

America's obsession with dieting

Dieting as a means of weight loss is not just a trend in American society, it is an epidemic. American women are obsessed with losing weight and this obsession is encouraged and promoted by the media and advertising companies. Dieting to lose weight is being pushed on young women instead of encouraging healthy eating habits and daily exercise.

Women who are the ideal weight for their build and body type are dissatisfied with their appearances, and this dissatisfaction can lead to eating disorders and depression. According to SMU fitness center supervisor Dolores Henry, "dieting as a means of losing weight is the primary reason most women come to the gym." Henry wants to see more female students hitting the gym to improve their health and fitness, not just their appearance.

American women are sold the idea that beauty is attainable only if they are a size zero to two. The mainstream media and advertising have sold this idea to the public as a means to market weight loss plans, pills, surgeries and diets. In "The Beauty Myth," author Naomi Wolfe exposes the idea that the media and advertising companies "sell" beauty to American women by encouraging them to strive to achieve the ideal look.

The size of the average model is 5-foot-11-inches and 117 pounds. The size of the average American woman is five feet four inches and 140 pounds. The physical size of most models is completely unrealistic for the average woman to achieve. According to Wolfe, the "beauty myth" is the idea the beauty can be objectively measured and achieved by all women with enough effort and product. The beauty myth is still perpetuated by the media, pushed by advertising and marketed to younger and younger women.

According to the U.S. Department of Health, almost half of American children between first and third grade want to be thinner. Half of nine and 10-year-old girls are dieting to feel better about themselves. The dieting trend in America has become an epidemic that threatens the well being, mentally and physically, of American girls. According to a Pew Center study, the average American consumes between six to eight hours of media per day. Children are extremely impressionable and are fed a steady diet of media and advertising that shows only one type of women, the model. Most fashion models are thinner than 98 percent of America women. Is it fair to portray such a small minority as the "average?" Advertising and the media believe it is because these tactics have been employed for generations and the effect on the esteem of American girls is undeniable. Between five and 10 million women and girls in the United States suffer from an eating disorder or a borderline condition.

Slimming products and supplements to, in many different forms: prescription slimming products over the counter - slimming products and natural herbal supplements. Below we will take them to more detailed help you make a wise decision.

Prescription slimming products - pills, such as meridia and Finland through prescription from your doctor only. They are subject to FDA (Food and Drug Administration). Prescription when taking into account the weight loss drug your doctor will monitor your health and weight loss, and regularly in most cases, you will meet with him once a month to get a new prescription.

Slimming products over the counter - in the absence of a doctor's prescription can be in your local supermarket or drugstore. Most over the counter slimming products from the United States Food and Drug Administration should say so, the correct labels. The Board is satisfied that, over the counter pills containing the active ingredient PPA are (also known as Phenylpropanol amine). The United States Food and Drug Administration to reconsider mandatory drug manufacturers of products containing PPA, the study showed evidence that phenylpropanolamine may increase the risk of stroke, therefore, a very small number of slimming products in the market with PPA.

Dietary supplements of Chinese Herbal Medicine - also available through counters with a prescription. You can usually be found a large quantity of herbal pills in the health food and nutrition stores and regular pharmacies. Usually herbal supplements labeled all natural with the Food and Drug Administration that their access to food rather than drugs. They to do so, are within the jurisdiction of the Forestry Development Center, Food Safety and Applied Nutrition, and, accordingly, their different requirements, and then after a counter slimming products.

Diet Pills whether you choose to use, you should first consult their doctors before the start of your new diet. For your own health and safety, you should know that the benefits of the potential risks associated with the Congress pill you choice. Natural does not always mean that all security or it is good for you.

slimming products advice and information ...

slimming products ...

Last year, more than 33 billion US dollars for weight control products! Magazines, TV, doctors offices - every place, you put you see an

advertisement for nutritional supplements.n

Slimming products all different, different methods of work, depending on the ingredients, they contain and their intended purpose. There are many different types of prescription pills on the market pressure. Before taking food supplements, it is important to understand the difference, so you can make a wise decision.n

Diet patch is still a relatively new weight loss some assistance within its capacity to fight for attention and is increasingly popular. Diet patch looks with AIDS, they adhere to the skin and help weight loss. Weight loss active ingredients through the skin into the body, appetite suppressants, and increase metabolism.n

There are many different types and forms of slimming products in the market and they contain different ingredients means, its effect will be different, and vary. Although most of the side effects are rare, before taking the slimming whether the pill by prescription or over the counter, you should be fully informed of possible side effects and potential health risks.n

Slimming products to do the job?

Many over-the counter and prescription slimming products listed. along with the weight loss drug manufacturers to ensure that their diet pill can help you lose weight and miraculous, in a very short period of time - lost 30 pounds, only 30 days - without eating or Movement!: These claims may sound good indeed, in most cases, they are. Read more:

Slimming products to do the job?n

Hoodia is not going to improve the diagnosis, prevention or treatment of any disease.

Speak on this site have not been evaluated by the FDA.

Perfect hoodia may not work for everyone.

Perfect hoodia is intended to be used as part of a total weight loss program, including physical exercise and healthy diet.

About the Author

From www.smudailycampus.com:

Lose weight for good with Phentramine Hoodia Diet Pills. intended to be used as part of a total weight loss program including healthy.

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Please let me give you some good advices that could help you order in future a weight loss diet pill without risks. First you should read reviews.

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