

LAXATIVES:

**DO NOT CAUSE BODY FAT LOSS-
THE “WEIGHT LOSS” INDUCED BY LAXATIVES IS
FROM WATER LOSS**

Mechanism of Action:

- laxatives work only on the large bowel (colon) by inhibiting reabsorption of water and minerals
- the majority (96%) of the calories consumed are absorbed into the bloodstream before the food reaches the colon
- weight loss after laxatives is very temporary and comes back with rehydration
- repetitive or continuous use of laxatives raises water-retention hormones
- high water-retention hormones cause rebound water retention (edema)

Complications:

- **Nerve damage causing sluggish bowel function – COLOSTOMY may be required**
- **Disturbance in body chemistry leading to irregular heart rate, dizziness, weakness, muscle twitches and spasms**
- **Kidney stones and kidney damage**