

## Encyclopedia Of Diet Fads Understanding Science And Society

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### Encyclopedia Of Diet Fads Understanding

A fad diet, or novelty diet, is a diet that is popular for a time, similar to fads in fashion, without being a standard dietary recommendation, and often promising unreasonably fast weight loss or nonsensical health improvements. There is no single definition of what is a fad diet, encompassing a variety of diets with different approaches and evidence bases, and thus different outcomes ...

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One of the first dietary steps you can take to lower blood pressure is to cut back on salt. Salt contains sodium. By decreasing salt intake, you can decrease the level of sodium in your bloodstream, a

### Fad diet - Wikipedia

The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant eating of foods presumed to have been available to humans during the Paleolithic era.. The digestive abilities of anatomically modern humans, however, are different from those of pre-Homo sapiens humans, which has been used to criticize the diet's core premise.

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