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over-eating is one of the most wonderful practice among those who think that they can afford it.

In fact authorities say that nearly who can get as much as they desire, over-eating to disadvantages. This class of people could save a great more food than they can save by missing one meal per week, and at the same time they could improve their health.

A heavy meal at night, the so called "dinner" is the fashion with many and often it is taken shortly before retiring. It is unnecessary and could be forgoon, not only once a week but daily, without loss of strength. From three to five hours are needed to digest food. While sleeping, this food not being required to give energy for work, is in many cases converted into excess fat, giving rise to over-weight.

The evening meal should be light taken three or four hours before. This prevents over-eating, conserves energy and reduces the level of cost of food

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## Disadvantages of Over-Eating

Over-eating is popular among elite. However, experts suggested that this practice is unhealthy. Great amount of meal can be saved avoiding it. Heavy meals at night cause obesity, as it remains undigested in the body. The writer suggests, that dinner should be taken few hours before sleeping. This practice will have positive impacts on health, and will also reduce the cost of food.