

**WRONG METHOD OF LOSING WEIGHT MAY EVENTUALLY CAUSE THE INCREASING OF BODY WEIGHT**

<b>METHODS</b>	<b>ITEMS</b>	<b>POSSIBLE SIDE EFFECTS</b>
<b>Weight Loss by Using Drugs</b>	<b>Doping</b>	Long term consumption of doping will cause tension and insomnia. Its anorexia effect has been used for refreshing as well as weight loss purposes. The abusive use of doping has been banned due to its greater side effects comparing to weight loss.
	<b>Diuretics</b>	Will cause vomiting, weakness, low blood pressure, kidney damage etc.
	<b>Laxative</b>	Will cause anemia and gastrointestinal diseases. If the consumption of laxative is discontinued, body weight will be increased.
	<b>Expanders</b>	Will result in vitamin and mineral deficiency. Overdose will led to thickening of blood vessel wall.
<b>Slimming Surgery</b>	<b>Local liposuction</b>	More suitable for localized adiposity. However, this may cause rough skin, blood clot bruise and will easily cause fat embolism.
	<b>Stomach excision</b>	Seriously affect the normal digestion and absorption.
	<b>Small Intestine Bypass Method</b>	Truncated small intestine to reduce nutrient absorption and hence lead to weight loss. However, this may cause gallstones, acidosis, liver dysfunction, anemia and other side effects.
<b>Weight Loss Physically</b>	<b>Sauna steam bath, salt solution bandages, thermal fat removal, low frequency liposuction</b>	Although body weight can be reduced through temporary dehydration, the body weight can be regained by drinking water.
	<b>Weight loss through acupuncture or ear acupressure at hunger point</b>	Reduce appetite. However, the body weight can be regained if normal eating habit resumed
<b>Dietary treatment</b>	<b>Slimming tea or slimming candy</b>	Easily cause malnutrition or weakness
	<b>Vegetable Soup</b>	Easily cause malnutrition or weakness

<b>Weight loss through high-protein diet</b>	Not suitable for those who have heart disease as well as high blood pressure, and is likely to increase the burden of kidney. Long term consumption may cause osteoporosis, cramps and acid poisoning.
<b>Crash dieting</b>	Will affect normal metabolic function and cause malnutrition
<b>Starvation</b>	This method cannot be sustained as it will cause a great loss of protein, water and electrolytes