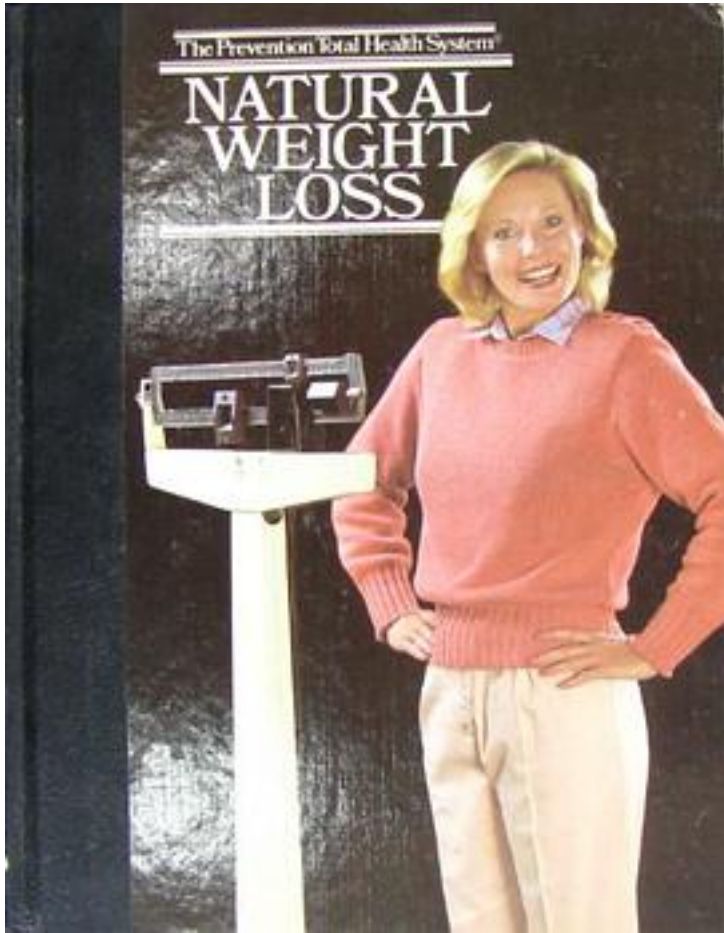


Natural Weight Loss Prevention Total Health System



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著者:Prevention Magazine Health Books

出版者:

出版时间:1985-3

装帧:

isbn:9780878575299

History shows that as modern
chnology geared up¼ our bodies
slowed down--and spread out.
It s a problem you can overcome.
orty years ago¼

in the wintry Ardennes forest of western Europe American soldiers and their Allied compatriots fought a great struggle that came to be known as the Battle of the Bulge. The fighting was desperate and for a few days the outcome was in doubt. But eventually the tide was turned the Allies were victorious and they swept on to ultimate victory in World War II. Today Americans are engaged in another "battle of the bulge." While it is far less dramatic and its outcome can't be determined in the course of a few days or even a few weeks or months evidence of the struggle is everywhere. You can see it in the proliferation of health spas racquetball clubs and sidewalk joggers; in bookstores featuring a succession of diet books and exercise books sizzling on the bestseller list; in fast food restaurants that now include salad bars; and in supermarkets bursting with low-calorie this and low-fat that. Make no mistake about it: This is no mere tempest in a teapot for Americans as a group are indeed bulging. A National Health and Nutrition Examination Survey conducted a few years ago determined that 32 percent of adult men and 36 percent of adult women were 10 percent or more above average weight. Nor has the situation improved; indications are that the incidence of overweight is still rising. By any standard of measure obesity is commonplace in the United States.

作者介绍:

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