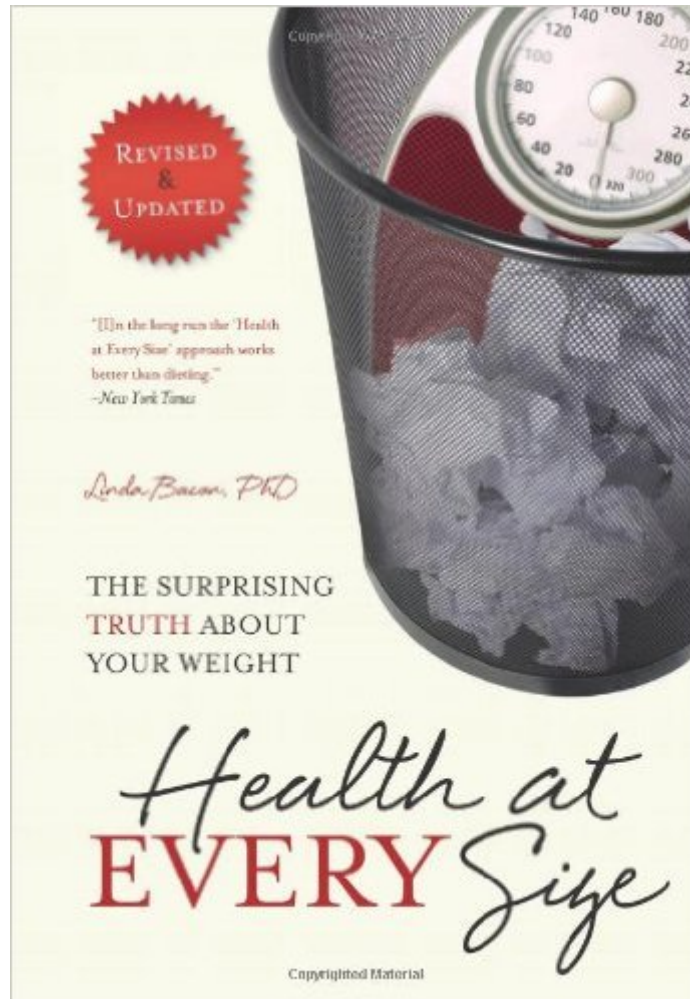


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# Health At Every Size: The Surprising Truth About Your Weight



## Synopsis

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.

## Book Information

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## Customer Reviews

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.

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.

I'm so glad I found this book. I think everyone should read it - yes, thin, fat and inbetween. I already knew about the horrific things the food industry does to us in this country. And because I am a medical doctor myself, I knew that many doctors are leading the "Fat People Are Lazy, Stupid and

Unworthy to Live" parade. I didn't know how badly skewed all the research was until I read this book. Folks, we've been had, and I'm tired of it. I'm sure you have heard the old saying about doing the same thing and hoping for a different result. That's what diets are. What was great about this book for me was learning that I'm not crazy for knowing that diets don't work, that exercise makes me feel good but not lose weight, that what I eat does matter but not in the ways you might think. That I have the right to be happy even if I am fat. It doesn't make me a bad person, even if every advertisement and supposedly knowledgeable people think it does. It's another form of prejudice. I looked up (on the biggest evidence-based website that most physicians use) the research they cite for why you should tell your patients to lose weight to treat their type II diabetes. Of the two main studies, one was in patients who had gastric bypass, and the other was in test subjects who were on very strict diets for the study. What they don't report is how AFTER the study, most of the those patients probably regained the weight and promptly went back to the same diabetes status as before. Meaning, they only caused harm, and no lasting good. I feel confident in saying this because I know there are plenty of research studies that PROVE people cannot maintain losses such as in those two studies (I've looked them up before trying to figure out what diet really works).

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