



Obesity: A Practical Guide

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Obesity: A Practical Guide From Springer

This book brings a comprehensive treatise about obesity, examining the measures that can be taken to stop and even reduce obesity if these right measures are taken in time.

Recent studies show that obesity is on the increase at an alarming rate, especially in the industrialized and affluent countries. A number of reasons have been put forward for this increase, including life style choices, over-eating, over-use of commercially processed food, addiction for fast food, high caloric diet specially containing high levels of sugar and fat, lack of exercise and sedentary life style. Also genetic make up has been associated with obesity.

Obesity can lead to a variety of lethal diseases, notably coronary heart disease, cancer and diabetes. These diseases account for the highest number of human death amongst all other causes. There are also a number of other side effects associated with obesity including increased stress, loss of intelligentsia, pancreatitis, premature birth and osteoarthritis.

In recent years media have been playing important roles in highlighting the lethality and damage caused by obesity, nevertheless no significant effects can be seen in the population and obesity remains on the increase, especially amongst children.

The editors believe that it is important that more education, campaign and research are used to stop this increasing disease.

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Obesity: A Practical Guide From Springer Bibliography

- Sales Rank: #8015792 in Books
- Published on: 2015-10-20
- Original language: English
- Number of items: 1
- Dimensions: 10.37" h x 1.06" w x 7.10" l, 2.50 pounds
- Binding: Hardcover
- 362 pages

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Editorial Review

From the Back Cover

This comprehensive book examines the causes and effects of obesity, both on the human body as well as society as a whole. The significance obesity plays in the development of a variety of lethal and non-lethal diseases is discussed, and the prevention and treatment of obesity is looked at in detail.

Obesity: A Practical Guide brings together a large number of international specialists in their field, and is aimed at Gastroenterologists, Surgeons, Researchers, Dieticians, Physicians and Health Care providers.

Users Review

From reader reviews:

Gerard Williams:

The knowledge that you get from *Obesity: A Practical Guide* is a more deep you excavating the information that hide in the words the more you get considering reading it. It does not mean that this book is hard to recognise but *Obesity: A Practical Guide* giving you buzz feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read the item because the author of this reserve is well-known enough. This kind of book also makes your current vocabulary increase well. Making it easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this specific *Obesity: A Practical Guide* instantly.

Michelle Seidl:

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Mathew Munz:

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