Weight Loss Programs

Unfortunately, virtually all commercial weight loss programs are shock diets - feast and famine. One day you're eating bacon and eggs, sunny-side up. The next, it's lettuce and mung beans. Say hello to your new diet! The only problem is the culture shock that diets cause makes them unsustainable, even over the short term, and the diet is quickly abandoned, often as early as within the first few days. One benefit to your weight loss journey is that the best foods for losing weight are the best foods for health. A healthy diet is a lot different from the typical American diet. It's not about eating less. It's about eating right. You can eat truly delicious meals, and you can even eat a lot, if you eat the right things. At first you may not know what's good for you and what's not, but you can learn. The review revealed minimal scientific evidence to support the use of a new generation of Internet-based weight loss plans. "But we know additional studies are being conducted and, if found effective, the Internet could provide weight management to millions of Americans," Tsai explained. Similarly there has been little evaluation of self-help programs, including Overeaters Anonymous and Take Off Pounds Sensibly (TOPS), that charge minimal or no fees. "Despite the lack of documented effectiveness, organized self-help approaches are an important option for persons who cannot afford commercial programs," said Wadden. While weight loss companies inundate the airways and print media with ads claiming that their programs ensure results, there have been no carefully controlled studies to prove their plans work. Dr. Wadden set out to either prove or disprove their claims. He tried to find research from the companies that would support their claims of success. His group was only able to find ten such studies that lasted at least twelve weeks and then evaluated the participants a year later.

About the Author

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