

## Slimming Down Naturally - Must Read!

Feeling frustrated about your spare tire and bulging fats that make you look like a mass of protoplasm? Want to lose weight naturally? Yes, even though chemically-based slimming products claim to guarantee quick weight loss and seem so captivating, slimming down naturally is still undeniably the better way to slim down. Why is this so? Why should slimming down naturally be the preferred choice?

The main reason why we choose to slim down naturally is because it is a much safer alternative. Unlike the intake of unnatural chemicals, slimming down naturally does not pose great risks on your health and body system. However, taking slimming pills which is an example of an unnatural slimming mechanism is hazardous. It may contain chemicals that damage your body system. Here are some of the substances that are considered dangerous:

### a) Diuretics:

Some slimming pills are said to contain diuretics which will stimulate water-loss. Water loss is indeed dangerous and can prove detrimental to the human body because water makes up almost 70% of the human body and is very important for the cells to carry out processes. Furthermore, diuretics are also known to increase potassium loss in our body. Potassium is needed in our body for many functions. Potassium depletion can lead to adverse effects such as mental confusion and muscle weakness which includes the weakening of the heart muscle.

### b) Appetite suppressants:

Slimming pills often contain appetite suppressants that suppress the body's appetite. An example of an appetite suppressant is Fenfluramine. This substance suppresses appetite by interacting with receptors located in the brain. Latest research has showed that Fenfluramines have detrimental effects on health. An example of a fatal disease is PPH which is a life-threatening disease that causes heart failure and death. Studies have shown that people who take fenfluramines run a greater risk of up to 20 times to developing PPH than those who do not take this chemical substance. In addition, fenfluramines have also been linked to the damage of brain receptors, which may be irreversible.



Having listed the facts, it's no wonder that slimming down naturally is always the preferred choice. Yes, avoid unnatural [slimming](#) alternatives and adopt slimming down naturally for a healthy lifestyle and body. If you are wondering how you can adopt slimming down naturally, here are some of the ways you can do it:

- a) Exercising at least 30 minutes 3 times a week
- b) Eat a balanced diet ( Refer to food pyramid or consult your personal doctor)
- c) Reduce food intake (Consult your personal doctor )