

## Obesity: The Restricted Life

An obese person often becomes a matter of jokes. If you are obese, you must have noticed people laughing at you. You are re-christened with different embarrassing names. It is good not to pay heed to these useless talks. But, you can feel anger when someone directly dares to infringe on your personal territory and call you 'fatty'. Obesity makes life restricted; you cannot play football; can't climb stairs; even feel difficulty in making good physical relations. Well-wishers of an obese person try to put restrictions on his diet. All these things are embarrassing. Probably, you might not have suffered from any of the above-mentioned problems related to your obesity; but unfortunately the truth is that obesity is a dangerous disease which is spreading rapidly all over the world. Obesity never comes alone; it brings numerous diseases like heart trouble, kidney failure, prostate cancer, arthritis along with it. Other than hereditary transmission, the root cause of obesity is taking excessive food without doing a balanced amount of physical work. There is a functional correlation among different systems of our body. During the digestion process our body gets energy from different constituents of food which we consume. The energy in the form of chemical substances is transported by the blood to various cells of the body for metabolic reactions. The excessive energy which we get from our food is stored beneath our skin in the form of fat. The fat is there to provide us energy on the day when we don't take a meal. This was the perfect arrangement, till man was a hunter and gatherer. In the modern world, there is hardly any scarcity of food (leave a few underdeveloped nations aside). Moreover, modern machineries have reduced physical workload on human beings. More food and less physical work prepare a perfect ground for obesity to grow. Exercising is the best solution to get rid of obesity. Exercise burns extra calories which you get from your food and provides you a perfect and healthy figure. A controlled diet is also helpful in regaining perfect shape, because whenever you don't take excessive calories there will be no urgency to burn them. If you are feeling difficulty to have a control over your diet; diet pills like Acomplia (Rimonabant), Xenical (Orlistat) and Reductil (Meridia) can be helpful. These oral-prescription diet pills are powerful appetite suppressants which work on the nervous system and minimize uncontrolled affinity towards food. Initially, there can be some mild complications associated with diet pills like headache, swelling of muscles, nausea. Thus, diet pills should be taken strictly on a doctor's prescription to avoid any future medical complications. Even after having initial mild complications diet pills are still beneficial as their association with exercise can keep away much of the fatal diseases like heart failure and cancer.

## About the Author

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