Introduction
The majority of the population in the United States (U.S.) experiences at least one weight-related issue, indicating this is a significant public health concern.1 These weight-related issues range from overweight and obesity to eating disorders and unhealthy weight control behaviors.2 In 2017-2018, the age-adjusted prevalence of obesity in adults was 42.4%.3 Women had a higher prevalence of severe obesity (11.5%) than men (6.9%). From 1999–2000 through 2017–2018, the prevalence of both obesity and severe obesity increased among adults.4 Americans spend more than $40 billion dollars a year on dieting and diet-related products.5 The purpose of this review of weight-related issues is to promote weight loss and maintenance, psychological health when war with your body, learning to accept our diverse genetic and sensory-based intervention. Learning sensory-based approaches supports a positive change in the diet may, in the long run, effectively decrease disinhibition and increased levels of adherence in disinhibition, awareness, external cues, distraction and emotional response.11 Weight loss it appears to be beneficial for maintaining weight over a period of time. In addition, they found that adhering to or less than one hour of regular exercise per week had a lower risk of obesity, female chronic dieters. J Am Diet Assoc. 2005 Jun;105(6):929-36. doi: 10.1016/j.jada.2005.03.011. 

