

Dangerous Methods of Weight Loss

Some people will do just about anything to lose weight. Eating disorders have become a very common problem in America. The phrase "dying to be thin" has become more of a literal definition of what people suffering from eating disorders are doing to themselves. Today's society puts a lot of pressure on people, especially young women, to be thin and beautiful. How far will people go to be thin? Many people resort to using dangerous methods to lose weight when they don't get the results they want from regular diet and exercise. Most individuals suffering from eating disorders want to see results fast. For most, their goals are unrealistic. Ipecac syrup is one method some individuals suffering from eating disorders use to lose weight. Ipecac syrup is used to induce vomiting and is only supposed to be used in the case of accidental poisoning. Used on a regular basis, ipecac syrup can cause irregular heart rates, difficulty breathing and cardiac arrest. It has been the cause of death of many people suffering from an eating disorder. Laxatives are also very commonly used among those suffering from eating disorders. Laxatives do not work in the way of weight loss, as the calories have already been absorbed into the body by the time the laxative works. Laxatives do, however, make those suffering from eating disorders feel as though they have lost weight because of the fluid loss. This feeling of productivity is only temporary, as water is retained in the body every 48 to 72 hours. This may cause bloating and the individual may feel the need to use the laxatives again. Laxative abuse can lead to bloody diarrhea, dehydration, nausea and vomiting. Prolonged use of laxatives can cause an inability to move the bowels without them. They can cause permanent bowel damage and even death. The use of diuretics, otherwise known as "water pills", has become nearly as common as the use of laxatives to promote fast weight loss. Much like laxatives, diuretics do not provide the results expected of them. Diuretics can cause dehydration and the body's response to it is to retain water later on. This results in further abuse of diuretics. Prolonged use of diuretics can cause kidney damage due to dehydration and electrolyte imbalance. The sale of diet pills continue to rise throughout North America. Most manufacturers of these products claim that they are safe and effective methods of weight loss. Studies have shown that this is not true. The use of diet pills can have very harmful effects on the body over time. Many diet pills include the ingredient Fenfluramine (Fen-Phen). Fen-Phen is a stimulant and can become very addictive. Over time, the use of Fen-Phen increases the risk of Primary Pulmonary Hypertension. Primary Pulmonary Hypertension is a rare but fatal lung disease. The average life span of an individual suffering from Primary Pulmonary Hypertension is approximately three years. Other serious side effects of the ingredient Fen-Phen are high blood pressure, dry mouth, chest pains and palpitations. These methods are all dangerous and should not be overlooked. This is one way an eating disorder can be displayed. Using these methods of weight loss are just as serious as anorexia nervosa and bulimia. Anyone displaying the symptoms of any eating disorder should be urged to seek professional help immediately.

About the Author

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