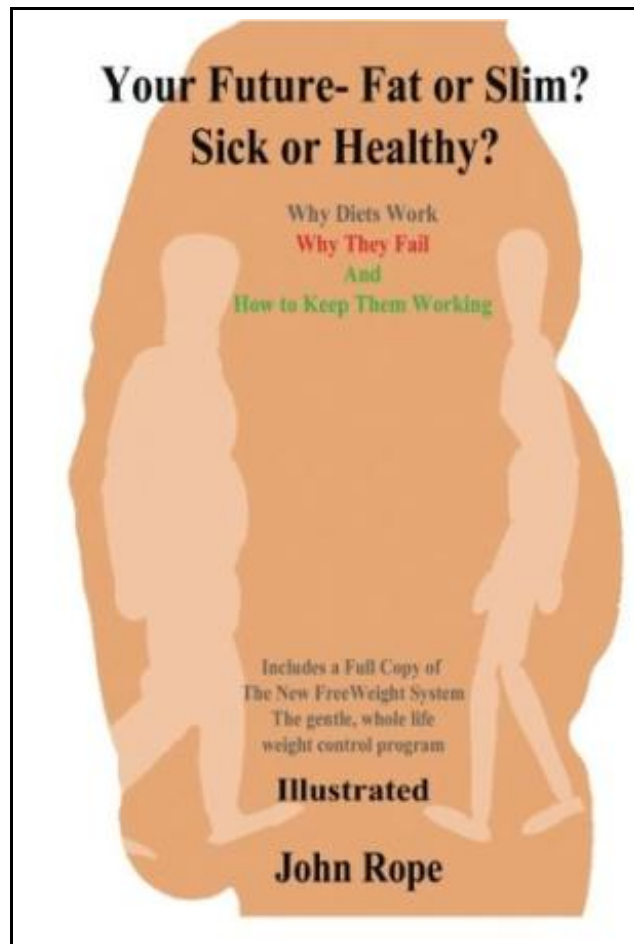


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting fat used to be a problem of middle age or wealth but in the past twenty years it has become a problem of teenagers, children and even babies. This book tells you why this happens, how different diets work, why they eventually fail and how to keep them working. It shows how apparently opposite diets work through the body's natural weight control mechanism and helps you select the right diet for you. Less Anyone can develop a diet- I know I did it myself! It is a sad fact that diets don't work, at least not for the large majority of those people who really need help to lose weight. In University run trials of popular diets, with all the professional support they offer, the dropout rate is between 20 and 50 per cent and for those people working from a book at home it is going to be a lot higher. There are a number of diets which were developed by physicians who specialize in weight control and treating the associated diseases which go along with overweight such as diabetes, atherosclerosis, stroke and heart attack. Sadly these too don't suit everyone and they tend to come from two different theoretical perspectives, low carbohydrate on the one hand and low fat on the other, each accusing the other of being wrong and dangerous. Like the big-enders and little-enders of Lilliput they see no common ground between them and do nothing to close the gap. For the person who has tried diets and failed, and just wants clear advice, this can be very confusing and disheartening. Your Future- Fat or Slim? Fit...



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