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Pussyconomics: Widespread obesity is inflating the valuation of non-fat American Woman, Red Piller argues

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It points the way to some possible means of fighting it. By Kim Tingley Childhood obesity has increased significantly in the United States during the past four decades. In 1980, about 5 percent of ...

The Pandemic Seems to Have Made Childhood Obesity Worse, but There ' s Hope

And most of us tend to eat at ... it is a common complication of obesity. I remember a woman who was supposed to go for an operation in January and someone said, ' Why not lose weight? ' ...

Lifestyle, not family history, responsible for obesity –Expert

But there is more to flavor than the substances that meet the mouth. Olfaction, our sense of smell, is a major contributor to how we perceive aromas, especially those related to what we eat. With ...

Scientists on the scent of flavor enhancement

When it comes to health, myths are just commonplace. One study says this, one doctor says that, a chronic celeb posts it on their social media feed and—voila!—a myth is born. We

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talked to the experts ...

The Biggest Health Myths of All Time

Giles Yeo: ‘ A lot of people consider obesity to be ... Can you explain why you feel calorie-counting is a flawed approach to weight loss? There was an American chemist in the 19th century ...

Giles Yeo: ‘ Let ’ s consider the type of food we eat, not fixate on calories ’

I slowly learned the myth of the ‘ bad boy ’ is really harmful. We ’ ve grown up with films and stories where the bad boy comes good in the end. So when you meet someone who ’ s a ‘ bad boy ’ , you think he ...

Why the 'bad boy' myth is harmful

Because of urbanization in India, lifestyle disorders such as obesity have spiked in people ...

Also Read: What Are the Myths and Facts of Weight Loss Surgery? In general, ballooning helps to ...

3 Scar Less Treatment Options For Obesity

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Covid-19 vaccine myths: These reasons for not getting a shot don ' t hold up. In fact, they ' ll set the US back

They can ' t acknowledge racial inequity because to acknowledge it is to discuss why it exists and ... want to do is make myths out of reality to keep the American people out of reality.

Our New Postracial Myth

As athletes from all over the world arrive in Tokyo for the highly-anticipated Summer Olympics, it's clear that this year's events will be different than any other. This is, of course, thanks to the ...

What's the Deal with the 'Anti-Sex' Beds In the Olympic Village?

Boost Your Energy, Lose Weight And Improve Your Health With The 21 Day Smoothie Diet. Getting healthy and losing weight has never been easier.

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This is why COVID death rates were lower, on average, in countries with slimmer populations. What other unforeseen problems will our high obesity rate create? The average American lifespan has ...

Airline Seats Are Getting Smaller — but Americans Aren ' t

It's no coincidence that Dan Patrick muzzled free speech at a time when GOP leaders are

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dictating how racism is taught in public schools.

Castillo: The Alamo myth isn't new. So why all the fuss?

In the years since, the continued persistence of this myth ... the American West as a place where the wild animals wandered free, “ and there were no people. Only Indians lived there. ” Why ...

No, the Vikings Did Not Discover America. Here's Why That Myth is Problematic

Obesity and diabetes runs in Theresa Jansen's family. She's walking the Ice Age Trail for her health, despite the fact she doesn't like hiking.

An exploration of America's self-defeating war on obesity argues against the myth that falsely equates thinness with health and explains why dieting is bad for the health and how the media misinform the public.

In this eye-opening book, New York Times science writer Gina Kolata shows that our society's obsession with dieting and weight loss is less about keeping trim and staying healthy than about money, power, trends, and impossible ideals. Rethinking Thin is at once an account of the place of diets in American society and a provocative critique of the weight-loss industry. Kolata's account of four determined dieters' progress through a study comparing the Atkins

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diet to a conventional low-calorie one becomes a broad tale of science and society, of social mores and social sanctions, and of politics and power. Rethinking Thin asks whether words like willpower are really applicable when it comes to eating and body weight. It dramatizes what it feels like to spend a lifetime struggling with one's weight and fantasizing about finally, at long last, getting thin. It tells the little-known story of the science of obesity and the history of diets and dieting—scientific and social phenomena that made some people rich and thin and left others fat and miserable. And it offers commonsense answers to questions about weight, eating habits, and obesity—giving us a better understanding of the weight that is right for our bodies.

The United States, we are told, is facing an obesity epidemic, a "battle of the bulge" that requires drastic and immediate action. Some have predicted that, due to increasing rates of overweight and obesity, this generation will be the first to die at a younger age than their parents. Obesity has been blamed for increasing healthcare expenditure, rising costs of airplane travel, and even global warming. How and why has obesity exploded onto the public health agenda? How does this perspective of obesity as a crisis - as well as how we assign blame and responsibility for obesity - affect how we feel about our bodies? And how does it inform how medical professionals and the general public treat visibly fat people? Drawing on interviews, statistical analyses, and experimental studies, Abigail Saguy examines the implications of understanding fatness as a medical health risk, disease, and epidemic, and how we've come to understand the issue in these terms. Saguy argues that our current fears build upon a century-old distaste for fat as a marker of moral failing and low

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social status. Economic, professional, and political incentives, she demonstrates, have also contributed to the social construction of obesity as a medical problem and as a public health crisis. She also shows how scientific debates over the relationship between body size and health risk take place within a larger, though often invisible, debate over whether we should understand - or frame - fatness as obesity at all. From obesity to fat acceptance, Saguy examines the various frames in which the idea of fat is viewed - and most importantly acted upon - today. Controversially, she argues that public discussions of the obesity crisis are actually creating the phenomenon that they claim to be dispassionately exploring. From the categories we use to discuss overweight and obesity, to the way we frame the crisis, we are literally making ourselves fat. Finally, *What's Wrong with Fat?* reveals the collateral damage - including the intensification of negative body image and justification of weight-based discrimination - of the war on fat.

In a broad ranging review of current thinking on obesity, the authors criticise much of the existing research for being biased by ideological and moral assumptions.

Offers a plan for metabolic fitness while debunking height-weight tables, fat consumption, yo-yo dieting, exercise, and the relationship between health and obesity.

Bariatric surgery plays an important role in the treatment of obesity; in this comprehensive resource the worldwide leaders of the field provide the most up-to-date information on the psychosocial issues that affect their patients. Included is an overview and history of surgical

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procedures, complete with illustrations, practical advice on topics such as physical activity and nutritional care after surgery, and essential information that allows clinicians to assist their clients as much as possible; for example, how pre-weight loss surgery psychosocial evaluations can serve as clinical interventions in their own right, and how structured interviews and questionnaires can be used in multiple contexts such as screening, treatment planning, and prognostic assessment. A distinctive chapter includes an overview of the special issues present in treating adolescents, who increasingly are the target of bariatric surgery procedures. This book is an essential reference for clinicians from the evaluation through the follow-up and aftercare of bariatric surgery patients.

It seems almost daily we read newspaper articles and watch news reports exposing the growing epidemic of obesity in America. Our government tells us we are experiencing a major health crisis, with sixty percent of Americans classified as overweight, and one in four as obese. But how valid are these claims? In *Fat Politics*, J. Eric Oliver shows how a handful of doctors, government bureaucrats, and health researchers, with financial backing from the drug and weight-loss industries, have campaigned to create standards that mislead the public. They mislabel more than sixty million Americans as "overweight," inflate the health risks of being fat, and promote the idea that obesity is a killer disease. In reviewing the scientific evidence, Oliver shows there is little proof that obesity causes so much disease and death or that losing weight is what makes people healthier. Our concern with obesity, he writes, is fueled more by social prejudice, bureaucratic politics, and industry profit than by scientific fact. Misinformation pushes millions of Americans towards dangerous surgeries,

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crash diets, and harmful diet drugs, while we ignore other, more real health problems. Oliver goes on to examine why it is that Americans despise fatness and explores why, despite this revulsion, we continue to gain weight. *Fat Politics* will topple your most basic assumptions about obesity and health. It is essential reading for anyone with a stake in the nation's--or their own--good health.

The estimated annual health care cost of obesity-related illness in the United States is \$190 billion, with countless more costs in lost mobility, vigor, and life-years. Here, Jonathan Engel reviews the sources of the problem as they have developed over the past 70 years and offers a realistic plan for helping address obesity.

Fat in the Fifties is required reading for public health practitioners and researchers, physicians, historians of medicine, and anyone concerned about weight and weight loss.

In recent decades, America has been waging a veritable war on fat in which not just public health authorities, but every sector of society is engaged in constant "fat talk" aimed at educating, badgering, and ridiculing heavy people into shedding pounds. We hear a great deal about the dangers of fatness to the nation, but little about the dangers of today ' s epidemic of fat talk to individuals and society at large. The human trauma caused by the war on fat is disturbing—and it is virtually unknown. How do those who do not fit the "ideal" body type feel being the object of abuse, discrimination, and even revulsion? How do people feel being told they are a burden on the healthcare system for having a BMI outside what is

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deemed—with little solid scientific evidence—"healthy"? How do young people, already prone to self-doubt about their bodies, withstand the daily assault on their body type and sense of self-worth? In *Fat-Talk Nation*, Susan Greenhalgh tells the story of today's fight against excess pounds by giving young people, the campaign's main target, an opportunity to speak about experiences that have long lain hidden in silence and shame. Featuring forty-five autobiographical narratives of personal struggles with diet, weight, "bad BMIs," and eating disorders, *Fat-Talk Nation* shows how the war on fat has produced a generation of young people who are obsessed with their bodies and whose most fundamental sense of self comes from their size. It reveals that regardless of their weight, many people feel miserable about their bodies, and almost no one is able to lose weight and keep it off. Greenhalgh argues that attempts to rescue America from obesity-induced national decline are damaging the bodily and emotional health of young people and disrupting families and intimate relationships. Fatness today is not primarily about health, Greenhalgh asserts; more fundamentally, it is about morality and political inclusion/exclusion or citizenship. To unpack the complexity of fat politics today, Greenhalgh introduces a cluster of terms—biocitizen, biomyth, biopedagogy, bioabuse, biocop, and fat personhood—and shows how they work together to produce such deep investments in the attainment of the thin, fit body. These concepts, which constitute a theory of the workings of our biocitizenship culture, offer powerful tools for understanding how obesity has come to remake who we are as a nation, and how we might work to reverse course for the next generation.

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