

In one study 12,000 men were at risk for heart disease. body weight when measured and in the end weight loss did not do anything to prevent their death rates. It has 3B that dieting causes stress worry and make people depressed the hose food is yummy therefore that stress causes heart attacks, yo-yo dieting causes stress which in turn contributes to diseases like diabetes ,heart disease and numerous other diseases. Yo-yo dieting also causes stress on the heart because your bodies weight fluctuates so much research at the Institute for aerobics research has shown that fit and healthy can be seen in all shapes and sizes from "normal weight" to "overweight" you can be 54 more pounds too heavy and you can befit as long as you exercise and keep yourself physically fit if you never exercise you can be normal weight and be unhealthy Coors the standard American diet is healthy but it is unhealthy for everyone not just fat people but then people as well yes when people start to eat healthy especially bigger people they will lose a few pounds maybe 3-5 pounds but a lot of their actually nasty buildup of toxins coming out because you are finally getting fiber and nutrients that help everything out.It seem in my opinion it is not really buy that you're losing body fat just losing the waste that's been stuck inside you for so long. "The idea that a given by wait for a percentage of body fat is a meaning in the care of health fitness for prospects for a long longevity is is one of our moat firmly held beliefs- and one of the most dubious propositions. "There is no connection between fat-clogged arteries and obesity. Fat in the arteries and fat on the body are different and unrelated". In my opinion when people hear the word fat they assume it is all the same. we should change the name when talking about body fat to "body chub" because when people say "fat" they think all the same same in all of it is bad when that is not the case. saturated fat, trans fat, etc. some are good some are bad.

Our ancestor's bodies held onto fat to survive because they did not know when their next meal would be yo-yo dieting mimics that. Yo-yo dieting is very dangerous to health. during famine bodies were evolved to have a genetic predisposition to prepare for the next famine which is what our body does when people yo-yo diet because they think that we are in a famine bodies do not understand that we are trying to diet because the bodies are made to eat not starve. "We live in a society where women are conditioned to have most of the self-esteem on their success at me being a slim, girlish shape. "Starvation diets are seen in anorexia indicting it also believed by many other leading expert in the field to be the major of the binging among bulimics."