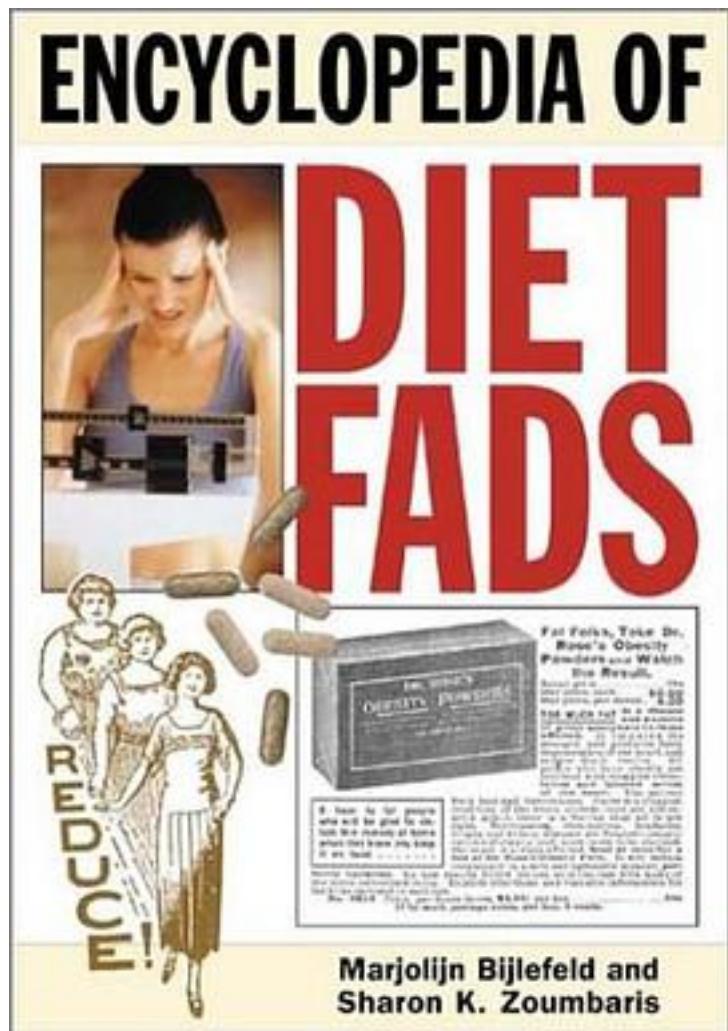


# Encyclopedia of Diet Fads



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著者:Cotter, Joseph K.

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Americans have long obsessed about their diets. For 200 years, diet fads have come

and gone, sometimes reappearing under different names, but always attracting legions of followers. Many who adhere--for a time, at least--to a diet fad's requirements have little knowledge of its safety or efficiency. By the time reliable information comes to light, a fad may already have disappeared. The "Encyclopedia of Diet Fads" describes many of the health fads and fashions of the past, as well as current trends in weight loss, examining the pros and cons of different plans. The authors help to identify effective means of losing weight and maintaining a healthy lifestyle. Particular emphasis is placed on weight-loss programs aimed at young people, who are experiencing the highest rates of obesity in history. This volume introduces a wide variety of weight-loss methods. Entries describe particular diets, support groups and services, or people who have changed the way Americans eat. An extensive appendix on weight-loss resources helps readers choose the most nutritionally sound program for their needs. Above all, this encyclopedia stresses nutritionally sound approaches, rather than a quick fix. As the authors emphasize, weight loss is merely one component of healthy living.

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