

## Learn the facts: Can Diet Pills keep you Lean?

Yes, amazing is it not? Despite the fact that the fitness industry is booming—there are obviously still significant problems in America with people losing weight and being able to keep it off. Pills alone are obviously not the answer. There are documented facts that state that more than half of American adults are unable to lose excess fat, in spite of their exercise and diet efforts. Federal officials have, based on these facts, recently declared that obesity is a national epidemic. More than 60 percent of American adults are overweight, and 30 percent of all Americans are considered obese—according to the “Journal of the American Medical Association.” Why? We as a country are literally bombarded with health and fitness marketing every day, and diet fads and healthy eating plans have never been more popular! So despite what the label might say, non-FDA approved dietary supplements may be a total waste of your money. Facts: Deception in weight loss advertisements promise unachievable goals: Billions of dollars worth of advertisements for dietary supplements and diet and exercise services in America more often than not, include misleading and quite overly exaggerated promises of rapid and effortless weight loss. This deception is not only devastating and costly to the people who fall for it—but the lies keep America in this trend of tendencies towards obesity. In order to survive the diet industry needs you to fail at your attempts to lose weight: Dieting is business just like any other, and of course there is an enormous interest in this business to maintain and excel in financial gain. Making sure that this happens, the pills you take religiously will have to fail—so that you will constantly be trying new ones. Even if you use dietary supplements in combination with diet and exercise and you are losing weight, you will continue to take them, because you believe that they are part of working for you. The people who sell them, who intentionally keep you in the dark write most of the information you can find out about diet pills. This means that even if you wanted to research a product you would only get the information they want to give you—falsified information. There are in fact diet pills out there that can do some good. But it is better to discuss which ones you should take with a nutritionist or look for information on products that is unbiased.

## About the Author

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