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Lose weight fast without dieting or exercise – Back to the Future?

Saturday, February 16, 2013

“No ill effects” either. We’ve heard that before.

Slenderella’s blog the other day (Biased information in my face)

www.sparkpeople.com/myprofile_public_journal_individual.asp?blog_id=5250493

reminded me of this advertisement from long ago.



We are constantly bombarded with “easy” solutions and pronouncements by “experts” claiming to know absolutely what, how and when we should eat.

I wonder if the outrageous advertisements and claims being made today will look as foolish to future generations as this does to us.

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BRAVELUTE

I keep hoping for the fattette gum (like nicorette gum). I must be of CELiAMiNER's mother's generation because I remember jack LaLanne. My association with weird diets actually began as prescription from my family doctor in the form of diet pills which made me stay awake all night and feel like I had spiders crawling on my back. That along with a 600 calorie a day diet of 3 meals a day of hard boiled egg, zwieback, and tomato juice. Didn't stay on the pills very long, but I stuck it out with the food for about a month. Lost weight, then gained it back.

The problem? That made me think it was okay, the way to DO IT, so I tried every low calorie diet with the same result every time. Took me 50 years to wise up. Cabbage soup diet, grapefruit diet, Aysd candy, Cambridge, Medifast, and a few more in between which were just as crazy but did put more calories in. Nothing set up good nutritional habits or fitness habits or healthy habits.

My Primary Physician, chiropractor, and oncologist are delighted I'm using Spark People and Dr. Fuhrman's Eat to Live. The only thing my primary has suggested was wondering if i had tried the zumba class at the YMCA when he saw me there.

So, how many obese young people are learning the TV way to lose weight then get fatter? We must be sure the ads on SP are good ads.

3038 days ago



BOOKAPHILE

Wow, Yuck!

3039 days ago



MISCHAKEO

My sister keeps buying new diet pills or new diet programs that never work, Those ads are ridiculous.

3039 days ago



WILSONWR

I like the old "personal" saunas that looked like a big dryer that you sat in with your head sticking out. The things people will try!!

3039 days ago



DEBBY4576

Years from now people will see our TV ads and get a kick out of sensa, and so many other ads of our generation. You can bet on it.

3039 days ago



SLENDERELLA61

Sanitized tape worms!!!?! I don't know if even I was ever that desperate.

I appreciate the call out. Glad it sparked your thinking, as you have sparked mine. Thanks so much for sharing this funny, and appalling, and historical poster!! -Marsha

3039 days ago



CD13252816

Problem is that the worm hangs on for dear life. You only get the tail. Yuck! And how do you get rid of them? Is there some poison you have to take?



You know how much I like information in blogs. Thanks

3039 days ago



CELIAMINER

Too funny! What I remember of my mother's generation was Jack LaLanne and cutting out balanced, calorie-controlled meal plans out of the paper. I'm sure the outrageous ads were there, but I didn't see them.

3040 days ago



CD8467616

Please send me one package of tapeworms at your earliest convenience.

3040 days ago



DR1939

When I taught Psyc 101 I told the students they would never view advertisements in the same way. I stressed critical thinking. I had many tell me later that I ruined TV for them, particularly talk shows and political ads. They were not complaining.

3040 days ago



TINAJANE76

What?!? Sanitized tapeworms?!? Looks like people were just as desperate to lose weight years ago as they are now, lol. Thanks for a good laugh!

3040 days ago





SUZYMOBILE

The only solution I've discovered is extreme stress. Works like a charm for me!
3040 days ago



CD13227574

Sanitized tape worms jar packed, just how do you sanitize the poor creature and keep it alive.



Which aisle of the store do you suppose that would be on?
3040 days ago



COCK-ROBIN

I see magazines every day with promises of the new miracle diet. Probably written by the same people who send you those emails from Nigeria, promising millions of dollars if only you open your bank account to them. *sigh*
3040 days ago



BOILHAM

Oh man, tapeworms. I need some of those! And one of those belt-around-the-waist shake-off-the-fat machines, too.
3040 days ago



NWLIFESRC

You know it
3040 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.