Many jobs and hobbies people engage in nowadays promote sedentariness, such as deskwork and playing video games.

(Newswire.net -- November 27, 2018) Orlando, FL -- Today, more and more foods that contribute to obesity are widely available in the market and less costly, too. Unfortunately, obesity also leads to undesirable health consequences.

According to experts, having a BMI below 18.5 is considered to be underweight. What is normal is the weight range of between 18.5 to 25. Individuals with 25 to 30 BMI are considered overweight, and with a BMI over 30, they are considered obese.

It is worth mentioning the body mass index (BMI) pertains to a measure of body fat according to the weight and height of a person. Experts warn that obesity is linked with chronic diseases like diabetes, heart disease, osteoarthritis, and some types of cancer.

The World Health Organization data for 2017 has revealed the countries with BMIs over 30. Some factors are found to significantly contribute to weight gain and obesity. One is poor food choices, which means consistently eating fat-promoting, nutrient-deficient food.

According to experts, these are foods that are convenient and less costly to obtain. They are also being marketed on television and the internet, and this even more contributes to their popularity.

There are also many people who live a sedentary lifestyle, and this is one reason behind obesity. Many jobs and hobbies people engage in nowadays promote sedentariness, such as deskwork and playing video games.

In terms of weight loss, goals can be achieved not just by following a healthy diet and lifestyle. There are natural remedies found to be helpful for weight loss, and it includes the use of rhodiola rosea.

According to experts, this natural remedy could help the body burn off its stored fat. It possesses an active compound called rosavin, which alters the metabolism of the human body to burn fat for fuel.

Scientists have further found that rosavin has an ability to stimulate the hormone-sensitive enzyme called lipase. It is worth mentioning this enzyme can particularly target stored fat inside the body and burns them for energy.

In a study, it has been found that the combination of rhodiola and low-calorie diet resulted in 11 percent decrease in total body fat. Those who did not take the natural ingredient only achieved 9 percent of body fat reduction.

Experiencing the weight loss benefits of this natural remedy may happen by turning to the use of Divine Bounty Rhodiola Rosea.

This formula has an increasing popularity in the international market due to its high potency and purity. It could deliver not just the weight loss effects of rhodiola, but also its other health benefits.


About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.
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