Why is it a bad idea to use a recursion method to find the fibonacci of a number?

Recursion is the natural way of writing the Fibonacci series because according to the definition a Fibonacci number is 1 if 'n' is 0 or 1. Else it is f(n-1)+f(n-2) and recursion represents this in the most natural way. But the major problem with this is that;

- the same value will be calculated again and again for calculation of a Fibonacci term
- It takes more time and more importantly, more stack space.
- It is very inefficient,