

"Nutrition Notes on Weight Loss Supplements"

More and more spend hundred and even thousands of dollars yearly on weight loss supplements in the hope of speeding up their metabolism. The main desire is to be attractive and accepted but it is becoming a more difficult goal to achieve. The fitness industry is booming but still a lot of people are unable to cut those fat in spite of all the exercise and diet efforts. In America, more than sixty per cent of adults are overweight and thirty per cent are considered obese. This is because: one, a lot of weight loss products promises unrealistic goals; two, dietary supplement manufacturers rely on the overweight person's failure to survive; and three, the information about the supplements in the market are just written by themselves just to make a sell.

Although the Food and Drug Administration has successfully banned illegal marketers, some products are still available. Consumers can be deceived of the labels which claims caffeine or ephedra free not knowing that these supplements composes of other ingredients that may pose the same health risks. These include heart and digestive problems, headaches, insomnia, and even psychological side effects.

Other supplement manufacturers say that their products contains EGCG which is a phytochemical ingredient found in green tea. This so-called component claims to speed up metabolism but in reality poses to reduce the risk of cancer. Some studies denote that it could slightly increase the potential to burn calories and now can be found in many weight loss supplements. It has good points on the other hand since the body might conform to EGCG after a period of time. Even the weight loss benefit could sum up to 60 to 70 calories a day. This helps prevent excessive weight gain.

A few other significant effects of weight loss supplements is that it may contain ingredients that makers claim will prevent the absorption of carbohydrates. One good example is Chitosan, which appears most promising, which in fact shows no positive result in fat absorption. It could even take up to seven months for men to lose just a pound of body fat and for women, there is no fat loss at all. Thyroid supplements act as thyroid replacements help regulate and optimize the thyroid at a higher level. This they say makes the body feel like a couch potato and won't perform the job it has to.

Since the number one reason why people eat is because they feel hungry, there is another type of ingredient that manufacturers made which increases the feeling of being full and decreases appetite, Guar Gum. However, recent studies show that it has no meaningful benefit at all to weight loss. It is ironic that manufacturers mix Psyllium that has the reputation of reducing eating and aiding

weight loss for initial studies so far do not support this claim although it helps control blood cholesterol and sugar.

One of the latest innovations in the fat loss industry is by way of skin absorption. There's a Cutting Gel, which is an epidril product by far the best selling in fat loss creams technology. Rub it where you want the fats cut. For now, it will seem safer to advise the age old remedies to excessive weight gain and that is to invest on walking shoes instead of diet supplements, go to the park and do brisk walking, go to the gym, and have a well balanced diet instead.