

Dieting can change a person's life for the better or ruin one's health completely...

[Life](#)



Dieting can change a person's life for the better or ruin one's health completely. What is your opinion? You are advised to spend the maximum time (40 minutes) on this task. Nowadays, Dieting is the most discussed topic worldwide. It can be beneficial or destructive either for an individual's life based on one's understanding the concept of this matter. This essay intends to outline the both situations which a society faces. The majority of the people want a good shape. That is why we are able to find a diet programme almost everywhere in the country.

Most of the them have tought and gone on a diet before either to slim down or just for health problem. Dieting, judging from its original purposes, is designed to help a person to control his food consumption pattern and to restrict the amount of food he can eat. One performs diet programme in order to have an ideal shape of his body. Others undertakes the part of the medical treatments. Both objectives Improve his quality of life and wellbeing. Having a beautiful body his self esteem, probably, should be increased. Similarly, a diet prescribed by a professional will avoid certain illnesses.

On the other hand, compulsive dieting can also create some problems like malnutrition due to the lack of enough food required by the body. Furthermore, when a person does not have a balanced diet needed to support his daily activities, such as carbohydrate, vitamin and protein, this can cause a weakness in the body due to lack of energy and provkes diseases such as hypotension and hypoglicemia Moreover, the diet compulsive can also create some problems such as malnutrition due to lack of enough food required by the body.

Furthermore, when a person does not have a balanced diet needed to support their daily activities, such as vitamin carbohydrate and protein, this can cause a weakness in the body due to lack of energy and cause diseases such as hypotension and hypoglycemia. In conclusion, I personally believe that appropriate diet programme can help a person improve his quality of life and body wellbeing, but only when that person follows the correct procedures. As a suggestion, I believe that a person needs to discuss his diet programme with an expert so that compulsive dieting can be avoided.

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