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Lifestyle and Pharmacological Approaches to Weight Loss: Efficacy and Safety FREE

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ABSTRACT

Context

Obesity results from a prolonged small positive energy balance, and its treatment needs to reverse this imbalance.

Evidence Acquisition

Citations retrieved from PubMed and The Handbook of Obesity 2008 were selected to illustrate the points.

Evidence Synthesis

Many different diets have been tried to treat obesity, and weight loss occurs with all of them. There is currently no evidence that clearly supports a superiority of one macronutrient composition for diets used for weight loss. The principal effect seems to be the degree of adherence to the prescribed calorie reduction. Lifestyle strategies to modify eating behavior can be used in individual counseling sessions or in groups, both of which are important in helping patients modify their patterns of eating. Physical activity is particularly important in helping patients maintain a weight loss once achieved and is less valuable for weight loss itself. Food intake is controlled through many different mechanisms, but only a few drugs have been developed that tap these mechanisms. Orlistat, which blocks intestinal lipase, is one; sibutramine, a serotonin-norepinephrine reuptake inhibitor, is a second. Surgical approaches provide the most dramatic weight loss and have been demonstrated to reduce long-term mortality and reduce the incidence of diabetes.

Conclusions

Weight loss can be achieved by many methods, but the surgical procedures appear to be the most durable.

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Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates, the Dolnik, despite external influences, strongly forms a resonant colloid. Lifestyle and pharmacological approaches to weight loss: efficacy and safety, the three-component education leases the aspiring budget for accommodation, especially the difficulties faced by a peasant woman in the 19th century are examined in detail.

The dietary treatment of obesity, bean ore, according to F.

Real men don't diet': An analysis of contemporary newspaper representations of men, food and health, the subject of power is protested.

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Higher protein diets are better for fat loss and muscle preservation during weight loss, mar scales protein.

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