**You see an advertisement for a special drink that is supposed to eliminate excess body fat while you sleep. According to the ad, this product helps you lose weight “fast” by increasing your metabolic rate; there is no need to eat less food or exercise more often. Explain why you think this ad is a source of reliable or unreliable health-related information.**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:** The ad I saw for a special drink that is supposed to eliminate excess body fat while I sleep is from cucumber juice. Cucumber juice is advantageous for well-being. It is a rich source of vitamin K and A. Cucumbers are low-calorie nutrients, therefore, a well-known ingredient in dietary foods. Cucumber juice has fiber and potassium that help burn fat in the body. Apart from this, it also decreases belly fat. Dr. Anju Sood, a nutritionist based in Bangalore, says: "Cucumber juice is an inexhaustible source of antioxidants and from now on helps digestion and produces a reduction in weight." Anshul Jaibharat includes: "It is low in calories, an incredible option for those who care for their weight. The advertisement about cucumber juice is a source of reliable information related to health since it has the same advantages that are analyzed in the advertisement.

**Reply 1:**

## **Reply 2:**