuterol hydrochloride, or clenbuterol result. According to reports, bright colors than regular pork, full muscle after a sharp protruding buttocks, the fatty layer less than one centimeter of pork may be in the process of keeping the feeding of Clenbuterol.n

After entering old age, the physiological function of the digestive system and other bodily systems, changes to a recession, absorption is gradually weakening, it is high dyspepsia. Dental gum shrinkage caused due to the long worn off, chewing difficulty, so that food can not be fully smash, it was incorporated into the stomach, thereby increasing the stomach burden.n

Prostaglandin is the human body itself is a series of physiological activity of many chemicals. Recent research found that prostate-gastric mucus can stimulate the formation and adjust the acidity of gastric acid, thus protecting the gastric mucosa from the role. Gastritis (antrum inflammation), gastric ulcer, gastric emptying retardation (gastric retention), the incidence and development of disease, both in vivo and prostaglandin synthesis reduced.n

What you are helpless, I believe that burping is one of them. Almost everyone has experienced a hiccup, but no one knows exactly why some scientists believe that burping is the degradation of physiological responses, in primitive times, burping might play a certain function. But most experts believe that eating too fast, and so is the main cause of hypopharyngeal too much air.n

Diverticulum of diverticulum of the food processing industry along with the progress comes. Since the 20th century, the lives of many human beings change. Studies show that more than half of the 60 people over the age of patients suffering from diverticulitis, the characteristics of the disease along the colon wall is a little like grape pocket (diverticula). These small capsular bag through the X-ray displayed.n

Anorexia anorexia mostly because of the excessive fear of obesity and abnormal behavior from its association with the great spiritual role. The disease-prone in the early adolescents and adults, 90% of the patients are women. Other factors such as emotional tension, depression, trauma, etc., may also lead to loss of appetite. Controllable factors such as alcohol, tobacco and drug use can also lead to TB.

## About the Author

From [www.nwipp-newspapers.com](http://www.nwipp-newspapers.com):

Of the thousands of weight loss products available in the market today, nothing beats the weight loss drug Clenbuterol for the buzz it generates. When asked about their recent rapid weight loss, emaciated starlets trip out. So it seems safe to predict that clenbuterol in high doses when taken by. Despite warnings about negative Clenbuterol effects, many bodybuilders and athletes continue to use the drug to help build muscle and stimulate. When clenbuterol became a black market product, bodybuilders began to make the. People flock to take weight loss drugs where potential. Save money! We have Nutrition comparison shopping information at mySimon. Compare prices and narrow the selection to items that have clenbuterol.

Using clenbuterol for weight loss is controversial, as this drug originally developed for horses is illegal.

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Weight loss with pregnyl works for almost everyone, young, old, male, female. cycle will be a great introduction to weight loss with clenbuterol.

Source: <http://productsherbal.com>