



The Truths and Myths of Weight Loss: The Scientific Evidence (Paperback)

By M.D. Henry W. Snead

AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In 1980, 47 of the US adults were overweight or obese compared to 65 today. This has occurred during a time when health club memberships have risen by more than 50 with 4.8 billion dollars/year being spent on home exercise equipment and more than 33 billion dollars annually spent on weight loss products and services. Also, during this time the average fat content of meals eaten dropped from 41 to 37 . There has been a 400 increase in the use of sugar-substitutes and reduced-fat food. The purchase of reduced-caloric foods increased from 19 to 76 . Furthermore, the total amount of calories eaten by women dropped by 3 and 6 by men during 1977 to 1988. Although 2/3 of American adults are overweight/obese, only 1/3 Americans (37 men and 52 women) see themselves that way. Of those that see themselves as overweight/obese fewer than 2/3 are trying to lose weight. Although 58 of American adults would like to lose weight, only 36 are following a particular diet plan and 26 exercise three times per week. The Surgeon General states that obesity rates...



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Reviews

Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.

-- Prof. Jeremie Blanda DDS

This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication.

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