

Obesity and its Treatment with Natural Product

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Abstract: *A condition known as obesity is defined by an abnormal buildup of body fat. It occurs as a result of an imbalance between calories burned and calories ingested. Long-term disregard for this illness could result in serious complications such as fatty liver, cardiac problems, stroke, diabetes, and arthritis. Obesity's rising prevalence causes more deaths globally. Controlling the complications has indeed been accomplished by treatment. This review will concentrate on using natural cures to manage obesity.*

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