

# how to lose weight with phentermine

how to lose weight with phentermine is a topic of significant interest for individuals seeking effective and rapid weight loss solutions. Phentermine, a prescription medication, can be a powerful tool when used correctly as part of a comprehensive weight management plan. This article will delve into the multifaceted approach required for successful weight loss with phentermine, covering everything from understanding its mechanism of action and proper usage to the crucial role of diet, exercise, and lifestyle modifications. We will explore the benefits and potential side effects, the importance of medical supervision, and strategies for maintaining weight loss long-term.

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## Understanding Phentermine

Phentermine is a stimulant medication that has been used for decades to aid in short-term weight loss. It is classified as an anorectic, meaning it works by suppressing appetite, which can lead to a reduced calorie intake. This medication is typically prescribed to individuals who are obese or overweight and have significant weight-related health issues, such as high blood pressure or type 2 diabetes. It is not a magic bullet but rather a tool designed to kickstart a weight loss journey.

The decision to use phentermine should always be made in consultation with a qualified healthcare professional. They will assess your individual health status, medical history, and weight loss goals to determine if phentermine is an appropriate and safe option for you. This initial consultation is critical for establishing realistic expectations and ensuring the medication is used responsibly.

## How Phentermine Works for Weight Loss

Phentermine functions primarily by stimulating the central nervous system, which affects neurotransmitters like norepinephrine and dopamine. These chemicals can reduce hunger signals and increase feelings of fullness, thereby decreasing appetite. By lowering the desire to eat, individuals are

more likely to consume fewer calories, creating a caloric deficit necessary for weight loss.

The precise mechanism involves the hypothalamus in the brain, which plays a role in regulating appetite. Phentermine's action on this area can lead to a significant reduction in cravings and hunger pangs. This effect, combined with conscious dietary changes, can accelerate the weight loss process compared to diet and exercise alone. However, it's important to remember that phentermine's effectiveness is amplified when integrated with healthy lifestyle habits.

## The Importance of a Comprehensive Approach

Successfully losing weight with phentermine is not solely about taking the medication; it requires a holistic strategy. While phentermine helps manage appetite, sustainable weight loss necessitates significant changes in diet, regular physical activity, and behavioral adjustments. Without these complementary efforts, the benefits of phentermine may be short-lived, and weight regain is a common outcome.

A comprehensive approach ensures that you are not only reducing calorie intake but also improving your overall health and building sustainable habits. This includes adopting a nutrient-dense diet, incorporating consistent exercise, managing stress, and ensuring adequate sleep. These elements work synergistically with phentermine to create a powerful engine for lasting weight loss and improved well-being.

## Diet and Nutrition Strategies with Phentermine

When taking phentermine, a well-balanced and calorie-controlled diet is paramount. The medication's appetite-suppressing effects make it easier to adhere to dietary recommendations, but the quality of food consumed is crucial. Focus on nutrient-rich foods that provide essential vitamins and minerals while keeping calorie counts low. This includes lean proteins, fruits, vegetables, and whole grains.

It is advisable to work with a registered dietitian or nutritionist to develop a personalized meal plan. This plan should be tailored to your specific caloric needs and preferences, ensuring you are receiving adequate nutrition despite reduced food intake. Avoiding processed foods, sugary drinks, and excessive unhealthy fats is vital for maximizing weight loss and promoting overall health.

- Prioritize lean protein sources such as chicken breast, fish, turkey, and legumes.
- Incorporate a wide variety of colorful vegetables and fruits into every meal.
- Choose complex carbohydrates from whole grains like brown rice, quinoa, and oats.
- Opt for healthy fats found in avocados, nuts, seeds, and olive oil in moderation.
- Stay adequately hydrated by drinking plenty of water throughout the day.
- Limit intake of sugary beverages, processed snacks, and high-fat dairy products.

## Exercise and Physical Activity Guidelines

Regular physical activity is an indispensable component of any effective weight loss program, and this holds true when using phentermine. Exercise not only burns calories but also builds lean muscle mass, which boosts metabolism. Aim for a combination of cardiovascular exercises and strength training to achieve optimal results.

Cardiovascular exercises, such as brisk walking, running, cycling, or swimming, are excellent for burning calories and improving heart health. Strength training, which can involve lifting weights or bodyweight exercises, helps to build muscle, further increasing your metabolic rate. Gradually increasing the intensity and duration of your workouts will help you continue to progress and avoid plateaus.

Starting slowly and gradually increasing the intensity and duration of your workouts is recommended, especially if you are new to exercise. Listen to your body and consult with a fitness professional if you have any concerns or require guidance on creating a safe and effective exercise routine. Consistency is key, and finding activities you enjoy will make it easier to stick with your fitness plan.

## Lifestyle Modifications for Sustainable Weight Loss

Beyond diet and exercise, several lifestyle adjustments can significantly contribute to successful and sustained weight loss with phentermine. These changes address underlying habits that may have contributed to weight gain in the first place and reinforce healthy behaviors for the long term. Stress management, adequate sleep, and mindful eating are crucial elements.

Chronic stress can lead to increased cortisol levels, which can promote fat storage and increase appetite for unhealthy foods. Incorporating stress-reducing activities like yoga, meditation, deep breathing exercises, or spending time in nature can be highly beneficial. Similarly, insufficient sleep can disrupt hormones that regulate appetite, leading to increased hunger and cravings. Aiming for 7-9 hours of quality sleep per night is essential for supporting weight loss efforts.

Mindful eating involves paying close attention to your hunger and fullness cues, savoring your food, and eating without distractions. This practice can help you develop a healthier relationship with food and prevent overeating. By making these lifestyle changes, you create a supportive environment for phentermine to work effectively and build the foundation for long-term success.

## Potential Side Effects and Precautions

Like all medications, phentermine can have potential side effects, and it is important to be aware of them. Common side effects include dry mouth, insomnia, nervousness, irritability, and changes in heart rate or blood pressure. Less common but more serious side effects can occur, so it is vital to discuss any concerns with your doctor.

Phentermine is a stimulant, and individuals with certain pre-existing conditions, such as heart disease, uncontrolled high blood pressure, glaucoma, or hyperthyroidism, may not be suitable candidates for this medication. It is also contraindicated for pregnant or breastfeeding women and those with a history of substance abuse. Your doctor will conduct a thorough medical evaluation to ensure your safety before prescribing phentermine.

It is crucial to take phentermine exactly as prescribed by your healthcare provider. Do not exceed the recommended dosage or take it for longer than advised. If you experience any adverse reactions, contact your doctor immediately. This medication is intended for short-term use, typically up to 12 weeks, as part of a comprehensive weight management program.

## **Medical Supervision and Prescription Requirements**

Phentermine is a prescription-only medication, meaning it can only be obtained through a licensed healthcare provider. This requirement underscores the importance of medical supervision throughout the weight loss journey. A doctor will assess your suitability for phentermine, monitor your progress, and manage any potential side effects.

During your consultations, your doctor will likely monitor your weight, blood pressure, and overall health status. They will also discuss your adherence to the prescribed diet and exercise plan. This ongoing medical guidance ensures that you are using phentermine safely and effectively, maximizing its benefits while minimizing risks. Self-medication or obtaining phentermine without a prescription is strongly discouraged and can be dangerous.

## **Maintaining Weight Loss After Phentermine**

The goal of using phentermine is to facilitate a significant initial weight loss, but the real challenge lies in maintaining that loss once the medication is discontinued. Developing sustainable habits during the period of phentermine use is critical for long-term success. This involves continuing with the healthy dietary patterns and regular exercise routines that were established.

Post-phentermine maintenance requires a continued commitment to a healthy lifestyle. This may involve gradually increasing calorie intake while closely monitoring weight, and continuing with a structured exercise program. Regular check-ins with your healthcare provider or a nutritionist can provide ongoing support and accountability. The knowledge and habits gained during phentermine treatment should be leveraged to create a sustainable, healthy lifestyle.

## **FAQ**

**Q: How long does it typically take to see results when using phentermine for weight loss?**

A: Results can vary significantly from person to person. However, many individuals begin to notice appetite reduction and a potential for weight loss within the first few weeks of taking phentermine. Consistent adherence to diet and exercise is crucial for noticeable results.

**Q: Can I take phentermine if I have a history of high blood pressure?**

A: Phentermine can increase blood pressure and heart rate, so it is generally not recommended for individuals with uncontrolled high blood pressure. Your doctor will conduct a thorough assessment of your cardiovascular health to determine if phentermine is safe for you.

**Q: Is phentermine addictive?**

A: Phentermine is a stimulant and, like other stimulants, has the potential for dependence and abuse, particularly if used improperly or for extended periods. It is intended for short-term use under medical supervision to minimize these risks.

**Q: What are the most common side effects of phentermine?**

A: The most common side effects include dry mouth, insomnia, nervousness, increased heart rate, and changes in blood pressure. These side effects often subside as your body adjusts to the medication, but if they are severe or persistent, you should consult your doctor.

**Q: Can I drink alcohol while taking phentermine?**

A: It is generally advised to limit or avoid alcohol consumption while taking phentermine. Alcohol can exacerbate some side effects, such as drowsiness or dizziness, and can also interfere with your weight loss efforts by adding empty calories.

**Q: What should I do if I miss a dose of phentermine?**

A: If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule. Do not double up on doses.

**Q: Can phentermine be used by everyone trying to lose weight?**

A: No, phentermine is not suitable for everyone. It is a prescription medication and requires a thorough

medical evaluation to determine eligibility. Certain medical conditions, pregnancy, breastfeeding, and a history of drug abuse can be contraindications.

### **Q: How much weight can one realistically expect to lose with phentermine?**

A: The amount of weight lost varies greatly. When combined with a healthy diet and exercise, individuals might expect to lose 1-2 pounds per week on average. However, initial weight loss can sometimes be more significant due to water loss.

### **Q: What happens if I stop taking phentermine abruptly?**

A: Stopping phentermine abruptly can lead to withdrawal symptoms, which may include fatigue, depression, and increased appetite. It is best to discuss a tapering plan with your doctor if you are nearing the end of your prescription.

### **Q: Are there any dietary supplements that work similarly to phentermine?**

A: While some supplements claim to suppress appetite, they are not regulated in the same way as prescription medications like phentermine and their efficacy and safety can vary widely. Phentermine is a potent medication that requires medical oversight for safe and effective use.

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scientific articles may be overly technical, however many can be helped in the interpretation and meaning of the information by their family doctor who will play a key role in their weight loss journey.

**how to lose weight with phentermine: Body Weight Regulation: Essential Knowledge to Lose Weight and Keep It Off** Joseph Proietto, 2016-08-12 The main purpose of Body Weight Regulation is to educate the reader on the best strategy for losing weight and keeping it off long term. But after many years of managing obesity, the author has found that to achieve the best results, it is essential to understand the true nature of obesity. Thus this book first discusses the way the brain regulates body weight and how obesity cannot be caused only by poor lifestyle choices. It reviews the overwhelming evidence that obesity has a strong genetic or epigenetic basis and gives an evidence-based, detailed strategy on how to lose weight and keep it off. Body Weight Regulation discusses practical advice on how to structure meals that can be used during the weight-loss and weight-maintenance phases.

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**how to lose weight with phentermine: "You Just Need to Lose Weight"** Aubrey Gordon, 2023-01-10 A NEW YORK TIMES BESTSELLER AN INDIE BESTSELLER "One of the great thinkers of our generation . . . I feel fresher and smarter and happier for sitting down with her."—Jameela Jamil, iWeigh Podcast The co-host of the Maintenance Phase podcast and creator of Your Fat Friend equips you with the facts to debunk common anti-fat myths and with tools to take action for fat justice The pushback that shows up in conversations about fat justice takes exceedingly predictable form. Losing weight is easy—calories in, calories out. Fat people are unhealthy. We're in the midst of an obesity epidemic. Fat acceptance "glorifies obesity." The BMI is an objective measure of size and health. Yet, these myths are as readily debunked as they are pervasive. In "You Just Need to Lose Weight," Aubrey Gordon equips readers with the facts and figures to reframe myths about fatness in order to dismantle the anti-fat bias ingrained in how we think about and treat fat people. Bringing her dozen years of community organizing and training to bear, Gordon shares the rhetorical approaches she and other organizers employ to not only counter these pernicious myths, but to dismantle the anti-fat bias that so often underpin them. As conversations about fat acceptance and fat justice continue to grow, "You Just Need to Lose Weight" will be essential to ensure that those conversations are informed, effective, and grounded in both research and history.

**how to lose weight with phentermine: Winning the Diet Game** Christina Glanz, 2010-08-23 Do you have a certain amount of weight that you just can't lose? Have you ever set a goal to lose weight and were disappointed by the results? Did you know that exercise is not a requirement for weight loss? Have you ever wondered why some people maintain the same weight year after year while others continually gain? The concepts detailed in this book will answer your questions and provide a path to get you on the road to success. If you want to lose weight and haven't had much success in the past, this book will be your game changer. You will learn to focus your efforts on proven techniques that will allow you to lose weight and keep it off. Prior to Winning the Diet Game, the weight loss concepts outlined here were not available to the general public. Thousands of people following these basic concepts have lost a minimum of 30 pounds and have kept it off for over 5 years. People who had given up on weight loss but are now following these proven scientific techniques are having more success than they ever dreamed possible.

**how to lose weight with phentermine: A Guide to Obesity and the Metabolic Syndrome** George A. Bray, 2011-03-28 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. Examining the history and etiology of the obesity epidemic, this book discusses various requirements of effective intervention and treatment strategies. The first section

covers the history of obesity, defines and evaluates the clinical presentation of the pathology, discusses its prevalence in the population, and explains common analytical measurements. Chapters include genetics and genetic factors, modern consequences of obesity, and quality of life issues. The second section introduces prevention strategies in children and adults, such as dietary and lifestyle changes, medication, and surgical interventions.

**how to lose weight with phentermine: Diet Pill (amphetamines) Traffic, Abuse and Regulation** United States. Congress. Senate. Judiciary Committee, 1972

**how to lose weight with phentermine: Weight Management and Obesity** Courtney Winston Paolicelli, 2016-01-18 Five decades ago, the major nutrition-related issues facing the United States were nutrient deficiencies, under consumption of calories, and malnutrition. In 2016, however, the food landscape is drastically different, and today, the United States faces nutrition-related issues more closely associated with over consumption of calories, bigger waistlines, and chronic disease. Overweight and obesity now afflict the majority of U.S. adults and a large percentage of U.S. children. In addition, diet-related chronic diseases that used to be exclusively observed among adults (e.g., cardiovascular disease, type 2 diabetes mellitus, and hypertension) are now being detected in children and adolescents. To lower the risk and/or assist with the management of chronic illnesses, overweight and obese patients are frequently advised to lose weight. Although there are many proposed "quick fixes" for weight loss, long-term weight management is a struggle for most patients. As such, nutrition and healthcare clinicians need to understand the etiology of weight gain and the science-based steps necessary for proper and adequate weight management interventions. This textbook comprehensively examines the treatment of overweight and obesity using an individualized approach. Interventions including diet and behavioral modification, pharmacotherapy, surgery, and physical activity are discussed in the context of an overall lifestyle approach to weight management. Characteristics of successful weight management programs are explored, and example menu plans are provided.

**how to lose weight with phentermine: Weight-Loss Drugs** Suellen May, 2009 Obesity is a serious problem in the United States, and various methods and strategies for losing excess weight have become more and more popular. In addition to the multitude of diet and exercise programs available to consumers, new drugs that promote weight loss are constantly being developed and marketed. While some of these drugs can contribute to healthy weight loss, there are many risks involved in their use and abuse. *Weight-Loss Drugs* takes a look at these drugs, and explains that though there is no 'magic pill' that melts the pounds away, some drugs have proven effective in supporting a sensible weight-loss plan. Likewise, other drugs have proven to be ineffective, dangerous, or even deadly. Chapters include: Fat and Weight Loss; Appetite Suppressants; Fen-Phen and Redux - The Making and Unmaking of Drugs; Stimulants; Going Off-Label for Weight Loss. May is also the author of Botox[registered] and Other Cosmetic Drugs in Chelsea House's *Drugs: The Straight Facts* series.

**how to lose weight with phentermine: PCOS For Dummies** Gaynor Bussell, Sharon Perkins, 2011-07-28 Practical advice and information for living with Polycystic Ovarian Syndrome Polycystic Ovary Syndrome (PCOS) is a condition in which there is an imbalance of a woman's female sex hormones, and affects an estimated 10% of all women. This hormone imbalance may cause changes in the menstrual cycle, acne, small cysts in the ovaries, difficulty conceiving, high blood pressure, and other problems. It is treatable, but not curable, and sufferers have to rely on themselves for the long-term management of their condition. If you're living with PCOS, this guide gives you the latest information concerning treatments and research into Polycystic Ovarian Syndrome. *PCOS For Dummies* gives you a practical, plain-English guide to living with and managing Polycystic Ovarian Syndrome. In addition to providing valuable information concerning the causes and symptoms of Polycystic Ovarian Syndrome, *PCOS For Dummies* gives you the facts about the various treatment options that are available, including both traditional medical treatments and alternative therapies. Discusses the causes and symptoms of PCOS Advice for dealing with this disorder Covers the treatments and medicine available in the United States *PCOS For Dummies* is an invaluable resource



for the millions who are suffering from this condition.

**how to lose weight with phentermine: Practical Manual of Clinical Obesity** Robert Kushner, Victor Lawrence, Sudhesh Kumar, 2013-03-25 Practical Manual of Clinical Obesity provides practical, accessible and expert advice on the clinical diagnosis and management of obesity and will be your perfect go-to tool in the management of your patients. Information is clear, didactic and attractively presented, with every chapter containing plenty of engaging text features such as key points, pitfall boxes, management flowcharts and case studies to enable a rapid understanding of obesity diagnosis and management. Key clinical trials and major international society guidelines are referred to throughout. Topics covered include: • Assessment of the patient, including patient history, examination and investigations • Patterns, risks and benefits of weight loss • Evaluation of management options: diet, exercise, drugs, psychological treatments, and surgery • Management of obesity related co-morbidities Practical Manual of Clinical Obesity is ideal reading for endocrinologists of all levels, as well as all other health professionals who manage obese patients such as specialist nurses, dieticians, and GP's with an interest in obesity management.

**how to lose weight with phentermine: The AARP Guide to Pills** Maryanne Hochadel, 2007 Essential information on more than 1,200 prescription and nonprescription medicines, including generics.

**how to lose weight with phentermine: Hormonal Balance** Scott Isaacs, 2012-08-01 First published in 2002, this guide pioneered the idea that hormones play a key role in weight loss and weight control. Writing in clear, simple terms, Dr. Isaacs profiles each hormone system, discussing what can go wrong and how imbalances can affect weight and even perpetuate obesity. The book explains how to reverse symptoms of hormonal imbalance through diet changes and other remedies, and then expands the discussion, teaching readers how to deal with everything from menstrual cycles to diabetes by recognizing and remedying hormonal problems. Updated with a more directive how-to approach on balancing hormones, this expanded edition features new research in the area of hungry hormones—including fat, gut, and brain hormones—as well as an easier-to-follow diet and lifestyle program.

**how to lose weight with phentermine: Rapid Weight Loss Hypnosis For Women** Mary Pegson, Many people don't believe in hypnosis and, faced with irrefutable results, try to rationalize. They are right. That is: the hypnotist does not have a magic wand that will make, for example, the extra pounds disappear. Sometimes, those who turn to him have already done a part of the path, have already become aware of their problem, and have decided to solve it. Why does hypnosis work? Certainly not because the therapist has some strange paranormal powers, but, on the contrary, because the mind of each of us has unlimited resources. Your mind has immense potential, and hypnosis can be the button that turns on the right light bulb. And this works extremely well when you have weight to lose; hypnosis can make your extra pounds disappear and give you the perfect shape you have been looking for for many years. How? As soon as you start reading this incredibly exhaustive guide, you will realize how you will no longer be able to do without this book... you will start freeing yourself from overeating and creating a new happier, healthier life thanks to hypnosis! In this book, you will: · Clearly Understand What Weight Loss Hypnosis Is and Why It Works So Well for Weight Loss, being the only solution to act on the body's memory, reflexes, and beliefs towards food. · Learn How to Use Hypnosis to Remove Subconscious Weight Loss Blocks and get to your weight goal in a very short time. · Discover Seven Secret Weight Loss Motivation Tips to help you stay focused, because following a diet and an exercise plan to get back in shape can be very stimulated at first, but after some time the motivation to lose weight may begin to decline. · Find Out How to Free Yourself from Emotional Eating to stop using food as a reward when happy, and craving sweets or unhealthy snacks when stressed. · Realize How Important It Is to Lose Weight With Mindful Eating. The vast majority of studies agree that mindful eating helps you lose weight by changing your eating behaviors and reducing stress. Research is revealing that when you focus on what you are eating, without distractions, you develop a healthier relationship with food, may lose more weight and are more likely to keep it off. · ... & Much More! The problem with diets is that they

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**how to lose weight with phentermine: Pharmacology for the Primary Care Provider - E-Book** Marilyn Winterton Edmunds, Maren Stewart Mayhew, 2013-07-01 Written by and for nurse practitioners, and also suitable for physician's assistants, Pharmacology for the Primary Care Provider, 4th Edition focuses on what you need to know to safely and effectively prescribe drugs for primary care. An emphasis on patient teaching helps you gain patient adherence to prescribed drug regimens, and guidelines for health promotion help in maintaining and improving your patients' health. Now in full color, this edition expands the book's emphasis on the QSEN priorities of safety and evidence-based practice, and adds coverage of new drugs, new drug classes, and new therapeutic drug uses. Written by leading nurse practitioner authorities Marilyn Winterton Edmunds and Maren Stewart Mayhew, Pharmacology for the Primary Care Provider teaches principles of pharmacotherapeutics using today's most commonly used drugs. - A Key Drugs focus highlights the most commonly used and most representative drugs of each major drug class — with particular emphasis on the top 100 most commonly prescribed drugs. - Emphasis on patient teaching helps you communicate with patients and family caregivers to promote adherence to the drug regimen. - Emphasis on health promotion describes how to help patients stay well and improve their health, including coverage of immunizations and biologicals, vitamins, weight management, and smoking cessation. - Evidence-Based Decision-Making and Treatment Guidelines chapter (11) provides practical guidelines for using the best current research evidence to make decisions about the care of individual patients. - Extensive coverage of drug therapy for special populations such as geriatric and pediatric patients includes considerations related to age, pregnancy, race, and other factors. - UNIQUE! Coverage of prescriptive practice includes topics such as prescriptive authority, role implementation, and the role of nurses (NPs, CNMs, CRNAs, and CNSs) and physician assistants in writing prescriptions. - NEW! Full-color design and illustrations highlight the most important content. - DRUG UPDATES reflect the latest FDA-approved drugs, drug classes, and therapeutic uses. - Expanded emphasis on the QSEN priorities of safety and evidence-based practice helps you eliminate drug prescribing errors with color-highlighted Safety Alerts! and NEW Clinical Practice Alerts! - NEW section on male hormone replacement therapies adds coverage of men to that for women. - Updated evidence-based prescribing information reflects the latest national clinical practice guidelines and evidence-based treatment guidelines, including the latest clinical treatment guidelines for diabetes. - NEW! Complementary and Alternative Products tables highlight interactions with drugs, and are emphasized with a distinctive icon. - Updated Drug Overview tables are enhanced with color as well as Top 100 icons that highlight the most commonly prescribed drugs.

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concise overview of important board-relevant content. - Keeps you up to date with new techniques and technologies, as well as changing treatment options and drug information. - Equips you for effective practice with coverage of the most current developments in obesity management, weight loss drugs, and bariatric surgery; type 2 diabetes mellitus; insulin therapy; thyroid cancer; osteoporosis therapies; and much more. - Portable size makes it easy to carry with you for quick reference or review anywhere, anytime.

**how to lose weight with phentermine: The Obesity Reality** Naheed Ali, 2012-05-03 Although every day we read news reports linking health problems to diet and lifestyle, there remains a dearth of books on the topic that consider obesity from a variety of standpoints that include medical, personal, financial, and related considerations. The Obesity Reality discusses these viewpoints to explain how and why the problem exists both in the United States and around the world, and in men, women, children. More than a billion people are overweight and that number is expected to increase substantially over the next decade. How can we live past 90 while being obese? How can we remain healthy until our last breath? During the last decade, doctors have been successfully applying medical principles to the search for an obesity cure. But there is no magic medication, no vaccine that can head off the obesity epidemic as sweeps across the planet. Dr. Ali discusses the realities of obesity and its repercussions, which include poor health, high medical costs, restrictions on lifestyle and activities, and more. He shows how we can address obesity, starting in childhood, to prevent it from getting worse, both on a personal and on a societal level, and how we can reverse its effects through proper diet, exercise, and lifestyle choices as well as medical procedures and medications.

**how to lose weight with phentermine: Obesity and Cardiovascular Disease** Malcolm K Robinson, Abraham Thomas, 2006-03-07 Although cardiovascular disease remains the leading proximate cause of death in the United States, it is now estimated that obesity may be equivalent to smoking as the leading cause of preventable death in America. In light of these statistics, this reference presents our current understanding of the epidemiology, pathology, and genetics of the obese.

**how to lose weight with phentermine: Obesity** Judith S. Stern, Alexandra Kazaks, 2015-10-13 Obesity has reached epidemic proportions in countries like the United States. This book provides a comprehensive summary of obesity in America and around the world, discussing the causes and proposing ways to help stem the tide and to help those who are overweight. A highly useful and accessible resource for high school to undergraduate students as well as post-graduate level readers with an interest in health and nutrition, this updated second edition of Obesity: A Reference Handbook offers up-to-date answers to essential questions about obesity and connected societal and health care-related issues. A single-volume, go-to resource, this book addresses difficult questions such as whether obesity is a disease or a moral failing; what factors contribute to obesity; what the economic impacts of obesity are on the health care industry; if and how poverty is a contributor to obesity; how our society encourages obesity; and how changes can be made to improve our society's eating habits as a whole. It presents citations from individuals and peer-reviewed journals and review articles, providing a balance of information sourced from both professionals and informed lay commentators. Also included are dozens of biographies of individuals who have been important in studying, preventing, managing, or increasing awareness about obesity, such as Jared Fogle, longtime Subway sandwiches spokesperson; Kelly Brownell, who coined the phrase toxic environment to describe unhealthy food and exercise patterns; researcher Ethan Allen Sims, who examined the relationship between obesity and diabetes; and Oprah Winfrey, well-known celebrity who stated that if there were a pill to lose weight or a magic diet, she would have it.

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