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How to Lose Weight with Xenical

Have you noticed lately that an increasing number of individuals who need to lose weight are interested in how to lose weight with Xenical? The pattern is tough to miss. All you need to do is go somewhere public, like work, the grocery store or the mall and you'll probably hear people wanting to get this weight loss medication or at least talking about it.

What about you? Do you need to lose some weight? If you're a bit overweight and have encountered problems like social stigma or health complications, then perhaps you should lose weight. And there is no better time than now to consider losing weight.

There are many ways to achieve weight loss. If you prefer the all natural approach, you could always follow a good exercise plan and eat healthy food. If you like to take short cuts, you could seek surgery, such as liposuction or a gastric bypass.

However, if you don't have the time and/or money to spend on exercising, dieting or heading down the surgical route, you can always consult your physician and find out how to lose weight with Xenical.

So how do you lose weight with Xenical? One of the reasons that individuals gain weight is because they eat food high in fats and calories. Because they consume more fat than the body requires, the excess fat this is not required nutritionally is stored in the body.

Xenical works by attaching itself to enzymes called lipases in your digestive system. Lipases help break down fats for absorption by the body. When taken with meals, XENICAL attaches to about one third of lipases in order to block them from breaking down some of the fat you have consumed. These undigested fats can't be absorbed and are therefore eliminated through your bowel. So XENICAL blocks about a third of consumed fats from being absorbed by the body.

Xenical also helps carry undigested fats from your body. In other words, by losing weight with Xenical, you will not only stop your body from storing extra fat, it also helps speed up the digestive process. To put this simply, Xenical increases the frequency of bowel motions.

Many women testify that it is much easier to lose weight with Xenical. The way this weight loss medication works, why shouldn't it be? Xenical is good for those who can't (or won't) exercise to remove those excess pounds. You don't NEED to exercise with Xenical. However, if you want to increase the rate at which you lose weight then Xenical works better in conjunction with a healthy eating and exercise program.

So losing weight with Xenical can also save you a lot of money. Apart from the money required to purchase the weight loss medication you won't need to worry about expensive gym memberships or expensive medical bills for surgery. The easy way out is to consult your doctor to find out how to lose weight with Xenical.

You can also find this article published on [How to Lose Weight with Xenical](#)