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

Unlike most other algorithms where recursion is employed to solve it; in the case of Fibonacci, every recursive call of a Fibonacci program has a “doubling effect” resulting in an explosive call of functions. The number of recursive calls required to calculate the Fibonacci of a number n is of the order 2n, which can easily get out of hand as the function call increases exponentially (or sporadically), potentially lagging even the computer systems with superior processing power.

It is generally advised to avoid using recursion with functions that have explosive algorithms akin to the Fibonacci type.