

# LIFESTYLE IS DRIVING US TOWARD IMPENDING DEMISE



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## Lifestyle Is Driving Us Toward Impending Demise

**Author :** A Cyrus Tahernia / **Category :** Health & Fitness / **Total Pages :** 475 pages

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**Summary :** Free lifestyle is driving us toward impending demise pdf download - lifestyle is driving us toward impending demise general this book is comprised of fifteen up-to-date chapters prologue epilogue and appendix this manuscript discusses many important and contemporary hot topics such as obesity dietary regimen exercise health-care system texting while driving immigration and airport dilemmas this book also entails topics such as insomnia sleep deprivation somnambulism sex and money chapter 1 obesity this chapter entitled obesity covers extensively the epidemiology prevalence in the usa classification and identification of obesity in children and adults it describes primary obesity vs secondary lifelong obesity vs adult-onset obesity and gradual weight reduction via behavior changes diet and exercise this book also illustrates the differential diagnosis of childhood s obesity and its dire consequences the role of genetic central nervous system and endocrine gland deficiencies is discussed the problem of obesity epidemic with its catastrophic consequences is displayed the strong behavior changes willpower are discussed in detail definition etiology pathogenesis of obesity and deleterious effect of sedentary life are described thoroughly the importance of body mass index bmi and waist circumference size is described in detail waist reflects the amount of visceral fat each individual carries and may be a better prediction of obesity than bmi the important cause of obesity in the usa such as sedentary life excessive caloric intake and lack of willpower is discussed in detail finally the prevention and management of obesity are explored chapter 2 food and dietary regimen this chapter discusses the benefit of mediterranean diet including olive oil in this chapter the good the bad cholesterol triglyceride organic vs genetic engineering food as well as antioxidant foods are discussed in detail this chapter also describes in detail the role of saturated polyunsaturated and monounsaturated fats on our health the consistency and moderation are emphasized the importance and deleterious effect of high- caloric intake and loaded good fats is illustrated the size of daily food matters greatly the role of fiber and the presence of toxic substance in processed food and harmfulness of fried food are described the difference between vegan vs vegetarian diets and its pros and cons are discussed the role and importance of guidelines on

healthier meals in school cafeteria are emphasized the advantageous role of nuts and berry families is explored this chapter also describes the daily amount of caloric intake calcium vitamin d salt and percentage of daily caloric intake of protein carbohydrate and fat are discussed the daily percentage of different fats in diet is also described the deleterious effect of sugary and salty food is emphasized the amount of daily caloric intake in different race ethnicity and gender groups is illustrated this chapter also entails a description of trans fat omega-3 and omega-6 fatty acid and its effect on our health finally this chapter concludes with eat less live longer and eat to live not live to eat chapter 3 exercise this chapter illustrates the importance of physical activity and exercise as well as deleterious effect of sedentary life and sitting it describes isometric resistance and dynamic aerobic exercises the beneficial effect of aerobic exercise for cardiovascular system health and resistance exercise in older population are discussed the different physical activity vs caloric expenditure is illustrated lifestyle interventions and physical activity are elucidated this chapter via some tables describes the intensity time spent and different physical activity exclusively the value of target heart rate in adolescents and adult exercises are delineated the critical importance of physical activity

**Publisher :** Xlibris Corporation on 2013-11-05 / **ISBN :** 9781493102662

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