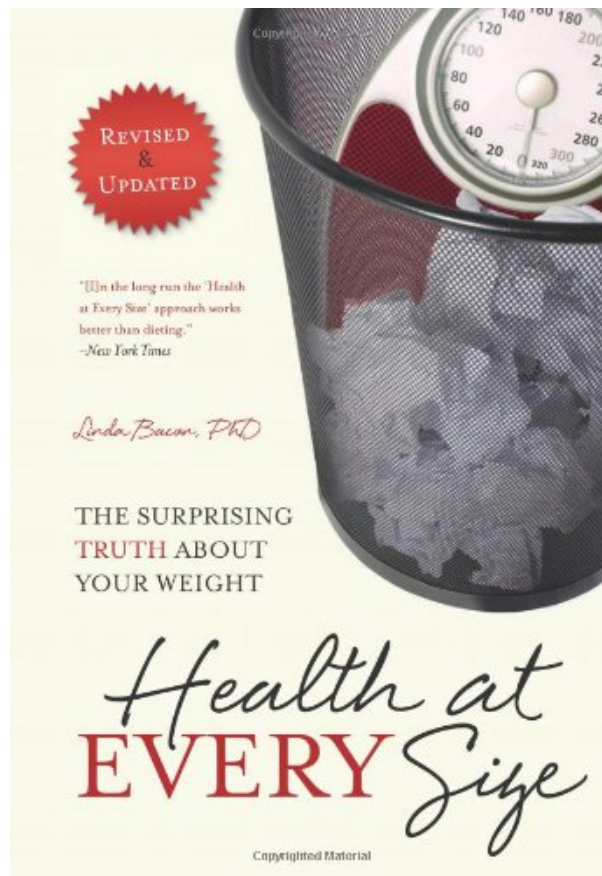
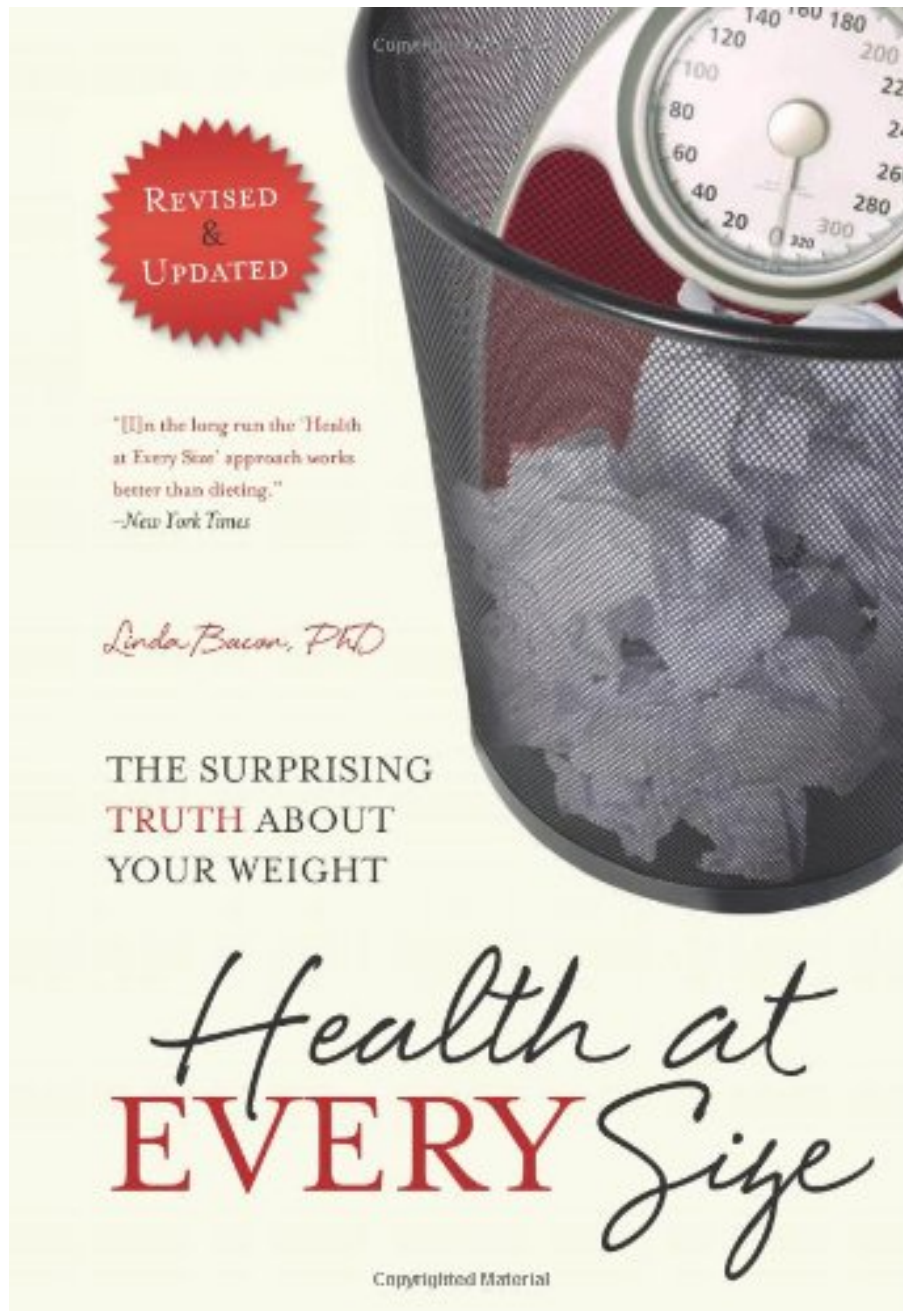


HEALTH AT EVERY SIZE: THE SURPRISING TRUTH ABOUT YOUR WEIGHT BY LINDA BACON



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About the Author

Linda Bacon, Ph.D., earned her doctorate in physiology, specializing in weight regulation, from the University of California, Davis. She also holds graduate degrees in psychology, specializing in eating disorders and body image, and exercise science, specializing in metabolism, and has professional experience as a researcher, clinical psychotherapist, exercise physiologist and educator.

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Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon. Is this your spare time? Just what will you do after that? Having extra or cost-free time is very remarkable. You could do every little thing without pressure. Well, we intend you to exempt you couple of time to read this publication Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon This is a god book to accompany you in this cost-free time. You will not be so difficult to recognize something from this publication Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon A lot more, it will help you to get much better information as well as encounter. Also you are having the fantastic works, reviewing this book Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon will certainly not add your mind.

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HEALTH AT EVERY SIZE: THE SURPRISING TRUTH ABOUT YOUR WEIGHT BY LINDA BACON PDF

Fat isn't the problem. Dieting is the problem. A society that rejects anyone whose body shape or size doesn't match an impossible ideal is the problem. A medical establishment that equates "thin" with "healthy" is the problem.

The solution?

Health at Every Size.

Tune in to your body's expert guidance. Find the joy in movement. Eat what you want, when you want, choosing pleasurable foods that help you to feel good. You too can feel great in your body right now—and Health at Every Size will show you how.

Health at Every Size has been scientifically proven to boost health and self-esteem. The program was evaluated in a government-funded academic study, its data published in well-respected scientific journals.

Updated with the latest scientific research and even more powerful messages, Health at Every Size is not a diet book, and after reading it, you will be convinced the best way to win the war against fat is to give up the fight.

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Be Prepared to Have Your Ideas about Health Challenged

By Shaunta Grimes

This week, when we were in Las Vegas, I finished reading Dr. Linda Bacon's book *Health At Every Size: The Surprising Truth About Your Weight*.

Bacon didn't coin the term Health at Every Size (HAES), as she points out in the book. It was a movement before her involvement. But she has written a book that spells it out in a very readable, understandable way.

Health at Every Size starts with a discussion about the social and cultural myths surrounding weight. She talks about how at different times in the last century, women's magazines have had articles about how to GAIN weight, instead of how to lose it. Maybe the most important lesson in the book is how the weight loss industry, which includes government agencies, lies and manipulates statistics in order to make us believe that if we are fat, we are going to die.

- 1.) We're all going to die. Skinny does not equal immortal. (In case you were wondering.)
- 2.) The Center for Disease Control helped to design the 'obesity crisis' with false statistics.
- 3.) The act of trying to obtain a 'perfect' weight causes far more health problems than the act of trying to be as healthy as possible at your current weight, whatever that may be.

The first part of this book, for me anyway, felt like a battle cry.

The next part of the book talks about Health at Every Size and how to implement it into your life.

I'll admit something here. I skipped ahead to section two. And I was confused. Because I was looking for menu plans and concrete steps to follow. I've read a lot of diet and 'life style change' books, starting with Susan Powter and ending right here. They all have steps to follow.

This book doesn't break HAES down that way, and at first I was confused. Because-well, how am I supposed to do this if you don't tell me how? Where are the charts? What about a training schedule or a list of HAES friendly snacks?

Then I went back and read from the beginning. (This was one of those times that my penchant for reading books backwards didn't work out for me.)

Turns out that HAES isn't a diet. I was a little slow integrating that information, because I actually knew that going in. It isn't a fitness plan. It isn't anything other than a validation, permission to treat yourself well right this minute. So Bacon's section two talks more about easing yourself out of what may well be a decades long addiction to dieting. It gives you permission to exercise because it's fun and feels good, or even as training, rather than as a punishment for the sin of being fat. To enjoy whatever food you want to eat-literally, whatever food-without putting a moral judgment on it.

HAES breaks down like this:

1. Love yourself. Yourself today, not yourself 10 or 50 or 150 pounds from now. Your body is just your

body, it is neutral morally.

2. Eat good food, eat what you want and enough of it, and stop when you're full.

3. Move because it feels good, it is good for your health (yes, even if you never lose a pound) and it's fun.

Deceptively simple, right?

Bacon does talk some about set points and how you may be keeping your body above its comfortable weight by eating past when you're full and avoiding exercise. I was impressed, however, that she didn't turn this into a weight loss book.

Eating well and moving your body moderately will improve your fitness and your health-even if your body never gives up a single pound.

If you're anything like me, you have so many years of 'accepting' that your health and your weight are intricately tied, that turning that off is really difficult. It's one thing to say "I can be fat and still fit" and another to believe it deep down. Even in the face of evidence that it's true. Even knowing that feeling like you have to thin before you earn being fit is a response to cultural conditioning.

You can buy this book on Amazon for about \$10. You might be able to get it from your library. However you get it, prepare to have your ideas about your body, your culture and yourself be challenged.

1 of 1 people found the following review helpful.

Must Read

By Eleanor Swartz

I love this book. She makes a lot of good points here.

105 of 122 people found the following review helpful.

Half great, half terrible

By Jodi-Hummingbird

It's flawed in parts but I got a lot out of this book overall. The core messages of this book are solid and timely; Listen to your body and eat real food that makes you feel good. Starving yourself to be thinner ends in weight gain for most of us and a raising of your set-point weight, so don't do it. Move in ways that make you feel good without worrying about burning calories. Don't pay attention to super-skinny ideals or weight-loss-diet-hype and just do what works for you and makes you feel healthiest. Skinniness is not the same as healthiness and it is the latter which is most important.

The writing of the book seemed clumsy at times. I feel the main points could have been put more simply and that some of the text was too long and meandering in getting to a point.

The parts on accepting and finding your set-point weight were quite good. One of the strongest parts of the book was the letters at the back of the book which were to give to family to let them know it'd be great if they made no positive or negative comments about your size changing because you're focusing on health and not mere weight change. A letter for doctors was also included.

There are also some not-so-good parts of this book. I feel this book would have been a lot stronger if the sections on nutrition were omitted entirely and the book just made the points about health being more important than weight more clearly and powerfully. The author should focus on the topic she really knows a lot about.

The nutrition information in this book really is bad. It's basically a description of the food pyramid. 30% of calories from fat is talked about as way too much fat - this despite the fact lipid experts such as Mary Enig PhD say that for some of us 30% is nowhere near enough dietary fat. 10% of calories from protein is said to be too high a protein intake. So what you're left with is a diet that is probably 70% or more carbohydrate. That is a level many of us just cannot cope with and which makes us feel constantly starving hungry, ill and weak even after meals. Not to mention making us gain weight like crazy even if we're putting everything we have into eating in a healthy way.

For some of us eating beans counts as a hungry-making starch food, not a protein food. Not telling readers that some people just can't cope with high-carb diets and are not suited to them sets them up for failure following the HAES plan and then blaming themselves for it. The same is true for people with food allergies to common foods such as grains and soy. Eating foods you are allergic to makes you crave them, it is one of the symptoms. The concept of eating the same old junk but in moderation just doesn't work for many of us. It sets us up to fail.

The message to enjoy junk foods and other not-so-healthy common foods in moderation is problematic. Some of us physically can't eat these foods in moderation, that is the whole problem. They do things to our bodies which shut off our bodies natural satiety signals and make us feel unwell afterwards too - or constantly unwell if we eat them often enough. This subject is tackled brilliantly in the book 'A Life Unburdened' - I highly recommend it. It also explains why saturated fat is a healthy food that is good for you, along with cholesterol-containing foods! It is the new fangled unnatural fats which don't suit us, not the ones we have been eating for tens of thousands of years such as animal fat.

There is so much wrong information in the nutritional chapters, but it's also very badly written and constantly contradicts itself. The research quality is poor. The author says we have virtually the same genes today as our Paleolithic ancestors had so we will do best eating the same diet they did - a diet which gave animal foods very special importance. Then she says that because of industrial meat farming practices the best way to emulate a Paleo diet today is to eat a diet of mostly plants with meat there as a condiment only or avoided entirely because everyone knows meat and animal fat is unhealthy. Ummm...what?

High-fibre (highly processed) breakfast cereals are super healthy and so are highly-processed foods such as tofu says the author. The huge problems with soy as a staple food (as explained in books like 'The Whole Soy Story') are never mentioned. The problems with anti-nutrients in whole grains are never mentioned as of course are the ways to soak and otherwise prepare grains to reduce them. The book repeats lots of myths about fibre and omits information that explains that for some of us a lower fibre diet and fibre from vegetables and fruits only (and not grains) suits us best. No amount of fibre in your diet will make your meals satisfying to you if you aren't eating enough fat in your diet, or protein.

Accurate information on eating what our ancestors ate and the foods our genes are best suited to is in books such as 'Primal Body, Primal Mind.'

I'm not convinced by the 'thrifty gene' theory this book puts so much importance in. A few good books - such as 'Good Calories, Bad Calories' - have done a great job debunking this myth far more convincingly. Seeing how ignorant and misled the author was on basic nutrition theory it also made it hard to have much faith in the quality of some of the more novel ideas on body chemistry and weight regulation put forth in this book.

At the end of one of the nutrition chapters the author says that if in doubt eat food that is as whole as possible and as minimally messed with as possible. That should have been the entire nutrition section really. Eating what makes you feel good makes sense but doing so when guided by a bit of basic nutrition knowledge is

essential too, especially if you have any health or nutrition issues. It helps you better understand the messages your body is trying to send you.

I give the sections on focusing on health and not the scales 4.5 out of 5. I give the nutrition section 1 out of 5 so have settled on a 3 star rating overall. I'd love to see an updated edition of this book that was much shorter and sharper and that omitted all nutrition information. I'd buy several copies for friends and family. But right now I couldn't give anyone a book with such problematic nutrition information in it.

Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

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HEALTH AT EVERY SIZE: THE SURPRISING TRUTH ABOUT YOUR WEIGHT BY LINDA BACON PDF

Investing the downtime by reviewing **Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon** can supply such excellent encounter also you are only sitting on your chair in the office or in your bed. It will not curse your time. This Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon will certainly lead you to have more precious time while taking remainder. It is extremely delightful when at the midday, with a cup of coffee or tea and also a publication Health At Every Size: The Surprising Truth About Your Weight By Linda Bacon in your gadget or computer system screen. By appreciating the views around, here you could begin reading.

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