

4. How can Just Natural Rapid Weight Loss lose weight? (How to work?)

4.1 Just Natural Rapid Weight Loss is prepared according to the empirical formula confirmed by traditional theory and long term clinical practice, and it is tested through long term clinical application. From the aspect of TCM, the major mechanism includes dissipating phlegm to eliminate turbid, inducing diuresis to dispel dampness and lowering fat to lose weight. Gold theragran is applied, too, the drug can restore Qi, which is similar to ginseng, and it also has effect of lowering fat and dissipating dampness. TCM believes that “obese people have excessive phlegm”, and the pathogenic factors are related to “dampness, phlegm and deficiency”, i.e. obese people have too much damp, phlegm, and they usually have deficiency of vital energy. Just Natural Rapid Weight Loss organically combines phlegm dissipating, dampness dissipating and deficiency reinforcing to reasonably compose prescription, thus to help lose body weight.

4.2 It is indicated in modern pharmacology that Just Natural Rapid Weight Loss mainly accomplishes the weight losing effects by the following pharmacological actions:

- (1) Promote enterokinesia, and it has slight diarrhea effect, so it can inhibit the absorption of fat and carbohydrates.
- (2) It contains α -glycosidase inhibitor, which can prevent the carbohydrates to be decomposed in small intestine by α -glycosidase, thus to reduce absorption.
- (3) Increase the anaerobic glycolysis in muscle and speed up the metabolism rate of glucose.
- (4) It can improve metabolism and increase the decomposition and consumption of fat, thus to reduce body weight.
- (5) It has gentle urination promoting effect. By gentle and slow urination promotion, the capsule can lose weight, but produce no side effect.
- (6) It can lower blood pressure and lipids.

5. Indications of Just Natural Rapid Weight Loss

5.1 Obesity. Obesity is the first indication of Just Natural Rapid Weight Loss.

(1) Definition: patients with obesity accumulate too much fat in their body, and body weight increases. Among people, body weight distributed normally, with no certain borderline between normal and abnormal, therefore, obesity is defined by people, and now ideal body weight and body weight index are usually applied as the judging standards. Ideal body weight can be calculated with the following formula: ideal body weight (kg) = height (cm) - 105. If body weight surpasses the ideal body weight by 50%, obesity can be defined, if the surpassed body weight is between 10% and 20%, it is defined as overweight.

(2) Etiological factors: the etiological factors of obesity are not clearly identified, there are various reasons, and a few reasons exist in one obesity patient. In summary, if energy intake surpasses the consumption in human body, obesity would be induced. That means, no matter increased food intake or decreased consumption, or both of them, obesity would be induced. It is indicated in some studies that, obesity is related to genetics, functions and activities of central cerebral system, endocrine system and abnormal metabolism, etc.

(3) Clinical manifestation: fat distributes evenly for patients with obesity, and it mainly distributes on neck, trunk, head and face on males, and hypogastric zone, breast and buttocks on females. Obese people may have psychological problems such as sense of inferiority, anxiety and depression, etc., while in the aspect of behavior, breath lessness, arthralgia, puffiness and muscular soreness would be induced, and physical activities would be reduced. In addition, the morbidity rate and case fatality rate of some diseases relevant to obesity may increase consequently.

5.2 Overweight

If body weight surpasses the ideal body weight by a percent between 10% and 20%, it is named overweight. Body weight surpasses ideal weight, and hyperlipemia is combined or not, then apply the Just Natural Rapid Weight Loss, and effect would be outstanding and rapid.

6. Common harm of obesity

(1) Obesity will firstly affect your image and efficiency, thus to bother your life and work. It is observed by some commercial company that, slim counterman will sell more things than obese one, and policeman may be killed by the "robber" for slow movement caused by obesity. It is found in the study of London Guildhall University that, the income of common secretary is 15% less than that of beautiful secretary, while unattractive man earn 15% less than that of handsome colleagues.

(2) Obesity inhibits "sex". Obesity may induce the degeneration of sexual function and lowering productivity, and this is the joint effect of three aspects (blood circulation, endocrine, reproductive and nervous systems). Hyperlipemia or hyperglycaemia would make the blood vessels narrow, and blood would be thick and not easy to flow, and this especially affects the erection of man. Secondly, obese people lack self confidence and the attractive force to opposite sex, so they are difficult to relax and they lack stimulations.

(3) Obesity is the big enemy of healthy longevity. Obesity would not only increase the chance of various diseases, but it will derivate another "three high", which are high mortality rate, high suicide rate and high accident rate. Therefore, the final cost of obesity is "shorter life time". Life insurance understands this well, and premium is proportional to obesity degree. It is reported that, for 45 years old males who excesses ideal weight by 10%, their life is shorter than the people with normal body weight by 4 years. It is indicated in a Japanese statistical data that, if standard death is 100%, the death rate of obese people would be 127.9%.

(4) Obesity would influence labor force and obese people easily get injured. Obese people usually fear of hot day, they have colliquative sweating, and get fatigued easily. They have puff lower limbs, viscosity and dermatitis on skin wrinkles. For serious obesity, they move slowly, and even walking is difficult, slight movements will induce panicky and short breath, normal life would be affected, or the patient even lose working ability. Because obese people reflect more slowly, they are easy to suffer from all kinds of traumas, car accident, fracture and sprain, etc.

(5) Catch coronary and hypertension and stroke easily. As studied in statistics, obese people have incidence rate 1% to combine cerebral infarction or heart failure than normal people, their incidence rate of coronary diseases is 2 times more than that of normal people, and hypertension incidence is 2-6 times more than that of normal people. Obese people get increased pain, the consuming oxygen increases, heart does more work, especially the load of left ventricle, myocardial hypertrophy, may induced, and hypertension and heart failure may caused finally. Lipidoses on inner artery wall to induced scleratheroma and sclerosis. Therefore, angina pectoris, myocardial infarction and sudden death may be induced.

(6) Obese people get endocrine and metabolism diseases easily. In statistics, it is indicated that obese people combining with diabetes are 4 times higher to normal people, with the abnormality of endocrine and metabolism induced by obesity, many diseases may be induced. Abnormal glucose metabolism may induce diabetes, abnormal fat metabolism may induce hyperlipemia, abnormal nucleinic acid (purine) metabolism may induce hyperuricemia, etc., and obese females may have irregular menstruation, impreganancy and hairness, etc. induced by ovary functional disorder, such as polycystic ovary.

(7) Obesity would product adverse effects on respiratory functions. Respiratory system provides oxygen and exhausts for the whole body, while obese people need more oxygen for their increased body weight, however, lung can not increase its function as along with the increasing body weight, at the same time, the fat accumulation on the abdominal region inhibits the respiratory movements of lung, and hypoxia and dyspnea may be induced, and finally heart and lung failure may be caused.

(8) Obesity can cause liver and gall diseases, dyspepsia easily. In statistics, it is indicated that obese people combining cholelithiasis are 4-6 times more than normal people, and because of excessive synthesis of triglyceride and cholesterol in obese people, so triglyceride and cholesterol may accumulate in liver, and fatty liver may be induced. Compared to normal people, the cholesterol content in bile acid of obese people increases and surpasses the dissolving capacity of bile, so obese people is easily to form cholesterol calculus, and it is reported that 50%-80% of the female cholelithiasis patients are obese people. During surgical operation, about 30% of the highly obese people have gallstone.

(9) Obesity would increase the difficulty of operation and patients will get infected easily. Obese people would increase risk during anesthesia, the surgical cut is easy to split, and complications such as infective pneumonia, etc. are more frequently in obese people.

(10) Arthropathy may be induced in obese people. Increased body weight can make many joints (vertebrae, shoulder, elbow, hip, knee and joints of foot) easy to be worn out or torn and pain would be induced.

(11) Hernia is easy to be induced. Obese people may combine various hernias, and it is most commonly seen that superior part of stomach translocates to thoracic cavity and form hiatal hernia.

(12) Possibility of cancer is greatly increased. Gall bladder and bile ducts cancer, endometrial cancer, male colon carcinoma, rectal cancer and prostatic carcinoma, etc. are obviously increased in obese people. How can obesity increase the cancer possibility? There are various fat solvable toxic substances which are easily accumulated in fact (loss of the first preventing line). Hyperlipemia has inhibiting effects on immune cells such as macrophage, etc., and immune function of obese people declines, and recognition and killing capacity are greatly decreased (weakness of the second preventing line). For women, body fat can produced "estrogen advantage", thus to induce breast cancer and cancer of the womb (malfunction of muscle signal system). It is found in the new study that, estrogen advantage can induce prostatic carcinoma and carcinoma of testis in males.

WHO and USA government have defined obesity as a kind of disease formally, and IRS allows the taxpayer to list the weight reduction expenditure into the medical reimbursement.

Obesity is no longer the sign of money and happiness; obesity can also make you poor, sick and ephemeral!

In fact, slim=beauty=health=longevity!

7 Disadvantages of other slimming drugs (A and Q of Just Natural Rapid Weight Loss)

(1) “After taking other weight-reducing drugs, I feel uncomfortable in my stomach, it is bloating and painful, I only want to go to toilet, 2-3 times daily, and there is a layer of grease.” What’s matter?

Answer: in the weight reducing drug you take, there may be an ingredient called Orlistat, also Xenical, and this is a lipolytic enzyme inhibitor in gastrointestinal tract, and it will decrease the lipid absorption by 30%, and people like high fat food can obtain good results with this drug, but the dose should be control and the administration had better not surpass tow years. When taking this drug, fat soluble vitamins are also blocked, so it is suggested that one capsule of multivitamins should be added daily, and the vitamins can be taken 2 hours after drug administration or before sleep. In addition, it is still in assessment whether the drug is safe as a weight reducing drug. Therefore, it is not recommended to be applied to children younger than 18 years old, pregnant or lactating women. Just Natural Rapid Weight Loss can reduce fat absorption and promote the metabolism of fat, and the action is gentle, it will not block the absorption of fat soluble vitamins.

(2) During the administration of other weight reducing drugs, this symptom appears, “I have good sleep before, however, after two days of drug administration, I find that I am very excited at night, and I do not want to go to bed, and I can not fall asleep even I lie on bed, and I eat less obviously than before, but full of energy.” Why?

Answer: in the weight reducing drug you take, there may be an ingredient named Amphetamine. In the primary stage when this drug is taken, the effect is just as you described. But when body produces drug resistance, unstable mood, fancy, illusion and sleep disorder, etc. would appear, and Amphetamine is easily addicted like other narcotics, once you become addicted to it, the withdrawal process should be very terrible, anxiety, depression, fatigue, somnolence or Binge overeating, etc. may even appear. It is suggested by experts that, this drug should not be taken easily.

(3) When other weight reducing drug is taken, this kind of symptom appear: “I recently take weight reducing drug, my appetite becomes very poor, and I do not want to swallow anything, my body weight decreases, but I feel dizzy, headache and sleepy, some times even palpitation, what’s matter?”

Answer: In the weight reducing drug you take, there may exist Fenphen, which is an appetite inhibitor, and its major ingredient is fenfluramine. USA FAD has formally prohibited the application of Fenphen in weight losing in 1997, Sep. In the marketing of Fenphen for the first year, the sale amount is great, but many side effects are brought. Long term administration even can induce injuries of cardiac valve and pulmonary hypertension, etc.

(4) When other weight reducing drug is taken, this kind of symptom appears: “I take one kind of body weight reducing drug, and I feel thirsty, my lip even split on the second day. Moreover, I can not sleep at night, my heart beats faster greatly!” Why?

Answer: in your body weight reducing drug, it may contain Sibutramine Meridia. The mechanism of this drug is to inhibit appetite by blocking the re-absorption of nerve conduction substance. The drug is absorbed easily by oral administration, and obvious body weight reducing effect can be obtained within 6 months, and once it was popular in Europe and USA. However, it is found by drug monitor section of New Zealand that, this drug can damage the remembrance of human being. There are data which confirm that this ingredient can not only affect remembrance, but can induce other cerebral vascular problems, which displays as clouding of consciousness, dizziness and visual abnormality, etc. Take pure natural TCM product—Just Natural Rapid Weight Loss, the effect is reliable, and no adverse effect is found.

(5) When other weight reducing drug is taken, this kind of symptom appears: “after taking the drug, I even become a “sleeping cat”, I can not awake naturally, and my lip is always dry, or I feel tired when I do nothing, and there are a lot of pisses.” Why?

Answer: in the product you take, there may be a common appetite inhibitor, PPA, which becomes “notorious” in cold drugs. To make a clear distinction from it, some cold drugs note in their advertisement words: no PPA. PPA can induce female stroke.

(6) When other weight reducing drug is taken, this kind of symptom appears: “after I take this drug, I fell stomachache in short while, and most of the time in the morning, I have spent in toilet, like I eat something bad, and I vomit at noon, it feels like I am empty through and through, like I am deprived of water.” Why?

Answer: in the product you take, intestinal stimulant may exist, like senna leaves. Experts indicated that “intestinal stimulant” is no weight reducing drug in medical clinics, but intestinal stimulant can reduce the time that food stay in the digestive tract, and absorption rate would be reduced, so it is usually used wrongly or abused as body weight losing drug. If not applied correctly, intestinal stimulant may bring sever outcomes. Take senna leaves for example, many people believe that it is pure natural, and it would produce no side effects when applied to weight reducing or constipation, however, this is a big mistake. If taking incorrectly, senna leaves can induce abdominal pain, nausea, vomit, etc., or it can induce upper digestive tract hemorrhage, female menstrual disorder, or some people even addicted to senna leaves, not only constipation is induced after it is stopped, but restlessness, insomnia, anxiety and general indisposition would appear. Just Natural Rapid Weight Loss has gentle laxative effect, and it will not make you feel uncomfortable.

(7) When other weight reducing drug is taken, this kind of symptom appears: “after taking this drug, I feel bloating in my intestine and stomach, and a little stomachache.”

Answer: in the product you take, there may be Acarbose Glucobay, which has effect of lowering blood glucose, and liver enzymes would increase in blood of the drug taker. Some people died of hepatitis when taking Acarbose Glucobay, however, no correlation between Acarbose Glucobay and hepatitis is confirmed, but you should not adopt a causal attitude. It is indicated in experimental study and clinical application that, Just Natural Rapid Weight Loss will produce no side or toxic effects, and it has no damage to liver, kidney and all internal organs.

(8) When other weight reducing drug is taken, this kind of symptom appears: “after taking the drug, the most significant thing I feel is that I urinate a lot, then I feel weak, or even dizzy”, why?

Answer: in the product you take, there may be some diuretic, which is mainly applied to induce urination and lower blood pressure, and a lot of body fluid will be discharged, and body weight will be transiently lowered, therefore, diuretic is usually added into the body weight reducing drug or tea. But as it is named, diuretic reduce the water in body, it is not the real weight reducing. Just Natural Rapid Weight Loss has gentle urination inducing effect, and you will feel nothing when taking the drug, and the above adverse effects would be induced.

(9) When other weight reducing drug is taken, this kind of symptom appears: “after taking the product for a period, I find I am insomnia, sometime even dizzy, or palpitation, sweaty, so terrible!” What’s the reason?

Answer: in the product you take, ephedrine or thyroxin may exist. Ephedrine is an adrenoceptor activator which acts on cerebral nerves, and it can promote the consumption of body heat and fat decomposition. Thyroxin lowers body weighty by increasing metabolism rate. But in some study reports, it is indicated that, at present, the potential risk of ephedrine is superior to its treating effects. While thyroxin can induce palpitation, excitation, insomnia, agitation, sweaty, or even flutter and angina pectoris, etc. Just Natural Rapid Weight Loss can promote the decomposition of glucose and fat, and the gentle effect is more valuable, the acting period is long, it can gradually lower body weight, and the accomplishment can be maintained with no rebound.

The above mentioned weight reducing drugs are mostly prescription drug, and it would be dangerous if you buy by yourself!

Just Natural Rapid Weight Loss is a natural TCM body weight reducing product, and it is a food supplement.

8. Testimonial of True story

1. I did it!

Today is Saturday, a happy weekend!

I go out this morning, and it does not rain, it would be a shiny day, I think. This seems like a warm spring Mar. I raise my head to see the sky, it is even brighter. These days, when I walked out the door in morning, it is gloomy outside, and makes myself with no spirit.

I do sport, and sweat, feels good, or may be it is mood. After a bath, I feel lighter greatly, I should do sport more frequently. Truly hope that the weather becomes warm quickly, and I can give people desire to do sports. En, there are some body building instruments in the community.

Ah, I felt so good today, and had an apple during supper, and I would insist to do sports and control my body weight better.

I must continue my body slimming project! And hope there would be more obvious effect!

Life is flat, but true, and in this flat and true life, the sliming effect I pursue dose not appear.

Finally one day, a fellow villager introduces me a “slimming” club, where there is an exclusive expert who teaches us to do slimming exercises, and one natural body weight reducing product is combined, that’s Just Natural Rapid Weight Loss. Promoted by our couch and my fellows, I insist for 3 months. After this period, my body weight is only about 10% more than the ideal body weight. The most important thing, I feel good, and I believe I can slim myself successfully!

After that I insist to use Just Natural Rapid Weight Loss, and do sport at home, discontinuously. No longer than half a year, my body weight recovers to be normal, of course, I am still using Just Natural Rapid Weight Loss, once daily is enough.

2. Just Natural Rapid Weight Loss—green body weight reducing drug

Early in the time when I studied in my university, there was a super obese girl in our class, and her mama was a reshaping doctor, after liposuction, she used natural TCM body weight reducing drug, and she never became obese since then.

When I went to work in Guangzhou, one of my colleagues had used natural body weight reducing drug—Just Natural Rapid Weight Loss, and the effect was good, especially for waist and buttocks, and the there was no rebound.

Therefore, I thought highly of natural TCM body weight reducing drug, but I was a member of moonlight clan, I used up all the money I earned in each month, and I had not decided to buy, and I did the cheapest and most effective body weight reducing sports. Of course, do not mention the effect, it was not that good.

Maybe I restricted with body weight reduction since I was born, when my weight reduction had got some certain effect, my food sprained, and I had a month for resting, foot was recovered, and meat was also recovered, and even more violently. Truly a recovery of hip and meat!

I was crazy, why there was always something opposing me to lose weight!

At last, I was mad to be slimmed down, therefore, I bought Just Natural Rapid Weight Loss after I got the salary, 3 treatment courses at once.

Surprisingly, I had extremely good reactions to Just Natural Rapid Weight Loss. After I took the capsule for 2 months, I could see the day and day slimming person, myself! Then, I finally believed the effect of natural body slimming drug. It would not manage only by doing sports. In these two months, I did not change my diet greatly, and I did not painstakingly control the diet (maybe the effect is good if controlled). I took one egg and a cup of milk in morning, at noon, I had meals as I like, while in the evening, I tried to take more green vegetables as much as possible, had some soup and a little Mantou. In fact, this was the dietary law I abided by always! My fruits were not reduced, two big apples daily.

One day, I went to hospital for do physical examination, all the results of physical and chemical examinations were normal. I was truly happy in my mind, it was Just Natural Rapid Weight Loss, which made me lost 18 Jin (9kg) unconsciously, of course, and

there were still my good dietary habits and discontinuous sports. I would continue, and I hoped I would reduce my body weight to the ideal body weight of 54 kg.