

Week three questions

[Health & Medicine](#)



FAD Diets” Q1. Why are fads and trendy diets effective for the short term?

What concerns do you have about diets after watching the Week Three WileyPLUS® CBS video “ Diets”?

Fad diets are the diets specifically designed for health conscious individuals who intend to lose weight at a faster pace. As soon as an individual starts on these diets, there is a loss of weight in the initial phase and the diet may prove to be beneficial to the individual, but with the passage of time the diet may not prove to be beneficial. Hence such diets are unable to fulfil the promises they made. Gradually, they become unpopular and are considered as bad for the health because of the following reasons-

1. False promises- Fad diets execute false promises that one can lose heaviness and plump in a short time and become lean and slim. They advertise their products to gain attention of the people. They display pictures of the individuals, where individuals were fat in one picture and say after two weeks they lost 10- 15 kilograms and became very lean, in the next picture. However, all these claims are unrealistic and do not have any biological significance.
2. Short term results- Fad diets are designed with food items possessing very low carbohydrate content and also have low calories, whereby body loses water and one develops the concept that loss of weight is due to fad diet. Later, as soon as water is consumed, the body gets rehydrated and one is back to the previous stage. In certain cases, eating insufficient or poor carbohydrates generates hypoglycemia (a state or a condition of the body where the blood glucose level falls down) and one feels weak and lethargic. In order to revive or do any work one needs to consume good amount of sugar or sugar products. Here, the diet fails. According to the research study <https://assignbuster.com/week-three-questions/>

carried out by the Center for Disease Control and Prevention (2007), 8% of the individuals who adopt such measures of consuming fad diet for weight loss persist to lose 5% of their body weight in one year, while 59% are able to maintain body weight within 5%, on the other hand more than 33% of the individuals regain more than 5% of their initial body weight, especially individuals with sedentary life style.

3. Lack of Behavioral Modification Program- In order to lose weight in a sustainable manner it is essential that discipline in life be maintained. Alteration in eating habit may be of help. The diet program of fad diet does not incorporate any lifestyle modification measures, which is the most imperative step in controlling weight. A research study carried out by the scientists at the Pennington biomedical Research Center at Louisiana State University (2010) states that gradual weight loss with low calorie diet and physical activities minimize weight regain in two years record.

4. Enhanced Health Jeopardy- Fad diets are low fat, low calorie, low carb diet and therefore they generate a kind of nutritional imbalance in the body. If prolonged for a longer duration, the repercussions of such diet programs could be observed in the form of enhanced cardiovascular diseases, diminished bone and gastrointestinal health and in certain cases it results in the formation of keto bodies and impairs kidney functions.

Q2. How might one deal with setbacks in reaching weight-management goals? Why is slow weight loss better than rapid weight loss? What are some ways to deal with pressures that cause one to overeat or under eat?

In order to deal with the setbacks in reaching weight management goals, it is highly essential to perform physical exercise in everyday life especially in this era where sedentary lifestyle is accompanied by all the luxury vehicles

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where one doesn't have to walk even 100 steps. A strict discipline not only in eating habits but also in lifestyle is therefore important to eradicate the prevailing epidemic of obesity. This could be achieved by step-by-step procedure where weight loss is not done overnight but by following certain rules such as- less consumption of food (of all kinds, to have a perfect balance of all the essential nutrients), physical activity to have muscle strength and to maintain good condition of muscle and bone and to prevent cardiac issues or other related predicaments such as osteoporosis; by following such a pattern, one can have lasting implication and benefits. Such a schedule does not generate craving for food and prevents germination of false hopes and misconception, to offer liberty to eat one day and then diet for rest of the time. It neutralizes all the efforts being done in physical activities over the time, therefore, strict diet plan and physical activities must be a part of routine life, hence gradual weight loss is always good and eliminates craving for delicacies which are responsible for failure of the diet program.

Q3. The role water plays in promoting health is often overlooked. In what ways is water essential for maintaining health? Is it possible to consume too much water? Explain.

Besides diet, water also plays an imperative role in controlling body weight as it keeps the body cells and tissue hydrated and eliminates toxins. Water acts as detoxifier and dissolves impurities and other chemicals generated by the body which are hazardous to the health. Thus, ample of pure and clean water consumption eliminates toxic chemical from the body by flushing them away through kidney and diluting their impact on tissues, thereby, preventing tissues from getting exposed to hazardous chemicals which

otherwise may prove to be carcinogenic (cancer causing) or teratogenic (cause developmental defects), hence water is vital component of our body.

Work Cited

" Why Are Fad Diets Bad?" 14 Aug. 2012.

<http://www.livestrong.com/article/362492-why-are-fad-diets-bad/> Web.