

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

INTRODUCTION

Some people are concerned that the side effects of medications to treat overweight and obesity may outweigh the benefits in some cases, for this reason you should never take a weight-loss drug without consulting a specialist. Because some weight loss drugs may cause serious health problems., doctors use what is known as a body mass index, or BMI which is a measure of weight for height, to determine overweight and obesity. People with a BMI between 25 and 30 are overweight, and people with a BMI greater than 30 suffer from Obesity, The possible side effects vary depending on the drug and how the body reacts to the drug. Most of the side effects are mild and usually lessen after a period of taking the drug. Serious side effects rarely occur. In seeking easier options for weight control, obese people are increasingly resorting to ‘quick-x’ slimming agents available over the counter. These products are often advertised to contain purely natural ingredients, hence assumed to be harmless [1]. In the last few years, the consumption of dietary supplements, in particular those labeled as being plant food supplements (PFS), has been increasing worldwide [2]. Globally, there are an estimated 937 million overweight adults; currently, the USA claims the largest population of overweight and obese individuals [3]. Nurses with little computer experience are likely to be skeptical and uncertain about what computers do and how they can help [4].

Types of slimming drugs

- Medicines that reduce the body's absorption of fats in the foods eaten.
- Medicines that help you feel full quickly.
- Medicines that improve the body's fat burning rate [5].

Damages of Slimming Drugs and their Side Effects :

Here are the main risks of each of the weight-loss drugs, which are usually prescribed by prescription, noting that you do not necessarily get all of them :

1.Liraglutide

It is given as an injection under the skin. Common side effects include diarrhea, constipation, gas, and heartburn.

2.Orlistat

There is a medicine called orlistat in the form of capsules, which works to inhibit the absorption of part of the fats in the meal. Among its common side effects are the following

Soreness in the abdomen or back

Lack of bowel control Leaking of oils from the intestine

Oily excretion from the intestine and gases.

3.Bupropion and Naltrexone

Combined with bupropion and naltrexone, this drug reduces weight by suppressing the appetite. There are common side effects that the body adapts to after a period of treatment, such as:

Difficulty passing stool and Changes in the sense of taste and Increased sweating.

Disadvantages of metformin for weight loss

It does not cause weight loss by consuming it

Although metformin can aid in weight loss, it cannot actually cause weight loss on its own. It has to be combined with a host of lifestyle changes and healthy eating habits. Obese people should do more exercise, change their diets, reduce the amount of carbohydrates, avoid sugary foods, drinks and alcohol, if they really want to lose weight.

Side Effects

Like any other drug, metformin has many side effects too. They may include diarrhea, vomiting and nausea. These side effects can last for a while until the body gets used to the medicine. It may cause discomfort and discomforts as the body adjusts.

Benefits of Hot Red Pepper Powder

Hot red peppers contain capsaicin, which increases body temperature and stimulates thermogenesis, which in turn speeds up metabolism and expends more energy. And a study showed that hot red pepper increases metabolism by 25 percent within 3 hours of eating it. This spice reduces the absorption of insulin in the body, which promotes the storage of fats. The hot red pepper also has detoxifying properties and suppresses hunger [6].

Orange juice for weight loss: Orange juice gives you a great deal of satiety, and it also greatly contributes to burning fats and increasing the body's immunity, which works to protect you from many diseases. Therefore, it is preferable to drink a cup of unsweetened orange juice between the main meals, so that you do not have to eat during this period.

4- Ginger to burn fat. Ginger tea is used to lose weight because of its properties that help increase the speed of the fat burning process, in addition to stimulating blood circulation in the body and purifies it from toxins. Ginger tea also helps reduce feelings of hunger and appetite, making it ideal for weight loss without dieting. You can have ginger tea mixed with cinnamon to get the best possible nutritional and healthy value.

5- Dish green salad for weight loss. A plate of green salad between meals is a great trick for slimming without

dieting. Simply, this dish will contain many ingredients that contain high nutritional values, in addition to contributing significantly to your sense of satiety. Salads can be consumed between the main meals [7].

Important note: People with allergies to peppers, and those with irritable bowel syndrome or blood diseases are not recommended to eat hot red peppers.

Cinnamon Benefits

Cinnamon is a great weight loss spice. Like hot red pepper, cinnamon increases body temperature, boosts metabolism, and burns calories and overall fats. Cinnamon also lowers the level of sugar in the blood and thus reduces the production of insulin, which promotes weight loss. This spice also promotes intestinal transit and prevents fat storage in the abdomen.



Harmful Dietary Supplements for Slimming

Many people advertise over-the-counter nutritional or herbal supplements as not doing any harm to common weight-loss medications, and this is definitely not correct, and one should consult their doctor before using them, as they may pose significant risks to health, and they are often not subject to clinical trials.

Here are some of the ingredients that are present in these supplements and their harm :

Green tea extract: Concentrated green tea extract can cause liver problems.

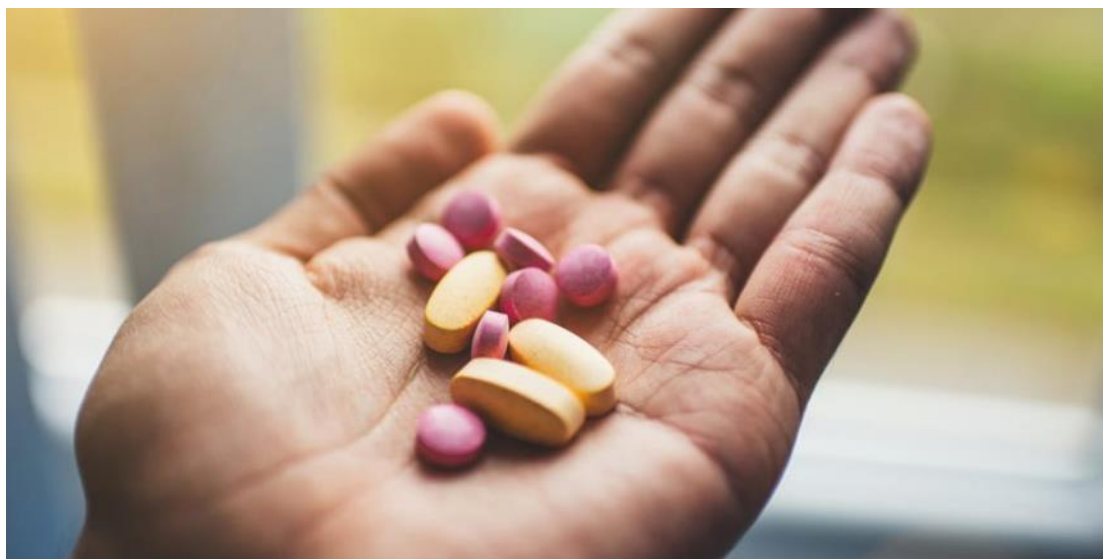
Hydroxycitric acid: It's thought to cause problems with the heart, blood vessels, muscles and liver.

St. John's wort : Used primarily for depression, and may cause many interactions with other medications.

Ephedra: This substance is banned as it causes heart problems, and it may be found in some unlicensed and banned supplements.

Chromium: Chromium can be obtained from food, but obtaining it as an extract can cause serious damage.

In fact, those promises of losing about 20 pounds, or even nearly 9 kilograms, per month are unrealistic, especially since the rate of weight loss depends on several factors, including gender, age and size. The National Health Service in Britain mentions in its report on the normal rate of weight loss, It is 0.5 to 1 kg per week, depending on the activity and lifestyle that we follow.



CONCLUSIONS

To avoid the harms of slimming drugs, and not to be dragged behind nutritional supplements which are not known to be safe.

Eating at regular times during the day. This may help one burn faster, and not eat large and fatty meals..

Eat good amounts of fruits and vegetables, as they are low in calories, rich in fiber, and help one satiate.

Drink plenty of water during the day, as many people confuse feeling thirsty or hungry.

Get regular exercise to help burn fat and lose weight faster. And brisk walking for long distances eliminates obesity and reduces weight and has no negative effects on the body.

Oats or Oatmeal is one of the ideal foods for losing weight without diet. It gives a quick feeling of satiety for a long time, which reduces one's need to eat. In addition, it is rich in natural ingredients beneficial to the health of the body and heart, and gives the energy that helps one to continue their tasks for as long as possible during the day. So a plate of oatmeal with breakfast would be a great way to lose weight without dieting.

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