

## Stop Eating Junk Food!!

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Junk food is the main cause for obesity. Though junk food tastes really amazing but you must know that it is immensely full of calories and fats. It has very little amount of nutritional value in it. Hence the ill effects of junk food are evident enough. People across the world are suffering from some serious health related problems. Research has proved that junk food can never be considered as a healthy diet. Having junk food is treated like a fashion in the present world. Though you cannot avoid it completely but you can surely avoid it partially.

You must have a minimal amount of junk food. Let us now know more about why an individual should avoid junk food and what the harmful effects are? Firstly the low level of energy is the reason. Junk food is not made of essential nutrients. Hence this leads to the problem of energy deficiency. You may also suffer from heart related diseases. A cardiologist always suggests avoiding junk food as it increase the cholesterol level in the body and weakens your heart. Regular intake of junk food results in high blood pressure, diabetes, and heart syndromes.

Another major problem caused by junk food is a huge drop in blood circulation. It makes you drowsy and gradually decreases the flow of blood circulation. The blood arteries turn out to be very weak and lead to many syndromes. Apart from all the above mentioned problems caused due to excessive junk food you may also gain weight very fast. The fat stored in your body due to this would be really hard to curb or destroy. If a person gets addicted to junk food, it would be really hard to make him get over it. So always try to stay away from various junk foods and have only healthy diet.