Risky Weight-Loss Strategies

Some weight-loss strategies are very risky and unhealthy. Remember, you are still growing and good nutrition is essential to this process. If you feel you need to do something to lose weight, consult your health care provider to develop a healthy weight loss plan.

Avoid These Risky Weight-Loss Strategies

Skipping Meals, Eating Fewer Meals a Day, Eating One Meal a Day, Fasting

Your body requires a certain number of calories to work properly. If you deprive yourself of food, hoping to lose weight, you will only decrease your metabolism (the process your body goes through to use calories for energy), which will not help you lose weight and will probably make you feel tired.

Fad Diets

Fad diets offer only a quick fix and dramatic results. Most fad diets are very low in carbohydrates and calories. This causes fluid loss from the body, which then shows up as a temporary weight loss. Once the body gets rehydrated with water, the weight will come right back. Some fad diets you may have heard of include: Atkins (focuses on eliminating carbohydrates), South Beach, Beverly Hills, Cabbage Soup, and the Grapefruit diets.

Liquid Diets

Liquid diets replace some or all meals with liquids. These diets are normally very low in calories and lack other nutrients the body needs, such as fiber. Medical problems that people have experienced on liquid diets include: diarrhea, constipation, heart problems, and fatigue. The FDA requires liquid diet products to have warning labels on them due to these medical problems.

Over-the-counter Diet Pills

No matter what the packaging says, diet pills don't burn fat or prevent fat from developing. They only suppress a person's appetite. Side effects of diet pills include: headaches, heart palpitations, drowsiness, anxiety, sleep problems, and dehydration.

Laxatives

Laxatives help a person have a bowel movement, which may result in temporary weight loss, but not permanent weight loss. Laxatives are dangerous because they reduce the absorption of nutrients, vitamins and minerals, and also rid the body of fluids, leaving you dehydrated. Side effects include: abdominal pain, nausea, and diarrhea.

Diuretics

Diuretics help people increase the amount of urine, which means the body loses more fluids and nutrients such as potassium. Side effects include dehydration and bloating, which may make you feel fatter.