



November 22, 2010 – Grand Rapids, MI

Nowhere

Amitai Etzioni is a sociologist and professor of international relations at George Washington University. Weight loss and dieting are not his area of expertise, but that didn't stop him from making observations on Thanksgiving and why dieting gets you nowhere. He asked a question: think of 10 people you've known for a long time. They could be family, friends, or public figures. He used Oprah and Hillary Clinton as two public figure examples. He asked whether they've really changed their body size over the years. He concludes that once you reach adulthood, you can try as hard as you want, but you'll never make a permanent change. He cites a study that only 20% of dieters ever really succeed at losing weight and keeping it off.

It's hard to argue with his observations. However, that's all they are—observations. Anyone who wants to permanently change his or her body can do it. I'm not suggesting it's easy but thousands of people do it every year. You just have to stop thinking about it as a temporary respite from your current lifestyle and make eating less and moving more a permanent part of your lifestyle. Dr. Etzioni finds that difficult. But he did say one thing that could really provide the solution to this obesity epidemic we have going on in North America. I'll let you know what that is on Wednesday.

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Dr. Chet

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