

Dieting can change a person's life for the better or ruin one's health completely. What is your opinion?

Avoiding obesity or eating excessively have become a contentious issue during recent decades. Some researchers assume that in this way take more advantages of their life, however, others assert that dieting could have numerous detrimental impacts on our body. From my point of view, individuals had better ask a nutritionist to formulate a balanced diet for them, and try to follow it. This short essay will elaborate on this controversial issue.

First and foremost, attaching to an appropriate diet help people to keep their physical condition in a proper mood, hence their more energy. It means that if their body were in shape, they would be significantly more confident which leads to them being more prosperous in their personal life. Further and even more importantly, a great numbers of members of the public are having different foods or vegetable and fruits regularly while in the result of their blood test examination some elements are higher or lower than the normal range. It means that they do not have enough information as to what their body needs or how much they should consume them. That is why having a plan for eating is of great benefit.

Considering some prominent notes in regard to preventing our body from being affected by dieting, on the one hand over weight people tending to lose weight need to talk to a nutritionist and receive a balanced diet. In addition, not only should they be careful about their eating habbits, but they also had better put doing exercise in their daily programs.

By way of conclusion, in my opinion, through going on a nutritionally balanced diet, we, in fact, transform our otherwise bored body to a fresh and powerful one. What is more, following a diet which is written by an expert person in this area of study, individuals can live healthier.