**Name**:

**Course**: Sophomore Rhetoric (English 202)

**Section**: 26

**Assignment**: A summary of **“**Does dieting increase the risk for obesity and eating disorders?”

In her article “Does dieting increase the risk for obesity and eating disorders?”, writer Bonnie A. Spear discusses extreme or over dieting at young ages, its origins(the media and marketing) and its impacts and risks over time. She observes that there is a high percentage of extreme dieters in adolescents and teens, yet the percentage of obesity and overweight is increasing. Spear suggests that even though dieting might be effective instantly, it increases the risks of gaining weight and becoming obese and developing eating disorders. Dieting leads to requiring fewer calories to maintain the new weight and returning to the normal eating habits leads to weight gain, leads to requiring more energy thus more consuming carbohydrates thus weight gain and leads to binge eating, to counteract the effects of calorie deprivation, which predicts weight gain or the development of eating disorders.