

Losing Weight Rapidly

Wanting a slimmer and sexier body is no lofty ambition. Many people have succeeded in sculpting their physiques to make them look healthy and desirable. However, this end is not attained in just a snap or skipping one night's dinner. For some people though, patience is not a virtue. They seem not to be able to afford so much attention, time and money to get the body they have always wanted. As a result, these people result to rapid weight loss practices and programs which may not be as effective as these people are led to believe they are.

Fast-track diets are one of these rapid weight loss practices which may not be very inviting as they seem according to research. Fast-track diet programs, as scientific research shows, are only good while they last. Rapid weight loss often results ironically, to rapid weight gain. people who undergo low carbohydrate or low calorie diets normally revert back to old eating habits simply because human beings can not actually live on with this type of diet scheme for the rest of their lives.

Now there is also scientific research showing that rapid weight loss does not imply an individual is losing unwanted excess fat; it is commonly water that is lost with following rapid weight loss practices. This could cause certain alarm but actually, water lost is regained very quickly. So there is actually zero net weight lost after all. So one should not be foolish enough to be so gullible with the advertising of certain diet pills out there in the market; especially those which claim to aid lose a whopping amount of fat in a short time. They will only dehydrate the body. And just so it is clear, the body can only lose two pounds of fat per week, one could be exceptionally lucky if he can lose three, but normally, it's just two.

Another rapid weight loss product out in the market is the slimming soap. Claiming that these soaps are made from a unique concoction of rare chinese herbs and seaweed, they assert to help people using them to shed off body fats by emulsifying them upon application while taking a bath. Some are even specialized like those which promise to give the user "beautiful thighs". The ingredients may prove to improve the quality of the skin but no research has ever come up yet which aids to prove the efficacy of these ingredients in emulsifying excess body fats.

One more rapid weight loss product out there in the market promises to suppress hunger and at the same time help increase the body's metabolic rate. It also claims to be able to accelerate the healing process and reduce certain body pains, all these plus its being a very chic fashion accent. Well they are actually called magnetic weight loss earrings.

The secret of this set of earrings is in the magnet, so it says. Wearing them near the ears balances the magnetism in the body therefore one will experience all the above mentioned effects. Though press releases say that there are actually "studies" to back these assertions up, nothing yet is found in medical

journals. Though buying a set may not kill a person, it's probably not a wise investment. One might as well wear a horse shoe earring for a more exquisite fashion statement.

Bottom line is "no pain, no gain". If one wants a beautiful body, one must sweat it out. And as for those rapid weight loss products coming out on the market, if they are too good to be true, they probably are not.