

Title:

Bulky Waists, Health Hazards, and Improper Methods for Weight-loss

Word Count:

552

Summary:

This article talks about the health hazards of being overweight. People who want to trim down

Keywords:

diet, stress

Article Body:

Having a big waist and belly is not just a cosmetic issue but also a health threat. Medical st

A study published by the American Journal of Epidemiology further reinforced these fin

Starving is one of the things that many individuals do to lose weight believing they w

People who want to lose weight spend enormous amounts of time and effort on the gym. C

There are a growing number of individuals that are turning to weight loss pills for we

People who want to lose weight should bear in mind that there are no short cuts to wei

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