

# Diet pills

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Despite the reported side effects in using diet pills its claim continues to be high because many people are eager to take the risk, drug manufacturers have the liability to make the medical community and give alertness to the public the possible side effects of the drugs they create. Due to the hectic life that every people have both men and women who got that curiosity about the shape and size of their bodies, roughly everyone wanted to have a body that would always be a head turner to the opposite sex.

The development of our generation admires and adores slimmer bodies, but due to the great impact of advertisement of the producers on diet pills some of them turn to use diet pills instead of sticking to regular exercise and balance diet, such weight loss pills are thought to have stimulants that work like caffeine, which gave the body an effect to raised energy levels and decreases appetite devoid of exercise and deprive anyone who take it from food craving.

When a person starts using diet pills to try to lose weight, from this person is considered to start to perform an unhealthy weight management which can result to indistinct body image and low self respect which later on will lead to drug abuse. Before attempting to use any diet pills on the market extreme, caution should always be considered before using them, it is true that a little weight will be lost upon using them but the pounds will come back once its usage stop, in the time it is used there should also be a small print recommendation to espouse a little calorie diet and an exercise program.

It is more annoying that diet pills have possible unsafe side effects. Before going through the medication the consumer should check with their

physicians before using any type of weight loss supplement, but those people who are sure of their health have experienced negative side effects from diet pills. It is also important to consider reading the label for the active ingredient and make sure on the source of their claims and whether they are potentially risky.

One of the latest trends in weight loss is the use of carb blockers it contains amylase inhibitors the product is carb-blocking pills, this pills contains molecules of amylase an enzyme produced by the body that functions to break down carbohydrates. It has agreed with theory that carbohydrates should be broken down if not it will be absorbed and will supply calories in the body.

Its side effects if carbohydrates are undigested will be diarrhea, gas and bloating. Diet pills works on the side of those brand that is made out of research by manufacturers who made it and spend enough time to have it tested before passing it to the consumers, these producers wanted to make the business more stable and profitable even it takes them a longer time to have their investment returned.

But on the case of those diet pills manufacturers, who wanted just to have the profit without the effort, advertise and attract the people to buy the kind of product they endorse not putting into consideration if it will be effective or not and will affect the credibility of the brand of other diet pills that take a hard time making their names in the market.

This means that a particular diet pills are known to be a scam depends on the credibility of its producers because if they include fraud into their

business it is the whole image of any kind and brand that is affected not only the particular product that has committed the scam. Research has proven that any kind of drugs when ingested in the body always has its own advantage and disadvantages and diet pills are not an exception to this, therefore it is accepted that any drug could have its side effects especially when it is not well studied and given enough time to know its effect on humans.

The perception of every person on the effect of any diet pills that she used varies from one person to another, that is also one of the reasons why such drugs can either give a positive or negative effect on a person it is how on the psychological side that it was accepted which is agreed by the metabolism of the body. Now, we could draw the fact that despite the disadvantages that the diet pills produce and the scam that the other manufacturers have made, still lots of people never stop from using such drugs because it is still the easiest way to lose weight compared to the traditional process that are being used.

A research in University of Minnesota has been conducted using 2,500 teenage females for a 5-year period of time. Study shows that the use of diet pills among high school girls almost doubled from 7.5% to 14.2%. The age of teenage girls that use diet pills ranges from 19 to 20 years old meaning 20% of females had used diet pills. This study proves that more and more women are already convincing in using diet pills despite its announced disadvantages.