



How unauthorized weight-loss products fool you: A guide to survival

REHENUMA RAYSA

The weight loss industry is constantly expanding its border and ascending to its peak. Unfortunately for decades, society has considered body size, shape or weight to often judge and measure one's worth.

It is 2020 and still, we are dealing with this issue where instead of eradicating these misguided beliefs youngsters are falling victim to the trend of fitting into the restricting body standards set by various advertisements appearing in magazines, online or television.

These young minds are being forced to compare themselves with models having different body types or even different lifestyles altogether who are claiming to be benefitted by such products which apparently have helped them in magically

reducing their weight within a week.

They are promoting different kinds of harmful products including various sorts of teas, diet pills and medicinal supplements infused with pernicious ingredients to give people false hope.

Advertisements are making profits out of people's insecurities where the associates are considering themselves to be in charge of determining what shape or size is perfect for people without having any prior knowledge whatsoever regarding this aspect.

Lack of business ethics is making them implement such wrong notion and embed unrealistic expectation among customers by promising them instant result regarding accelerating their

weight loss knowing fully well that these products will not function as promised and will bless them with damaging side effects in the long term.

The side effects of consuming such products might not be immediately obvious; however, eventually will become apparent where one can even develop an eating disorder along with numerous other chronic diseases.

One needs to understand that if obesity or overweight is creating hindrance in the functioning and the professionals are suggesting one to lose weight, then definitely one should pay attention to the body's needs.

If one learns about any particular option which one is willing to try, then verifying

it from a professional healthcare provider instead of blindly believing or following certain advertisements just because they are great at boasting would be the best option.

Though people's minds are changing gradually, it can convey the message of hope for the adolescents who already have so much on their plates; be it their career, future plans or deciding what contribution they can make to the society.

They do not need another unnecessary pressure from their surroundings that weakens their confidence to conquer the world. One should not starve oneself or constantly feel guilty while enjoying one's favourite food to get some applause from people who have kept their hands tied intentionally!