

**Presented by Guy Siverson**

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**weight loss**

**By amber snyder**

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Gaining Weight Over A Long Period of Time Causes Health Problems

The World Health Organization estimates that one-quarter to one-third of cancer cases are related to being overweight and inactive. Research has found that weight gain can lead to a higher risk for colon, prostate, endometrial, esophageal, kidney and post-menopausal breast cancer.

Excess fat cells function as hormone pumps to produce higher levels of insulin and estrogen. When this occurs, cells divide more rapidly and if something in the cell goes awry, the resultant cancer cell also reproduces and follows a pattern of rapid replication. Solutions are available: Herbalife's Weight Management Program have helped thousands of people around the world lose weight and maintain their weight loss over time. The program delivers improved health at the cellular level.

Amber author of Total Health at Home newsletter. Offering advice, tips on health and weight management for the whole family. [Http://www.totalhealth.homestead.com](http://www.totalhealth.homestead.com)

**Weight Loss Supplement**  
**By Rolf Rasmusson**

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Weight Loss Supplement – what is it?

The term “weight loss supplement” is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava – Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement – variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement – safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement – which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

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