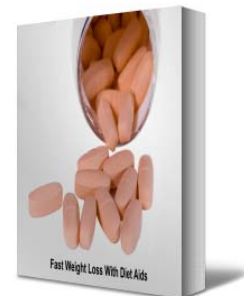


The background is a vibrant blue with abstract, glowing white and light blue lines that create a sense of depth and movement. A prominent feature is a glowing DNA double helix structure, composed of small white spheres connected by thin lines, positioned in the upper left quadrant. The overall aesthetic is clean, modern, and scientific.

Fast Weight Loss With Diet Aids

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Without exception before undertaking any exercises or changes in your diet you must discuss it thoroughly with your medical practitioner. If you are unfamiliar with any exercises you must be shown the correct technique by a certified trainer. If, whilst carrying out any exercises, you feel giddy or faint you must stop immediately. If symptoms persist then request medical assistance immediately. Never undertake any form of exercise without another person being present.

The suggestions, and techniques contained in this publication do not make any claims whatsoever. If you think that any ideas or suggestions put forward in this booklet may help you to regain control of your weight you must first discuss it thoroughly with your medical practitioner before implementing any changes, in order to ensure that it is safe for you to do so.

Fast Weight Loss with Diet Aids



If you are like nearly two-thirds of people in America, you know what it's like to be carrying around too much weight. This figure is quite astonishing, but even more surprising is the amount of money that is spent annually on weight loss pills and patches, fat absorbers and appetite suppressants and other weight loss supplements.

One study shows spending in 2007 of over \$43.6 BILLION dollars. If people are spending billions of dollars on weight loss products, why are there still so many fighting the battle of the bulge?

In this mini-book, we'll take a look at some of the most popular weight loss gimmicks, supplements and products and try to find out what they are, how they differ from each other, how they work, who should and should not use them, side effects and costs.

Are any of these products effective? Are they dangerous? Or, despite all the claims and promises, is the real truth that the only thing getting slimmer is our wallets?

Diet Pills

You can purchase diet pills by the dozens in the discount store, supermarket, "fitness" stores and at the corner drug store. There are dozens of varieties from appetite suppressant so fat burners. The most difficult place to purchase diet pills, however, is likely going to be from your pharmacy with a prescription from your doctor.

This is not to imply that doctors aren't concerned about their overweight clients. Most doctors are extremely concerned about obese and overweight patients because of the additional strain it puts on the rest of your body- particularly your heart. The reason you won't easily be able to get a prescription for an approved drug from your doctor is there are very few medications approved by the FDA for sale with a prescription.

One category of weight loss or diet pill is the appetite suppressant. While you can find lots of brands over-the-counter appetite suppressants, it is difficult to find scientific research that proves they have any effect. There are also prescription appetite suppressants, but they are intended for short term use only.

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A popular prescription appetite control is Meridia. Meridia works in the appetite control center of your brain, not by actually controlling your appetite, but by triggering the mechanism that signals a sense of fullness. The active ingredient in Meridia is sibutramine, which stops the re-uptake of the neurotransmitters serotonin and norepinephrine. When this happens, your body is more able to send out and react to the chemical messages that tell you when to stop eating. Meridia is backed by scientific studies that show it can be very effective at helping you lose weight and keep it off, when combined with an appropriate diet and exercise. You can see the results of two of the over 100 clinical trials that have been conducted on Meridia here:

1. Heal DJ, Aspley S, Prow MR et al. Sibutramine, a novel anti-obesity drug. A review of the pharmacological evidence to differentiate it from d-amphetamine and d-fenfluramine. *Int J Obes.* 1998;22(supp 1):S18-S28.
2. James WPT, Astrup A, Finer N, et al. Effect of sibutramine on weight maintenance after weight loss; a randomized trial. *Lancet.* 2000;356;2119-2125.

It's important to remember that although a medication gets approved by the Food and Drug Administration that is no guarantee that it won't cause health problems when used. Although the FDA works diligently to protect people from harmful medications, some problems don't become noticeable in clinical trials. A good example is Redux. In the mid-1990s, Redux (Dexfenfluramine) was being prescribed as part of a combination diet medicine, along with the drug fenfluramine or Pondimin, known as phen-fen. Phen-fen was withdrawn from the market, however, in 1997 because they caused damage to heart valves. Another similar appetite suppressant, phentermine, is still available, because the heart problems did not extend to it.

Another diet pill that was being touted as the next great weight loss breakthrough is the drug rimonabant, under the brand name Acomplia. Acomplia has been in use in Europe and the United Kingdom, but has not been approved by the US FDA. One of the primary dangerous side effects with this drug is the potential for severe depression. Rimonabant works by blocking the pleasure center in the brain, with the goal of limiting the pleasure many people feel from eating. Unfortunately, it was discovered that it also measurably increased levels of depression and suicidal thoughts among many patients using it in the trials. The petition from Sanofi-Aventis, the manufacturer seeking FDA approval, was suspended until further clinical trials, research and development can be concluded.

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You can read about the FDA studies on rimonabant here:

<http://www.fda.gov/ohrms/dockets/ac/07/briefing/2007-4306b1-fda-background.pdf>

Another type of prescription and over-the-counter weight loss medication is used to prevent the body from absorbing fat intake.

Fat Absorbers

There are also diet pills that work as fat absorbers. These pills contain ingredients that work in the digestive tract to prevent fat from building up in your body. They bind with the fat molecules and cause them to pass out of your body.

The drug Orlistat has been approved by the FDA. Orlistat is in a class of drugs known as a lipase inhibitor. It works in the gastrointestinal tract by preventing enzymes from breaking down dietary fats into smaller molecules that can be absorbed by the body. Orlistat decreases fat absorption by about 30 % lowering total caloric intake and aiding in weight loss.

Orlistat has been tested in seven long-term multi-center, clinical trials that included about 2800 patients treated with orlistat and 1400 patients treated with a placebo. The studies showed that 57% of the participants using the Orlistat lost at least 5% of their baseline weight and kept it off over a year. It's important to keep in mind that it is critical to follow a reduced calorie diet when using orlistat, with less than 30% of calories coming from fat. Orlistat is not intended for people who need to lose just a few pounds, but, rather it is for people with a BMI of 30 or above. It is important to realize that fat soluble vitamins, such as A, D, E and K, as well as beta carotene will be eliminated from the body, so supplements are necessary.

Orlistat does cause some side effects that can be particularly unpleasant, especially when you first begin taking the medication. As a by product of eliminating undigested fat from your body, you are likely to experience oily spotting, gas with discharge, fecal urgency, fatty/oily stools and frequent bowel movements. It is important to remember that orlistat can also have dangerous effects on your body, especially if taken for long periods of time.

Fast Weight Loss with Diet Aids

Orlistat can now be purchased in an over-the-counter dosage, under the brand name, Alli. It should be noted that right on the packaging for Alli you are warned that you need to stay near the bathroom and/or bring a change of clothes with you when you begin using the product. In other words, if Alli is working correctly, it will cause sudden, uncontrollable diarrhea. Enough of that and you are bound to lose weight.

Fat absorbers come and go, but all of them strongly suggest eating an extremely low-fat diet and they work by flushing the fat you do eat out of your body through your digestive system. Long story short? Avoid fat absorbers. If you strictly limit the fat in your diet, you will be on the right track and your body needs a small amount of fat to function properly.

The links to the FDA information regarding orlistat and its over-the-counter form known as Alli are here:

www.fda.gov/bbs/topics/ANSWERS/ANS00951.html

www.fda.gov/cder/drug/infopage/orlistat_otc/

Diet Patches

Diet patches use the transdermal method of delivery. They are a thin, sticky patch that allows the medicine to be absorbed through your skin slowly over the course of several hours.

They have a couple of advantages over diet pills. First, they are easy to use – you just stick one on and you're all set. You don't need to remember to take any pills at a certain time or make a shake before a meal. Second, a patch delivers a small, consistent amount of medication over a long period of time, so there are no spikes and valleys in the way the medication works. With a pill, your body receives the medication as the pill dissolves, which causes a rush of medication followed by a downward slide as the medicine leaves your system.

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The primary ingredients in most diet patches include guarana, a stimulant similar to caffeine; chromium; Garcinia cambogia, which is supposed to prevent carbs from turning into fat and Fucus vesiculosus (or bladderwrack or brown seaweed) which is claimed to boost thyroid activity.

So does a diet patch work better than a diet pill at curbing your hunger and boosting your metabolism? There really doesn't seem to be any clear evidence suggesting that diet patches work at all. The FTC has even found cause for some of them to be removed from the market completely for their misleading statements in advertising.

One of the most popular types of diet patches are those that dispense Hoodia, which is often touted as the ultimate weight loss secret. The problem is that Hoodia is actually a very rare, endangered plant and if all the Hoodia in the world were used for diet patches, there still wouldn't be enough for all the products that claim to use it as a main ingredient.

Diet patches can be quite expensive, as well. You can expect to pay as much as a dollar a day and up for diet patches, all with no concrete evidence that they actually work. The experts seem to be rather split on the effectiveness of diet patches, with some saying they are little more than placebos and others saying it doesn't matter which path you use to get the appetite suppressants and metabolism boosters into your system, as long as you get them one way or the other.

Teas

When the subject of teas for weight loss comes up, the one at the top of the list is green tea. Green tea and green tea extracts are a source of caffeine, and they are used in the fat burner compilation of many diet products. Green tea is also a powerful anti-oxidant.

We've all heard of the wonders of anti-oxidants such as vitamin C and beta carotene and vitamin E. But did you realize that the active ingredient in green tea, epigallocatechin gallate, might actually be up to 200 times more potent than vitamin E as an anti-oxidant.

Fast Weight Loss with Diet Aids

Green tea can also help regulate blood sugar, which means you won't have the hunger spikes and crashes that dieters often experience. It can also help to raise your metabolism, which helps you to burn calories faster throughout your entire day. On top of that, green tea can also help burn fat. There is little doubt that green tea is very good for you and can be quite beneficial in aiding weight loss. Green tea is also the most cost effective dietary supplement you may ever find.

So, green tea is definitely at the top of the list of weight loss enhancing teas, but are there other teas that can aid weight loss?

Many people are quite familiar with oolong teas, also known as Yu Wi teas or Wu-Long teas. They are popular in common household brands of tea. Oolong tea actually has fat burning properties – burning as much as 157% more fat than green tea. By adding just two cups a day of oolong tea to your diet, it can help you start to shed pounds and block carbohydrates from adding fat to your system.

Nettle and dandelion teas are both thermogenics and will speed up your metabolism, which can help with weight loss, without harmful side effects. However, other herbal teas, such as Buchu teas and uva-ursi teas are diuretics, which may make it seem like you are losing weight, but it's just water weight and will return quickly as soon as you stop using the diuretics.

Gymnema is relatively new to the contemporary diet and weight loss scene. It is an herb that has a long history in traditional use, but is fairly new to Western medicine. Gymnema is a type of milkweed that is native to India, and is often brewed as a tea to help regulate blood sugar. Some small studies have suggested that Gymnema can as much as double insulin production and can actually help return a diabetic's blood sugar to normal, but it doesn't appear to have any actual appetite suppressant qualities.

Beware of herbal laxatives, however, such as cascara, senna, buckthorn, aloe and rhubarb root, that are often sold as "diet teas." These herbs are quite harsh on your system and can wind up causing long term health effects, including disrupting your digestive process so much that your bowels won't be able to function properly without them. Herbal fen-phen is also dangerous, as the main ingredient is ephedra, which has been proven dangerous and can cause heart attack or even death.

Fast Weight Loss with Diet Aids

When all is said and done, there are many diet pills, patches and teas on the market, but few of them are actually proven to cause weight loss – at least not without the risk of some serious side effects. Every supplement needs to be taken in moderation and, in order to be effective, must be combined with increased exercise and decreased calorie consumption to really make a major difference in weight loss.

When it comes to metabolism boosters, exercise will speed up your metabolism for several hours after you stop exercising. Healthy weight loss is in the range of one to two pounds a week, while making moderate lifestyle changes a bit at a time so you stick with it, rather than drastic changes that may cause you to give up and even rebound, gaining back all the weight you lost and more.

So What is The Bottom Line on Diet Pills, Patches and Supplements?

The bottom line with these types of medications is they raise your metabolism, affect your central nervous system or affect your gastrointestinal system. All of these activities can have incredibly dangerous effects on your overall health. When you raise your metabolism chemically, you run a very real risk of heart palpitations and sleepless nights. It is much healthier to raise your metabolism by eating several small meals throughout the day and increasing your activity and exercise levels. Diet pills that work through your central nervous system can cause lactic acidosis, anxiety, nervousness, palpitations and dryness of mouth, nausea and high blood pressure. Medications that work in your gastrointestinal system can also cause lactic acidosis, which is potentially fatal.

Keep in mind as well, that virtually every weight loss product is very clear that it needs to be taken along with eating a healthy diet and increasing your activity level. The bottom line is simple: taking in fewer calories and increasing your activity level will cause weight loss ON ITS OWN! Eating less and moving more will cause weight loss -without any additional pills, patches, teas or drink mixes.

It seems quite a problem doesn't it? How do you lose weight effectively **without** any harmful side effects? Being human we want a simple solution with minimal effort. That is why popping a tablet is so appealing to us. Unfortunately that doesn't appear to be the answer we want on a number of fronts. One, they don't work unless you exercise and diet anyway and two there is a trade off with their side effects.

Fast Weight Loss with Diet Aids

Tablets range from diet pills that artificially raise metabolism, or suppress the urge to eat, to probably the most idiotic of the lot; the fat absorbing pill, which works on the basis of instead of eating less fat, it locks it up so it passes straight through the body.

As we have just seen the problem with appetite suppressants is that they act on the centres of the brain that appreciate happiness by suppressing them and hence it is no wonder that many people on these suffer from depression.

Metabolic rate enhancers fare just as poorly. Imagine having a car sitting in your drive. Start the engine up, rev it to 4000revs and keep it there. Sure it will drink fuel but the engine won't last long. Your body is just the same. Artificially revving your metabolism is asking for trouble, and side effects of these can be dangerous; palpitations, high blood pressure, stomach and digestive problems, not to mention problems related to hair loss and osteoporosis.

The most effective solution regarding the use of a supplement only, would appear to be the teas that make your metabolism more efficient that is returning it to normal rather than raising it, (as your metabolism is bound to be on the sluggish side.) But don't hold your breathe if you think these and these alone are the answer to your weight loss dreams, they won't be.

There is another ever so slight problem. In the long term diets and that includes those using diet pills/patches, appetite suppressants, fat absorbers and the like don't work and if you want to find out why, why don't you download "**The Great Diet Con**" mentioned at the start of the book? 98% of dieters fail and research has shown for every diet we undertake we actually put on five and a half pounds.

Remember at the start of this section we said that being human we want a simple solution with minimal effort. Well if you want one of those why don't you check out our flagship weight loss program, **Feel Great by Losing Weight.**

Full details can be found at www.FeelGreatbyLosingWeight.com
Good luck with your weight loss efforts.