

THE AFRICAN-AMERICAN WOMAN'S GUIDE  
TO HEALTHY, PERMANENT WEIGHT LOSS

# SLIM DOWN SISTER

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RECIPES

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FROM SISTERS WHO HAVE  
LOST WEIGHT

HOW TO REDUCE YOUR RISK  
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AND HEART DISEASE

A GET-FIT PROGRAM  
TAILORED TO YOUR NEEDS



Roniece Weaver, M.S., R.D., L.D., Fabiola Gaines, R.D., L.D., and Angela Ebron

# **Slim Down Sister The African American Womans Guide To Healthy Permanent Weight Loss**

**Lei Shi**



## **Slim Down Sister The African American Womans Guide To Healthy Permanent Weight Loss:**

Slim Down Sister Roniece Weaver, Fabiola Gaines, Angela Ebron, 2001 Addresses serious weight related health concerns many African American women face and offers a comprehensive program of diet and exercise designed to help African American women take control of their weight and health Food Choice and Obesity in Black America Eric J.

Bailey, 2006-05-30 Anthropologist Eric Bailey uses a cultural and holistic analysis of African American food preferences to show how black Americans generally perceive health body image food dieting physical fitness and exercise As is true of Americans overall black Americans are becoming more overweight and obese than ever before So too they are seeing the consequences heart attacks strokes hypertension and Type II diabetes at earlier and earlier ages Bailey offers a new cultural diet for black Americans and a prescription for working collectively not only to understand this critical health issue but also to establish a lifestyle strategy that will be both effective and manageable **Black America, Body Beautiful** Eric J.

Bailey, 2008-07-30 Despite all the medical and media attention focused on the rate of overweight and obesity in the African American population African American images and body types are greatly influencing changes in the fashion fitness advertising television and movie industries This is because overweight like beauty can be in the eye of the beholder Most research studies investigating attitudes about body image and body type among African Americans have shown they are more satisfied with their bodies than are their white counterparts and that there appears to be a wider range of acceptable body shapes and weights and a more flexible standard of attractiveness among black Americans as compared to whites That fact is not being lost on leaders of industries that might profit from understanding this wider range of beauty as well as playing to it In this book medical anthropologist Eric Bailey introduces and explains the self acceptance and body image satisfaction of African Americans and traces how that has spurred changes in industry His book fills the void of scientific evidence to enhance the understanding of African Americans perceptions related to body image and beauty and is the first to document these issues from the perspective of an African American male Despite all the medical and media attention focused on the rate of overweight and obesity in the African American population African American images and body types are greatly influencing changes in the fashion fitness advertising television and movie industries This is because overweight like beauty can be in the eye of the beholder Most research studies investigating attitudes about body image and body type among African Americans have shown they are more satisfied with their bodies than are their white counterparts Most black women for example are of course concerned with how they look but do not judge themselves in terms of their weight and do not believe they are valued mostly on the basis of their bodies Black teen girls most often say being thick and curvaceous with large hips and ample thighs is seen as the most desirable body shape Thus there appears to be a wider range of acceptable body shapes and weights and a more flexible standard of attractiveness among black Americans as compared to whites That fact is not lost on leaders of industries that might profit from understanding this wider range of beauty as well as

playing to it Voluptuous supermodel Tyra Banks is just one African American who's broken the mold in that industry The effects have been seen right down to department and local clothes stores where lines of larger and plus size fashions are expanding becoming more colorful and more ornate In the fitness industry health gurus Madonna Grimes and Billy Blanks have been revolutionizing how people get fit and how fitness needs to be redeveloped for the African American population Advertising has taken a similar turn not the least manifestation of which were the major campaigns Dove and Nike ran in 2005 with plus sized actresses who continue to appear in promotions for both companies In movies and on television shows the African American beautiful body image has followed suit In this book medical anthropologist Eric Bailey introduces and explains the self acceptance and body image satisfaction of African Americans and traces how that has spurred changes in industry His book fills the void of scientific evidence to enhance the understanding of African Americans perceptions related to body image and beauty and is the first to document these issues from the perspective of an African American male

What's Black about It? Pepper Miller, Herb Kemp, 2005 At last in depth qualitative insights paint an eye opening picture of Black culture and the Black lifestyle and how to connect your products and services with Black consumers What's Black About It presents historical psychological and cultural influences that delve far deeper into the Black experience than the demographics that are at the heart of other ethnic marketing books and market research reports Now you will be able to break through stereotypes to better understand and relate to African American consumers Other ethnic marketing books may include a general chapter or two on Black consumers What's Black About It focuses on African American consumers and engages you with bold graphics pop culture sidebars insights from focus groups and examples from current advertising and marketing campaigns

**Eating Right in America** Charlotte Biltekoff, 2013-10-02 This social and cultural history of key moments in U S dietary reform illuminates the relations between prevailing notions of what it means to eat right and conceptions of morality and citizenship

**Ebony**, 2000-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

*Ebony*, 2000-04 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

**Today's Black Woman**, 2000

*Blessed Health* Angela Ebron, Dr. Melody T. McCloud, 2011-12-27 Blessed Health offers African American women the medical information and inspirational motivation they need to achieve total health in mind body and spirit Many black women will go to church all day every Sunday but won't take one day out of the year to get a Pap test and mammogram done yet that yearly doctor's visit could help save lives Often the first people to pray when a serious illness strikes black women may be the last to seek timely medical care As a result they are suffering with and dying from manageable illnesses such as heart disease obesity cancer and diabetes more than any other group in the United States It doesn't have to be that way Don't wait until a health emergency happens before turning to your faith and your physician You can achieve optimal health by arming yourself

with medical knowledge and a strong spiritual base Research has proven that a well nurtured spiritual self can help to replenish rejuvenate and safeguard your physical self Written by a prominent African American OB GYN and a highly respected journalist Blessed Health is a personal health and spirituality guide for every stage of a black woman s life Included here is important information on How your body works and what can be done to prevent or help solve common health problems including pelvic infections and fibroid tumors How to find a doctor that ministers to your physical and emotional needs How to successfully cope with illness from a faith perspective How spiritual wisdom and prayer can decrease the harmful effects of stress How best to take care of your breasts and reproductive organs and decrease your risk of heart disease diabetes obesity and cancer By the time the last page is turned you will truly understand the connection between your spiritual and physical self and you will feel empowered to make that relationship stronger     **Empty Pleasures** Carolyn Thomas de la Peña,2010 Empty Pleasures a rich and rewarding read makes the tools of cultural analysis available to a wide range of readers De la Pena s argument that artificial sweeteners provide consumers with a way to exercise indulgent restraint will surely re energi     **Jet** ,2005-04-25 The weekly source of African American political and entertainment news     **Ebony** ,1999-11     **Doing Nutrition Differently** Allison Hayes-Conroy,2016-05-13 Hegemonic nutrition is produced and proliferated by a wide variety of social institutions such as mainstream nutrition science clinical nutrition as well as those less classically linked such as life science agro food companies the media family education religion and the law The collective result is an approach to and practice of nutrition that alleges not only one single clear cut and consented upon set of rules for healthy eating but also tacit criteria for determining individual fault usually some combination of lack of education motivation and unwillingness to comply Offering a collection of critical interdisciplinary replies and responses to the matter of hegemonic nutrition this book presents contributions from a wide variety of perspectives nutrition professionals and lay people academics and activists adults and youth indigenous Chicana o Latina o Environmentalist Feminist and more The critical commentary collectively asks for a different more attentive and more holistic practice of nutrition Most importantly this volume demonstrates how this new nutrition is actually already being performed in small ways across the American continent In doing so the volume empowers diverse knowledges histories and practices of nutrition that have been marginalized re casts the objectives of dietary intervention and most broadly attempts to revolutionize the way that nutrition is done     **Jet** ,2005-04-25 The weekly source of African American political and entertainment news     **Library Journal** ,2001     **G.K. Hall Interdisciplinary Bibliographic Guide to Black Studies** Schomburg Center for Research in Black Culture,2001     **Family Digest Magazine** ,1998     **The Publishers Weekly** ,1999     **The Library Journal** ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately     **New Books on Women and Feminism** ,2000

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