
weight loss supplements The Scoop on Some Popular Weight Loss Supplements

Posted by xvaqvjwvnbx@yahoo.com - 2008/11/18 09:09

A consistently increasing number of people spend hundreds or even thousands of dollars every year on weight loss supplements hoping to boost their metabolism in the pursuit of achieving an higher level of attractiveness. The fitness industry is booming, but the majority of people are unable to shed those unwanted pounds in spite of all the efforts they put into exercise and dieting. In the United States, more than sixty percent of adults are overweight and thirty percent are considered obese. Here in the U.S. we have become sedentary and have grown accustomed to an overabundance of food. We have grown dependent on convenience, which has led us to consume excess amounts of unhealthy fast foods and quick, easy to prepare meals that that aren't as healthy as they should be. We have sacrificed the healthy, home-cooked meals of the past to cater to our around-the-clock lifestyles. As a result, we're always on the lookout for a super duper weight loss miracle pill that will allow us to eat whatever we want, never exercise, and still maintain the figure of a supermodel.... <http://groups.google.com/group/weightlosslnfs>

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