

# Dieting makes people fat analysis



**ASSIGN  
BUSTER**

The Green coffee diet, The Beverly Hills diet, and The Junk food diet are several types of diets that numerous people use today. Whether reasonable diets or radical diets, we could say we've tried them all. Although, how is it that we're still trying to lose weight we should have lost on the first attempt? That can be easily answered, dieting makes people fat. According to Wendy Oliver-Patty, " They aren't telling you that diets replace muscle with fat and often make you gain weight".

Food is basically what and how you eat; however, today when we think of dieting, strict healthy eating or weight loss comes to mind. Today, there are many of Americans who are obese, " A recent survey showed that 55 percent of all Americans are overweight, 22 percent of them falling into the category obese" Nonsense, 1). This obesity epidemic in America can be blamed on various things. In fact Wendy Oliver-Patty goes on to say that, " The diet pushers don't have to tell you these facts because it's not their goal to make you attractive, healthy, or happy.

It's their goal to get rich" (Oliver-Patty, 30). This explains why the result everyone wants to see when dieting never occurs. Money is always the motivation in these diet organizations. If actual dieting companies had dieting techniques that truly worked they would not profit because everyone using them would become healthy and not need to return. If dieting worked every one of us would not have weight issues today. We would not be jumping from diet to diet if we had the results they all promise us; whether on billboards, television commercials, or advertisements on the web.

Bernard Jensen believes that, “ Many Americans haven’t men taught how to organize or even think about their food intake in terms of healthy life”; which gives dieting companies more control on us, persuading us to Join them and finally be the healthy people we want to be. They Just take advantage of us, feeding us whatever they want, so that our wallets become emptier and we Just get fuller. Approaching weight loss with a diet-only mentality without considering healthy options will only result in failed results.

Some say this is not the diet’s effect; it would be correct to say so, but there have been many researches done that show mom certain diets cause vitamin deficiencies or hormonal imbalances. “ For example, high-protein diets have been said to facilitate kidney failure and high soy intake, vegetarian diets have been associated by some with enlargement of the pancreas and iron deficiency’ (Anger and Taffeta, 6). So in our endeavors to be healthy, we end up worse than when we started, leaving us more frustrated and willing to do anything to be salutary.

It is argued that dieting really works because there would be no other way to maintain prime health; when in fact there are other ways to remain lethal. Exercising is another option besides dieting, but it is rare for people to exercise when there is a “ magic” diet out there that will allow you to lose any unwanted weight without physical work. When dieting does work, it is only results in a short term effect; which concedes weight lost to merely return. Over all it is not impossible to diet and have success, but the reality is you are never promised results. Diets are speculative and it is okay to view diets from a doubtful point of view.