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Men Who Shed Weight Naturally Have Better Sex Lives

Natural weight loss by following low calorie diets is the most recommended method of getting rid of extra kilos

Overweight or obese men who decide to become slimmer and follow a natural diet and lifestyle are more likely to have better sex lives than those who resort to other weight loss methods, such as drugs, bariatric surgery etc., informs todayonline.com. It is a known fact that losing extra body weight and fat leads to a better sex life, because one feels better both physically and emotionally, being more satisfied with his looks and gaining confidence in himself. But studies conducted by researchers at the Royal Adelaide Hospital and the University of Adelaide found that a natural diet works better on improving men's sex lives than pharmaceutical or surgical weight loss methods. Losing weight the natural way is also extremely beneficial for the cardiovascular function and reverses other symptoms which may occur with high BMIs (body mass indexes). According to study leader Professor Gary Wittert of the University of Adelaide, the research "found that diet-induced, rather than drug induced weight loss led to rapid simultaneous improvements in cardiac and vascular function as well as sexual function and lower urinary tract symptoms." The findings of the current report have been presented at the International Congress of Obesity held in Sydney, Australia. University of Adelaide researchers stated that men who are on low calorie diets are more likely to benefit sooner and more widely from weight loss effects than their counterparts who prefer the easier way of drugs or surgery. The team highlighted the fact that the study has been conducted on men who were not on any medical treatment, but this does not mean that it is all as simple as that. Most of the times, overweight or obese individuals need medical treatment to keep them from severe health disorders and complications. "Whilst the men in the study were not on any medication, thousands of Australians that are overweight or obese currently require substantial medications at huge cost to both the health system and the individual," researchers sadly noted.