

Tablets to Help In Weight Loss

Recent studies have shown that more people are getting overweight every year. This happens not only to adults but even to kids who have just started in school.

There are many factors that have contributed to this such as the rise in the number of fast foods joints that contain a lot of saturated fat in the meals, the use of refined sugar in sodas and other processed foods, eating food with less fiber, genetics, overeating and as people age slow metabolism.

Since losing weight takes time and most people can't wait to get rid of it, these people have decided to take the fastest way out which is through the use of weight loss tablets.

In the 1950's until the late 90's, doctors prescribed drugs for weight loss. The drug works by increasing the serotonin levels in the brain that makes the brain believe that the stomach is already full and thus, increases the person's metabolic rate.

It was only after scientists discovered that these drugs had side effects and were related to cause heart valve disease that these were taken off the shelves.

Later on, modifications have been made and new drugs were developed and prescribed by doctors and many of which are still waiting for FDA approval.

The idea that a simple drug can change everything without the need to change ones diet or sacrificing anything is very tempting since people have seen friends and family members use it and have shown tremendous improvement.

This has made a lot of people spend millions of dollars every year to also experience this miracle and has given drug companies a lot of money making the drug and selling it.

Diet pills can be purchased either over-the-counter or prescribed by a doctor. Even with the advances in medical technology, these drugs still pose a health risk to the public. Problems in patients can be unpleasant such as diarrhea and vomiting, harmful such as tightness in the chest and in the urinary tract and fatal such as a heart attack or a stroke.

An overdose in using weight loss tablets can cause tremors, confusion, hallucinations, shallow breathing, renal failure, heart attack and convulsions.

The side effects vary depending on the lifestyle and health of the person and can be minimized as long as one consults the doctor and follows the prescribed dosage when using it.

Should one decide to stop using the drugs, studies have shown that a person will

experience withdrawal symptoms and side effects. These include noticeable mood swings, hyper-activity, and pain in the stomach, insomnia and nightmares, severe irritability, extreme fatigue, depression, nausea, vomiting and trembling.

A lot of clinical tests will show that the taking this weight loss tablets really work. But this can only work if it is done with a low calorie diet and an exercise plan.

A person can jog every morning or sign up and workout in a gym. Just like taking any medicine, one should first consult the doctor before undergoing any form of exercise.

The best exercise plan should have cardiovascular and weight training exercises. This helps burn calories and increase the muscle to fat ratio that will increase ones metabolism and lose weight.

It is up to the person already to stick to the program to see that it works.