

after the holidays dieting pdf

Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

Dieting - Wikipedia

A fad diet or diet cult: 9â€“13 is a diet that promises weight loss or other health advantages, such as longer life, and usually relies on pseudoscience rather than science to make many of its claims. In many cases, the diet is characterized by highly restrictive or unusual food choices.: 296 Celebrity endorsements are frequently used to promote fad diets, which may generate significant ...

Fad diet - Wikipedia

Psychosomatic Medicine, founded in 1939, is the official organ of the American Psychosomatic Society. It publishes experimental and clinical studies dealing with various aspects of the relationships among social, psychological, and behavioral factors and bodily processes in humans and animals. It is an international, interdisciplinary journal devoted to experimental and clinical investigation ...

Psychosomatic Medicine

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Celiac Disease | NIDDK

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