



A Guide to Obesity and the Metabolic Syndrome: Origins and Treatment

George A. Bray

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In the historical record there is abundant evidence that obesity was a medical and health concern as long as medicine has been practiced. The idea of diet and exercise are bulwarks in the fight against obesity in history from the time of Hippocrates to the 16th century—a span of 2,000 years. However, our scientific understanding of this problem is only a little over 200 years old. An examination of the root cause of what many consider the obesity epidemic, **A Guide to Obesity and the Metabolic Syndrome** traces the origins and types of obesity and its treatment.

Examining in detail the developing treatment for obesity, this book provides:

- A history of obesity, including treatment, proposed causes, and perceptions
- An examination of the causes and problems associated with obesity
- A discussion of lifestyle, diet, exercise, and treatment strategies
- A detailed look at the medications and surgeries available for obesity

The fact that we have an epidemic of obesity today that is covering the globe suggests that the strategically simple ideas of eating less and exercising more, ideas that require commitment and personal involvement by the individual, have not been very successful. As we move forward in trying to understand this problem, we need to be alert to strategies and tactics that may not require individual motivation and commitment—history has shown that they do not work well. This book supplies guidance on developing and designing novel strategic interventions against obesity and metabolic disorders.

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The book A Guide to Obesity and the Metabolic Syndrome: Origins and Treatment has a lot associated with on it. So when you make sure to read this book you can get a lot of benefit. The book was authored by the very famous author. The author makes some research previous to write this book. This book very easy to read you can find the point easily after reading this book.

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