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* Current Scenario

In this fast life health issues are around the corner. Obesity is the problem that has caught on everybodyâ€™s eye on. To stay fit and healthy is the need of the day to live a peaceful life this will even cut down the expenses on medical problems. Many healthy diet food stuffs including fish oil have been recommended as a part of a healthy and planned diet. Exercise, Yoga and low fat diet are on each person list and people are ready to shed loads of money to look slim and fit.

* Beware of Fake organisations

To shun away obesity is the necessity. Many people with the intention to make money have taken advantage of this and have been making fake promises at the cost of your health. These quick fat burn methods with low fat diet are detrimental to the health. It may sound logical eliminate fat to reduce your fat but this may not be true. On the other hand Probiotics are known to provide innumerable heath benefits ranging from healing from constipation, diarrhoea, and even has outperformed in the field of healthy diet.

* About Low fat diet

Low fat diet though it is said to have food content with less cholesterol and saturated fats but they do not prove much beneficial in the long run. Our body requires all the constituents of food in the proper proportion. Too much of anything is harmful to the health. However these dietary fats are required to supply energy and fatty acids in the absence of which one will not be able to perform the daily chores. There's no point in eliminating your excess weight at the expense of your health, which sadly occurs all too often and low fat diet is responsible for all this.

* Benefits of Fish oil

Fish oil is known for its ability as a cure for many diseases such as a treatment for heart ailments, cancer, diabetes, cholesterol, depression etc. These benefits are attributed due to Omega 3 essential fatty acids which are rich sources of DHA and EPA. Researchers have found that fish oil have contributed magnificently towards weight loss since it improves the efficacy of the most effective method of weight loss which is exercise. Care must be taken that the intake of fish oil must be in proper dosages too much of intake may even probe the danger of allergies. Purity of the fish oil must be verified before buying it.

* Benefits of Probiotics

Probiotics are the micro organisms present in supplements and foods that are known to improve health. These Probiotics focus on the digestive system which is responsible for the intake and the breaking down of the food. A healthy digestive system helps in keeping the whole body happy. These Probiotics improve the intestinal functioning. However these are some of the known facts about Probiotics but after a research it is found that Probiotics are also known to affect the way in the calories which are consumed by the body are digested and the manner by which they are used by the body. An extra intake which can result in obesity is excreted out of the body by these Probiotics thus helping in regulating the metabolic pathways.

It is rightly said that when it comes to eating the right content and exercising every day in such a

case there is no I will start tomorrow because tomorrow is disease.

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