

Re: Does dieting work?

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- *From:* J666 <jeanon@xxxxxxxxxx>
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On Dec 29, 12:23 pm, Marilyn Mann

Yes, if you can restrict your calories on a permanent basis and exercise enough, you may be able to keep the weight off. Very few people are able to do this, however. Therefore, it seems pointless for doctors to prescribe weight loss for their patients.

Marilyn

Yes, but the doctor should at least continue to mention it. The motivation has to come from the person, not the doctor, family or friends. The motivation to lose weight and be healthier and change one's lifestyle has to be greater than the desire to stay the status quo and that is why for most weight loss is temporary at best. People also smoke, drink alcohol to excess, not wear seat belts and ride on motorcycles without helmets too.

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