

The Britney Spears Diet

Teenagers are so obsessed with the weight of celebrities like Britney Spears, Paris Hilton and Nicole Richie. I turned my television channel recently and saw several teenagers on a prominent talk show expressing how much these three celebrities have become their idol in wanting to lose weight and look exactly like them. This is a dangerous undertaking and not a wise one. First of all, most celebrities have their own chefs and personal fitness trainers to help them to lose the weight and look good. They can afford the luxury of losing weight faster than most of us can. Britney Spears does a lot of dancing, which is a good form of exercise to help her to lose weight and stay fit. Teenagers should probably consider taking on a physical activity that would help them to achieve their own individual goals instead of fashioning someone else. According to a British tabloid, Britney takes Zantrex pills to assist with her trim body look. According to the marketers of this weight loss drug, it is an energy enhancer and a diet supplement. It is claimed to speed up weight loss without exercise or dieting. It can make you feel jittery the first time you take it because it does have caffeine as an ingredient. People with hypertension, high blood pressure and diabetes should refrain from taking Zantrex. All diet pills do have side effects and Zantrex is not omitted from this observation. Here are the obvious side effects, which are the same you would probably get with drinking coffee:

- nervousness
- rapid heart rate
- headaches
- jitters
- insomnia

increased blood pressure

The media is obsessed with the life of any celebrity, but I think that their focus should turn to the obsessive teenagers who would go to any lengths to be like Britney Spears, Paris Hilton and Nicole Richie even if their actions bring harm to themselves. What really matters is not Britney Spears diet, but the plight of a teenager who is not properly educated and informed about how celebrities look the way they do and want to follow the rumors of a tabloid newspaper who reports that Britney takes Zantrex to look like she does. This teenager may not even care about the side effects and long-term consequences of the pill. As a society, our responsibility to teenagers should be to present the other side of the story so that they can make an informed decision. You may say that this is the parent's liability and I agree that the parents are first and foremost the ones who should guide their children. However, we do have an inherent accountability to do our part for the betterment of our culture. I certainly would not blame Britney Spears for any involvement in this teenage diet craze because she is an adult and can do whatever she wants to do. Every one has a choice when it comes to taking diet pills and weight loss products. However, when we fashion our decision by what someone else does, it leaves more to the imagination of whether we are trying to please ourselves or the other person.

About the Author

Diet and fitness is the section for those who want to improve their health. Wading through all the different diets out there can sometimes.

Source: <http://www.productsherbal.com>