



Hazards of Slimming teas

Description:

Using "slimming" herbal teas and other types of herbal weight-loss products (pills, shakes, etc) is aptly called the "toilet" diet, because people who consume such products spend a lot of time in the bathroom. Still, many people patronize these products, because they reportedly ensure rapid weight loss. What consumers are not usually aware of is that weight lost is water and that there may be serious health risks involved.

Country: International

Website:

<http://www.tinajuanfitness.info/articles/art082197.html>