

Letter literature review example

[Health & Medicine](#), [Diabetes](#)



Dear Jannette:

Living in America it is easy to become overweight, there is temptation on every block and cheap fast food is everywhere. No one can really say that he or she has never succumbed to the lure of sweet, delicious, tantalizing food. You and I have been friends for many years and you have stayed close to me as a sister; sometimes even more than a sister. Over the years I have watched you gain more and more weight and I fear for you because diabetes runs in your family. If you continue to gain weight and become diabetic without doubt you will die. You have watched your mother and your brother die from diabetic complication and watched as one organ after another shuts down. My friend, I love you too much to stand by as you eat yourself to an early death. You know how it works; your kidneys or your heart gives up and from then on it is a slow painful death. We all must die but there is no need to speed it up or go painfully.

It is not the amount of food you eat but the type of food you eat. As a nutritionist I can prepare a diet regiment for you, but first you will have to stop eating refined foods and stop eating junk food. Cook your own food with as little oil and fat as possible and make sure vegetables are the biggest serving on your plate. “ Overweight and obesity are the fifth leading risk for global deaths. At least 2.8 million adults die each year as a result of being overweight or obese. In addition, 44% of the diabetes burden, 23% of the ischaemic heart disease burden and between 7% and 41% of certain cancer burdens are attributable to overweight and obesity: (World Health Organization, 2013). I am sending you this statistics in the hope that you will understand that I am not criticizing you, you are my friend and I want the

best you.

My dear friend it would be my greatest pleasure to see you lose your weight and start living healthy. I hope you believe me when I tell you that you can depend on me for any kind of help. I will even be your coach.

Work Cited

“ Obesity and Overweight.” World Health Organization. Web. Access 26 Sept. 2013