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Low Carb Diet Better for Weight Loss and Blood Pressure When Compared to the Drug Orlistat

In a new study, it was found that eating a low carb diet can help you lose weight as effectively as eating a low fat diet and taking the diet pill Xenical or Alli. In addition to being just as effective, it also has a favorable effect on blood pressure.

This is just another example that eating a healthy diet is just as effective as taking diet pills and better for you. There are just way too many problems associated with chemical diet pills to make me comfortable using them. If you choose to use a weight loss supplement, you really should stick with natural supplements because they are safer and usually just as effective.

If you want to read about the study, check out the link below.

[Low-carb diet best for lowering blood pressure | Reuters:](#)

You can also find this article published on [Low Carb Diet Better for Weight Loss and Blood Pressure When Compared to the Drug Orlistat](#)