

## **ILLEGAL SLIMMING AND SIDE EFFECT**

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### **ABSTRACT**

One must follow a healthy diet and adhere to fixed meals; exercise is the elimination of obesity. To avoid the harms of slimming drugs, and not to be dragged behind nutritional supplements that are not known to be safe, weight loss and dieting have become a health concern due to increased use of drugs and supplements, and availability through health education sales, many different diet factors have been reviewed for potential obesity.

**KEYWORDS** :Illegal, Slimming, Side Effect



