

FREE

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HEALTH

MACROBIOTIC DIET -
NOT JUST FOR
MADONNA

FOOD

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IT IN THE KITCHEN.

INSIDE SPACE

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PAD? FAKE IT!

MEN WHO FAKE IT

COULD YOU TELL IF
YOUR MAN WAS FAKING?

BOTOX

FAKE FACE - TRIED
AND TESTED

PLUS... FUR IS DEAD

SOPHIE ELLIS
BEXTOR -
IT'S MURDER
ON THE
CATWALK

WOMEN AT WAR

RADIO 1'S LIZA BOOTH
ON TRAINING FOR
WAR REPORTAGE

FAKE IT!

BLUFF YOUR WAY THROUGH LIFE WITH
OUR SPECIAL FAKE IT ISSUE

Easy weight loss?

Safe sustainable weight loss – what most people want – or so you would think. So why then are millions of pounds spent every month on weight loss products, some of which have horrific side effects, are addictive and should not be freely available to the public?

Losing weight for many women is a difficult and frustrating task. Trying and failing at the latest fad or celebrity diet, severely restricting your calorie and nutrient intake and still failing is incredibly demoralising. It's

there are many prescribing guidelines that a doctor has to follow. Despite this a quick questionnaire is often used where essential information can be easily missed. Anti-obesity agents - the correct

calories. Once normal eating is resumed - the disaster is over – the metabolism stays shut down meaning weight is regained plus some extra pounds – one sure way to begin yo-yo dieting which has a list of detrimental health effects of its own.

Long term, getting used to feeling fuller also happens, eventually eating the same quantities of food as before. Then of course when the drug is stopped the extra food is still consumed. Weight gain follows.

TYPE 2 – FAT BLOCKERS

The second type of anti-obesity drug called Orlistat trade name Xenicol – works by reducing the amount of fat that is absorbed

fat is absorbed neither are any of these essential vitamins. If this isn't enough to put you off then the long list of side effects should be.

Side effects of Orlistat may include:

- 1 Faecal intolerance, oily stools, anal seepage – this basically means messy smelly leakage so those white trousers are definitely out.**
- 2 Stomach upsets**
- 3 Flu and respiratory infections**
- 4 Headache, anxiety and fatigue**
- 5 Menstrual irregularities**
- 6 Urinary tract infections such as cystitis**
- 7 In rare cases hepatitis has been known.**
- 8 It should definitely not be used in pregnancy and whilst breast feeding.**

TYPE 3 – RAISE THAT SEROTONIN!

Reductil, the third kind of drug deemed suitable to assist weight loss, acts on the brain to raise levels of the neurotransmitters serotonin and noradrenaline. These are special messengers in the brain, which amongst other things help to give a feeling

If only it was safe to sit back, take a pill and lose weight.

often this frustration that leads people to try extreme measures like fraudulently obtaining prescription drugs or even street drugs in a desperate quest to lose those extra few pounds. Sadly these drastic measures come with a high price.

There is a vast array of slimming tools to choose from, some of which may be beneficial if used correctly. Yet some are addictive prescription drugs that are dangerous when in the wrong hands. Sadly most are freely available to buy at the touch of a button on the Internet. In ten minutes of searching, literally hundreds of different slimming aids can be found. The advertising surrounding these products is ready to pull you into the fantasy world where you can sit back, take a pill, and lose weight. Buying these drugs over the Internet is a risky business;

term for weight loss medication - should only be used for obese people, not those wishing to lose a few pounds or kilos. Below is a summary of the detrimental effects that these drugs can have on your health if not used correctly and under supervision.

TYPE 1 - BULKING AGENTS

Typical example is Celevac, these are taken with water before meals where they swell in the stomach and reduce the appetite. Sound like good news? Well it should work for short term weight loss but the long term effects are not so desirable. Initially if calorie content is severely restricted the metabolism is slowed down. The body thinks disaster has struck, such as a famine or flooding, it goes into starvation mode and hangs on to all available

by the body. It should only be used when a patient is obese and has shown that they are willing to, or already have made dietary changes. This is something that is often faked when buying through the Internet.

Dieters generally believe that all fat is bad news. This is not the case. It is the type and quantity of fat that needs to be addressed. The essential fats – omega 3 and 6 found in seeds – such as linseed, pumpkin, sunflower and sesame plus oily fish such as salmon, tuna, mackerel and sardines - are needed by the body for the metabolism to function correctly, for immunity, skin health and hormone health - think PMS. It is possible that long term use of Orlistat may lead to nutrient deficiencies. The vitamins A, D, E and K are all fat-soluble, so if no

At what cost?

of satiety or fullness thus reducing appetite. Reductil should never be used where there is a history of anorexia, bulimia, binge eating, alcohol or drug abuse, with most forms of heart disease, in pregnancy and whilst breast feeding. Buying this drug over the internet is especially dangerous as blood pressure and pulse rates need to be checked every 2 weeks for the first three months of use.

Side effects of Reductil may include

- 1 Erratic heart rate and palpitations
- 2 High blood pressure
- 3 Constipation, piles and nausea
- 4 Insomnia, headache, anxiety and sweating.

Type 4 - AMPHETAMINES

Slightly more worrying than the actual availability of anti-obesity

drugs, although bad enough, is the availability of Dexedrine. This can be found on the internet when searching under weight loss and diet pills. It is a highly addictive drug not designed for this job. Its real use is for those suffering from narcolepsy, a condition where the sufferer can fall asleep at any moment. It works by helping them to stay awake, as it is an amphetamine. The medical establishment frowns upon doctors who prescribe these drugs for people trying to lose weight yet alarmingly enough it is considerably easy to get hold of. The street name for this drug is 'Dexies' – and they can be easily bought for £1 - £2 each.

Side effects of amphetamines may include

- 1 Insomnia
- 2 High blood pressure
- 3 Heart problems such as rapid

and erratic heart beat

- 4 Euphoria
- 5 Psychosis
- 6 Hallucinations
- 7 Paranoia

Speed, uppers and cocaine (although not truly an amphetamine) are other street drugs used to aid weight loss, and the side effects are all similar to those of Dexies. As well as being addictive the danger of overdose is high, especially if mixed with alcohol, opiates and barbiturates. Add to this the risk of an unlimited fine or prison sentence and they should immediately look less appealing.

So with all this in mind what should you do?

Unfortunately there are no quick fixes for safe sustainable weight loss although the multi million pound industry would have you think differently. The problem with using diet pills and street drugs is that they carry

substantial risks to your health. To some this isn't important, and all that matters is losing weight. If that's you then it's time to wake up and get realistic. Changing your attitude towards food and adopting a healthy diet and lifestyle is much more likely to lead to long term safe and sustainable weight loss. After all if you don't change the way that you eat and your attitude towards it then your weight can't really be expected to change either.

EMMA WELLS

SAFETY NOTE

Your doctor is there to help you, many of the medications mentioned above have interactions with other drugs which you may be taking and all need to be monitored by your GP. If you have acquired any of the drugs mentioned in this article either over the Internet or illegally then please tell your doctor, as he or she needs to know.