



## SAFE DIETING FOR TEENS 2ND EDITION

*Linda Ojeda, Ph.D.*

- In just two decades, the prevalence of overweight doubled for U.S. children ages 6 to 11 — and tripled for American teenagers. **Source:** Mayo Clinic
- 25 million U.S. children and adolescents are overweight or nearly overweight. **Source:** Mayo Clinic
- The annual National Health and Nutrition Examination Survey by the Centers for Disease Control and Prevention found that about one-third of U.S. children are overweight or at risk of becoming overweight. **Source:** Mayo Clinic

### Answers for Overweight Teens: Losing Weight Slowly and Safely

(Alameda, CA – July 2007) Since the 1980s, the prevalence of overweight American teens has tripled. Sedentary lifestyles combined with unhealthy diets have led to an unprecedented obesity epidemic. Childhood obesity is particularly troubling because it can lead to emotional and health problems such as diabetes, high blood pressure, heart disease, low self-esteem and eating disorders. It's no secret: Overweight teens are routinely ostracized by their peers, teachers, and sometimes their own parents, while society's obsessions with stick-thin models and fad diets feeds into the stigma and further threaten the health of our youth. The emotional impact can be devastating for any teen looking to "fit in." The good news is that there is a solution. Teaching teens how to make healthy food choices, without focusing on calorie counting, can go a long way toward raising healthy children who make sensible food choices.

*Safe Dieting for Teens* enables teens to leave behind the calorie-counting, fat-eliminating, mathematical formula approach to weight loss. Written in a straightforward, conversational tone, the second edition of this popular book will help readers permanently lose weight slowly and safely. Teens will take control of their health as they comprehend how their bodies work, understand nutrition and learn to make appropriate food choices. With over 25 percent new material, the book includes easy-to-remember tips at the end of each chapter and samples of healthy breakfast, lunch, dinner and snack menus, that include fat gram and calorie information.

*Safe Dieting for Teens* also discusses:

- pros and cons of today's popular diets and why they may succeed or fail

**MORE . . .**

- how teens may fit other diet approaches into their lives
- the downside of dieting and when it goes too far clues to help teens realize if they are in danger of anorexia or bulimia
- practical advice on how to incorporate exercise into daily life
- tools for coping with the emotional aspect of weight and overeating

Written by Dr. Linda Ojeda, a respected expert on weight loss and women's health issues, **Safe Dieting for Teens** encourages teens to lose weight slowly and safely, to get the nutrition that they need and to realize that their physical appearance should not dictate their self esteem. This book promotes not just healthier eating habits, but a healthier lifestyle, mindset and approach to nutrition.

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**About the Author:** Linda Ojeda, Ph.D., is a respected authority on weight loss and women's health issues, especially PMS, menopause and heart health; she is the author of *Menopause Without Medicine* – the best selling book in the world on the topic of menopause. She has been both an author and speaker on weight loss, women's health and non-medical approaches for over thirty years and has introduced a number of controversial approaches that are now regarded as mainstream. She appeared on the WEEK-END TODAY show in a segment featuring diet and nutritional issues for their program on heart disease. She appears in the most recent video by Kathy Smith, well-known fitness expert, "Moving Through Menopause," in which she presents the nutritional component of Kathy's menopause program. Dr. Ojeda routinely appears on several shows and is an advocate for women's issues and for losing weight safely.

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