



- Identify high-risk situations and avoid them.
- Reward certain actions, such as prolonged exercise or eating less of a certain type of food.
- Adopt realistic beliefs about weight loss and body image.

► New methods of treating obesity ◀

► Consumption of Seaweed ◀

The popularity of seaweed increased both in 2015 as wonderful food and the use of seaweed for weight loss. Research has also confirmed the benefits of using seaweed to maintain satiety, as evidence suggests that polysaccharides, acting as a natural substance that delays gastric emptying, can make a person feel fuller for longer. Seaweed has also been shown to inhibit the enzymes responsible for breaking down carbohydrates, meaning that carbohydrates are broken down more quickly and sugars are gradually released into the bloodstream.

► Vegetarian Diets ◀

Vegetarian diets emphasize the consumption of whole foods such as fruits, vegetables, and whole grains while avoiding meat, dairy, and processed foods.

► Intermittent fasting ◀

Intermittent fasting is a way to control your calorie intake. Fasting lowers insulin levels, while growth hormone levels rise dramatically.



► Changing Lifestyle ◀

Managing obesity goes beyond diet and in this way, you have to adjust your lifestyle as well. like the:

- Fill your fridge with healthy fruits, vegetables, and snacks.
 - Increase your water intake.
 - Eat slowly.
- Do not eat while sitting in front of the TV.
 - Make sure you get enough sleep.
- Park very far from the entrance of a building so you have to walk a little to get inside.
 - Use the stairs instead of the elevator.
 - Reduce your stress levels.
- Avoid sugary drinks. If you have trouble quitting, try diet soda or carbonated water.
- Start your day with a healthy, high-protein breakfast like eggs instead of cereal or sugary bread.

New Methods Of Treating Obesity





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In the first year after obesity treatment, about 40% of the weight and the remaining 60% return within three years. Also, it is necessary to use the weight loss program with caution, because repeated tests and failure have other side effects, including physical and psychological damage.



New Methods Of Treating Obesity

Obesity is a global issue and its prevalence is one of the major public health concerns. Obesity is caused by disorders in various systems of the body that lead to an imbalance between energy intake and energy consumption. Therefore, any factor that increases the amount of energy intake, or reduces the amount of energy consumed, causes obesity in the long run. Hereditary effects can not be ignored in the occurrence of obesity. However, at present, the prevalence of obesity indicates that environmental factors should be the cause of the obesity epidemic. Therefore, to manage obesity, we must reduce food intake and increase physical activity.



Diet Modification

Many of us have tried different diets and have been involved in a weight gain and loss cycle that can affect the heart, kidneys, and other organs by causing stress and posing serious health risks. Ninety percent of people who participate in all diet programs lose weight within two years.

Behavior Correction

The goal of behavior modification is to change eating and exercise habits to lose weight.

Examples are:

Set realistic short-term and long-term weight loss goals.

Many people use a combination of the following treatments for obesity.

