

Free why dieting doesn't usually work report sample

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



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The aim of the speech is to inform the audience on the disadvantages of dieting. The speaker believes that people can use their brain to manage body weight. The aim of the event is to inform people on the negative impacts of dieting. The speaker believes that dieting deprives the body of the required nutrients leading deficiency of energy.

The event was organized by TED talk. TED is an organization that organizes speeches that inform people on contemporary issues. Those who attended the event gained knowledge on the disadvantages of dieting. The audience was able to learn the neuroscience of everyday life by examining new research and its impacts on lifestyle. The speaker talked about 10 year olds who diet just because they desire to become skinny. However, the speaker agrees that obesity is dangerous to health and that losing weight does not equal skinny, because people have different body types. The speaker also advised the audience on the foods and habits that they should avoid rather than concentrating on dieting.

This speech relates to the course on academic speech because the speaker uses various techniques of speech including examples and citing past research to enable the audience understand the ideas presented in the speech.

The speech was informative, but I disagree with the speaker because she promotes being 'skinny' as a positive attribute, while talking negatively of 10 year olds who are already dieting because they want to be skinny. I was able to learn that people do not need to diet because the brain has the capability to control body weight. I disagree with the speakers' notion that people should only eat when they are hungry.

Work cited

Aamodt, Sandra. Sandra Aamodt: Why dieting doesn't usually work. 2013.

Web 16 January 2014. [http://www.ted.](http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work.html)

[com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work.html](http://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work.html)