

CURE OF OBESITY



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Obesity Diagnosis and treatment Mayo Clinic

Treatment. The goal of obesity treatment is to reach and stay at a healthy weight. You may need to work with a team of health professionals including a dietitian, behavior counselor or an obesity specialist to help you understand and make changes in your eating and activity habits.

<http://ebookslibrary.club/download/Obesity-Diagnosis-and-treatment-Mayo-Clinic.pdf>

4 Ways to Treat Obesity wikiHow

While there is no easy cure for obesity, reducing your body fat through adjustments to your diet and to your lifestyle can make it easier for you to shed your excess body weight. As a last resort, you can also treat obesity by taking weight loss medication or talking to your doctor about weight loss surgery.

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3 Steps to Treat Obesity Naturally Dr Axe

Obesity is an excess of body weight caused by overconsumption of calories and physical inactivity. Some other causes may include: hormonal imbalances, stress, medical conditions, genetics, toxins, or a side effect of medications.

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Obesity Treatment UCSF Medical Center

Obesity Treatment There are countless weight-loss strategies available but many are ineffective and short-term, particularly for those who are morbidly obese. Among the morbidly obese, less than 5 percent succeed in losing a significant amount of weight and maintaining the weight loss with non-surgical programs usually a combination of dieting, behavior modification therapy and exercise.

<http://ebookslibrary.club/download/Obesity-Treatment-UCSF-Medical-Center.pdf>

Management of obesity Wikipedia

The main treatment for obesity consists of dieting and physical exercise. Diet programs may produce weight loss over the short term, [2] but maintaining this weight loss is frequently difficult and often requires making exercise and a lower calorie diet a permanent part of an individual's lifestyle.

<http://ebookslibrary.club/download/Management-of-obesity-Wikipedia.pdf>

Overweight and Obesity National Heart Lung and Blood

Treatment for overweight and obesity depends on the cause and severity of your condition. Possible treatments include healthy lifestyle changes, behavioral weight-loss treatment programs, medicines, and possibly surgery. You may need treatments for any complications that you have.

<http://ebookslibrary.club/download/Overweight-and-Obesity-National-Heart--Lung--and-Blood--.pdf>

Treating Obesity Stanford Health Care

The most important part of any obesity treatment program is goal setting. While you may want to lose weight for societal or fashion reasons, it may be more important to consider that losing as little as 5 percent to 10 percent of body weight will have a significant positive effect on your health.

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