

LOSING IT

**AMERICA'S
OBSESSION**

WITH WEIGHT AND

**THE INDUSTRY
THAT FEEDS
ON IT**

LAURA FRASER

Losing It Americas Obsession With Weight And The Industry That Feeds On It

Andrew F. Smith



Losing It Americas Obsession With Weight And The Industry That Feeds On It:

Losing it Laura Fraser, 1997 This probing social and cultural history of our preoccupation with weight blows the whistle on a multi billion dollar industry that feeds on insecurity Laura Fraser demonstrates that far from helping most people lose weight the vast agglomeration of diet profiteers contributes to both our weight obsession and our obesity *Beyond a Shadow of a Diet* Judith Matz, Ellen Frankel, 2014-04-03 *Beyond a Shadow of a Diet* is the most comprehensive book available for professionals working with clients who struggle with Binge Eating Disorder Compulsive Eating or Emotional Overeating The authors present research revealing that food restrictions in the pursuit of weight loss actually trigger and sustain overeating Next they offer step by step guidelines to help clients end the diet mentality and learn an internally based approach known as attuned eating Divided into three sections The Problem The Treatment and The Solution this engaging book contains chapters filled with compelling case examples visualizations and other exercises so that therapists can deepen their knowledge and skills as they help clients gain freedom from preoccupation with food and weight In addition to addressing the symptoms dynamics and treatment of eating problems *Beyond a Shadow of a Diet* presents a holistic framework that goes well beyond the clinical setting This invaluable resource includes topics such as the clinician s own attitudes toward dieting and weight cultural ethical and social justice issues the neuroscience of mindfulness weight stigma and promoting wellness for children of all sizes Drawing from the Health At Every Size paradigm and the wealth of research examining the relationship between dieting weight and health *Beyond a Shadow of a Diet* offers both therapists and their clients a positive evidence based model to making peace with food their bodies and themselves **Eating History** Andrew F. Smith, 2009 Offers an account of an eating history in America which focuses on a variety of topics ingredients and cooking styles **The Healthy Skeptic** Robert Davis, 2008-06-01 It happens every day we pick up a newspaper or magazine or turn on the television and are bombarded with urgent advice about how to stay healthy Lose weight Lower your cholesterol Early detection saves lives Sunscreen prevents cancer But in many cases pronouncements we rarely think to question turn out to be half truths that are being pushed by various individuals or groups to advance their own agendas *The Healthy Skeptic* explores who these health promoters are from journalists and celebrities to industry funded groups and consumer activists what their motives are and how they are spinning us in ways we often don t realize This treasure trove of little known facts written by a seasoned health reporter provides invaluable tips tools and resources to help readers think more critically about what they re being told Becoming a healthy skeptic is vital Davis argues because following the right advice can have a profound impact on overall health and longevity IN TEN ENTERTAINING CHAPTERS ROBERT J DAVIS DISCUSSES Diets and why they don t work Dietary supplements The campaign to reduce cholesterol Celebrity exhortations to get tested Sunscreen and its promoters claims The antichemical activists **Eating Anxiety** Chad Lavin, 2013-04-07 Debates about obesity are really about the meaning of responsibility The trend toward local foods reflects the changing nature of space due

to new communication technologies Vegetarian theory capitalizes on biotechnology's challenge to the meaning of species And food politics as this book makes powerfully clear is actually about the political anxieties surrounding globalization In *Eating Anxiety* Chad Lavin argues that our culture's obsession with diet obesity meat and local foods enacts ideological and biopolitical responses to perceived threats to both individual and national sovereignty Using the occasion of eating to examine assumptions about identity objectivity and sovereignty that underwrite so much political order Lavin explains how food functions to help structure popular and philosophical understandings of the world and the place of humans within it He introduces the concept of digestive subjectivity and shows how this offers valuable resources for rethinking cherished political ideals surrounding knowledge democracy and power Exploring discourses of food politics *Eating Anxiety* links the concerns of food especially issues of sustainability public health and inequality to the evolution of the world order and the possibilities for democratic rule It forces us to question the significance of consumerist politics and simultaneously the relationship between politics and ethics public and private

It's Not about Food Carol Emery Normandi, Laurelee Roark, 1999 Examines the physical emotional and spiritual problems behind eating disorders

Food and Drink in American History Andrew F. Smith, 2013-10-28 This three volume encyclopedia on the history of American food and beverages serves as an ideal companion resource for social studies and American history courses covering topics ranging from early American Indian foods to mandatory nutrition information at fast food restaurants The expression you are what you eat certainly applies to Americans not just in terms of our physical health but also in the myriad ways that our taste preferences eating habits and food culture are intrinsically tied to our society and history This standout reference work comprises two volumes containing more than 600 alphabetically arranged historical entries on American foods and beverages as well as dozens of historical recipes for traditional American foods and a third volume of more than 120 primary source documents Never before has there been a reference work that coalesces this diverse range of information into a single set The entries in this set provide information that will transform any American history research project into an engaging learning experience Examples include explanations of how tuna fish became a staple food product for Americans how the canning industry emerged from the Civil War the difference between Americans and people of other countries in terms of what percentage of their income is spent on food and beverages and how taxation on beverages like tea rum and whisky set off important political rebellions in U S history

Candy Samira Kawash, 2013-10-15 For most Americans candy is an uneasy pleasure eaten with side helpings of guilt and worry Yet candy accounts for only 6 percent of the added sugar in the American diet And at least it's honest about what it is a processed food eaten for pleasure with no particular nutritional benefit So why is candy considered especially harmful when it's not so different from the other processed foods from sports bars to fruit snacks that line supermarket shelves How did our definitions of food and candy come to be so muddled And how did candy come to be the scapegoat for our fears about the dangers of food In *Candy A Century of Panic and Pleasure* Samira

Kawash tells the fascinating story of how candy evolved from a luxury good to a cheap everyday snack After candy making was revolutionized in the early decades of mass production it was celebrated as a new kind of food for energy and enjoyment Riding the rise in snacking and exploiting early nutritional science candy was the first of the panoply of junk foods that would take over the American diet in the decades after the Second World War convenient and pleasurable for eating anytime or all the time And yet food reformers and moral crusaders have always attacked candy blaming it for poisoning alcoholism sexual depravity and fatal disease These charges have been disproven and forgotten but the mistrust of candy they produced has never diminished The anxiety and confusion that most Americans have about their diets today is a legacy of the tumultuous story of candy the most loved and loathed of processed foods Candy is an essential addictive read for anyone who loves lively cultural history who cares about food and who wouldn't mind feeling a bit better about eating a few jelly beans

The Fat Studies Reader Esther Rothblum, Sondra Solovay, 2009-11-01 Winner of the 2010 Distinguished Publication Award from the Association for Women in Psychology Winner of the 2010 Susan Koppelman Award for the Best Edited Volume in Women's Studies from the Popular Culture Association A milestone anthology of fifty three voices on the burgeoning scholarly movement fat studies We have all seen the segments on television news shows A fat person walking on the sidewalk her face out of frame so she can't be identified as some disconcerting findings about the obesity epidemic stalking the nation are read by a disembodied voice And we have seen the movies their obvious lack of large leading actors silently speaking volumes From the government health industry diet industry news media and popular culture we hear that we should all be focused on our weight But is this national obsession with weight and thinness good for us Or is it just another form of prejudice one with especially dire consequences for many already disenfranchised groups For decades a growing cadre of scholars has been examining the role of body weight in society critiquing the underlying assumptions prejudices and effects of how people perceive and relate to fatness This burgeoning movement known as fat studies includes scholars from every field as well as activists artists and intellectuals The Fat Studies Reader is a milestone achievement bringing together fifty three diverse voices to explore a wide range of topics related to body weight From the historical construction of fatness to public health policy from job discrimination to social class disparities from chick lit to airline seats this collection covers it all Edited by two leaders in the field The Fat Studies Reader is an invaluable resource that provides a historical overview of fat studies an in depth examination of the movement's fundamental concerns and an up to date look at its innovative research

Born Again Bodies R. Marie Griffith, 2004-10-04 Fat People Don't Go to Heaven screamed a headline in the tabloid Globe in November 2000 The story recounted the success of the Weigh Down Workshop the nation's largest Christian diet corporation and the subject of extensive press coverage from Larry King Live to the New Yorker In the United States today hundreds of thousands of people are making diet a religious duty by enrolling in Christian diet programs and reading Christian diet literature like What Would Jesus Eat and Fit for God Written with style and wit far ranging in its implications and rich with

the stories of real people *Born Again Bodies* launches a provocative yet sensitive investigation into Christian fitness and diet culture Looking closely at both the religious roots of this movement and its present day incarnations R Marie Griffith vividly analyzes Christianity's intricate role in America's obsession with the body diet and fitness As she traces the underpinning of modern day beauty and slimness ideals as well as the bigotry against people who are overweight Griffith links seemingly disparate groups in American history including seventeenth century New England Puritans Progressive Era New Thought adherents and late twentieth century evangelical diet preachers

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