

Published based on [Potentially Dangerous Weight Loss Methods To Avoid](#)

Potentially Dangerous Weight Loss Methods To Avoid

So you wish to lose weight. There is a wealth of available information and you should pick one program that seems reasonable to you. Shedding off some pounds by sticking to a diet and doing exercise can be difficult, so it comes as no surprise to hear that people resort to very unsafe ways of losing weight. Most normally, women are using these drastic methods as they feel pressured into being thin by society. Our society pressures women into being thin so they oftentimes choose these unsafe weight loss methods. Being at a healthy weight is best but, if you determine to use an unsafe weight loss method, you can actually jeopardize your health. Read on to see more about how risky these methods actually are.

The most typical drastic diet plan is starvation; not consuming much food at all, resulting in your energy levels going down. This commonly involves skipping breakfast or lunch and usually both of these meals. In your mind, you tell yourself that you're not famished even though your belly is grumbling like crazy, screaming I want to be fed!. Your body is clever, though, and it is able to adjust. As you consume less and less, your body gets anxious that it won't be fed so your metabolism decelerates drastically to preserve energy, meaning you will burn off less fat throughout the day.

Unfortunately, once you go back to eat a typical diet again, your metabolism will continue to operate slowly, and you are apt to quickly put on more fat as you won't burn calories quick enough. While it is true that you can slim down when you starve yourself, you will lose more weight by adopting a regimen of sound diet and exercise. Doesn't it seem preferable to eat a healthy diet and have the chance to lose even more weight? Some women try [exercises to get rid of cellulite](#) for awhile but then they end up using [cellulite creams that really work](#) and never look back.

Starving yourself can sometimes result in anorexia. What happens is that you acquire a fear of food and becoming fat which results in your eating very little and becoming very thin. Anorexia can cause a weaker immune system, hair loss and even death. Many teens try starvation diets but, when you become obsessed with starving yourself, it can eventually led to anorexia which can damage your body and your health.

Binge eating is another unsafe weight loss method. Bulimics binge out on food and then barf it all up so that they don't digest the calories. They are not scared of food as anorexics do, but they feel guilt-ridden after binging on large amounts of food and so they throw it back up. Binge eating is difficult to identify because bulimic individuals usually hold the same basic body weight. Puking up the food you've consumed is not healthy for your body. It can have negative outcomes on your heart, liver and kidneys. You can end up developing stomach ulcers because of it. Your esophagus might be damaged by the stomach acid and your teeth could lose their enamel. Acid stings and there's no exception when it comes to your throat. Your body can be severely damaged by throwing up your food on a regular basis.

My advice is to eat, but eat in a sensible manner. Ingest smaller food portions and keep unhealthy foods to a minimum. You can get rid of the extra pounds safely and expeditiously without falling back on drastic and dangerous measures.

Some women are interested in [cellulite reduction](#) on their inner thighs and try [cellulite creams](#) but usually end up wasting their money on creams that don't work.

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