

Przeczytaj tekst, z którego usunięto zdania. Wybierz takie, które w najbardziej logiczny sposób uzupełnią kontekst artykułu.

Extreme dieting is a consequence of dieting improperly and pushing the limits of your body well beyond its capabilities. All diets usually begin the same way. **(1)**

- a) *Various dieting plans are now being dismissed by specialists as potentially harmful.*
- b) *A person has noticed and been bothered for quite some time by their weight gain.*

Finally, it gets to be too much, and one decides to lose some pounds by going on a diet.

The unhealthy way of dieting is extreme dieting, which can also be called crash dieting or, in really extreme cases, all-out fasting. **(2)**

- a) *The advantages of burning fat by means of regular physical effort cannot be underestimated.*
- b) *Dieting in an uncontrollable way is not something to try, as it has numerous dangers associated with it.*

People who suffer psychologically from body image issues and feel the need to lose a lot of weight quickly are the ones to usually try extreme dieting. **(3)**

- a) *The maximum limiting of calorie intake is typically the main tenet of every drastic dieting plan.*
- b) *Obesity can also ruin a person's life by exposing one to ridicule and lack of acceptance on the part of the leaner members of a society.*

Because of their severity, extreme diets are almost the same thing as starvation, differing only slightly. Due to this hazardous approach, even people who go on extreme diets do so with the understanding that it should only be a very short-term commitment. **(4)**

- a) *Ironically, people who go on an extreme diet with the belief that they can lose weight quickly are in for a shock because extreme diets have the opposite effect.*
- b) *Eating disorders, including anorexia and bulimia, are not rare among dieting people and are known to have a devastating impact on the body.*

Extreme diets cause a slowing down of your body's metabolic rate. In result, more weight is gained after the extreme diet is ended. The consequences of extreme dieting may be grave, as they all involve debilitating effects on the body. In acute cases, they may even pose a threat to life. **(5)**

- a) *Excessive amounts of food are usually consumed by those who suffer from binge eating disorder.*
- b) *Both physical and mental degradation are the case with extreme calorie reduction.*

The bodily harm may include fatigue, hunger pangs, gallbladder diseases, atrophy of the muscles, dehydration and malnutrition that may lead to death. On the mental side, consequences are depression, and vulnerability to more eating disorders like bulimia and anorexia.