

Xenical for the Treatment of Obesity

What is Obesity? Obesity is excess fat in the body. Body fat is necessary for everyone, but excess body fat can cause serious health problems. **How do you measure obesity?** Generally, when you measure weight, it does not denote whether you are overweight or obese. Therefore, you need to take BMI test, which is the most accurate method for measuring obesity. **What is BMI?** BMI is an acronym for Body Mass Index. It calculates obesity level by dividing your body weight in kg by your height in meter square. For example, if you are weighing 86 kg with a height of 178 cm, then your BMI is $86/1.78^2 = 27.14$. You can consult the below given BMI chart to know in which category you fall.

18.5-24.9	- Healthy Weight
25 to 29.9	- Over weight
30 to 39.9	- Obese
40 or 59.9	- Morbidly Obese

Reasons of Obesity There is more than one reason for obesity. Your body weight is a result of combination of factors such as genetic, metabolic, behavioral, environmental, cultural, and socioeconomic influences. Overweight or obesity occurs due to an imbalance between excessive calorie consumption and inadequate physical activity. Life style changes and behavioral habits are also important reasons for obesity. However, behavioral and environmental factors that are responsible for obesity can be changed. They also give you an opportunity for prevention and treatment of obesity apart from effective anti-obesity medicines such as Xenical.

What is Xenical? It is an oral prescription pill, which is used for treatment of obesity. Glaxo SmithKline (GSK), manufacturer of Xenical, claims that this anti-obesity drug can help you lose 50% more weight than dieting alone. **Ingredients of Xenical** Active ingredient of Xenical is orlistat. It does not affect your diet but works by reducing the ability of your body to absorb fats from food. You can take Xenical in strengths of 60mg capsules three times a day with meals for effective results. Xenical reduces fat absorption in the body by one third. This can also lower the amount of vitamins absorbed by the body including vitamins A, D, E and K, which are fat-soluble vitamins. Doctors usually prescribe supplements with Xenical medication to make up for the loss of important vitamins along with fats. **Benefits of Xenical** You can get many benefits on taking Xenical apart from losing weight. This anti-obesity drug reduces blood pressure levels in the body. It also reduces triglycerides in the body. Major benefit of taking Xenical medication is that it reduces the chance of developing type 2 diabetes diseases among users.

Who can take Xenical? You can take Xenical medication only if you are truly obese or overweight with certain medical conditions. Doctors generally prescribe this drug to people with BMI greater than or equal to 30 kg/m² or 27 kg/m² and suffer from other risk factors such as hypertension, diabetes or increased serum cholesterol. You can take this drug after medical consultation and you should be willing to make permanent changes in your eating and exercise habits.

Availability of Xenical You can buy Xenical online as well as from a local pharmacy. As the process to buy Xenical online is quite simple and easy, many people prefer to buy it online. It gives you many options to research about various sources that sell Xenical online. You can easily select a reliable and genuine online store, which sells original Xenical medication. **Why should you choose Xenical for the Treatment of Obesity?** Manufacturer of Xenical says that this anti-obesity drug is not a magic pill. You should not expect it to work as a quick fix method for reducing your body fat. However, Xenical is a powerful motivator and can produce effective results if you complement it with healthy low-fat diet and increased exercise.

About the Author

Webmaster associated with online pharmacy "AtlanticDrug.com" this site provides various information on [Xenical](#) Orlistat and helps people in curing [Obesity](#), resources are available on site atlanticdrugs.com.

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