Health
Diets & Habits



Read each paragraph about strange diets and match the headings accordingly.

TOP 10 WEIRDEST DIETS IN HISTORY

The Palaeolithic Diet, The Vision Diet, The Apple Cider Vinegar Diet, The Tapeworm Diet, The Sleeping Beauty Diet, The Master Cleanse Diet, The Cotton Ball Diet, The Breatharian Diet, The Cigarette Diet, The Freegan Diet

1._____



According to *Allure* magazine, Heidi Klum and Fergie stick to this strange diet plan. Before each meal you drink three teaspoons of apple vinegar to burn fat. Medical experts say there's no science behind it, but that you may lose weight because when you constantly drink vinegar, it ruins your appetite. There are apple vinegar diet pills that doctors strictly advise against, they have a concentrated acidic formula that could burn your mouth and stomach.

2._____

Weight-loss expert David Edelson, M.D., says that some models and dancers eat cotton balls in an attempt to feel full and not eat more. Cotton is not digestible, so the "risk is huge," he says. The cotton balls will remain on your system and can do serious harm.

3._____

When people learned that tapeworms - parasitic worms - live in a person's intestines and consume their food - causing weight loss in their hosts - not everyone had the same disgusted reaction. Some people started buying pills with tapeworm eggs in order to slim down. However tapeworms in the human body grow without stopping, and can reach up to 5 meters long in the intestine and cause seizures, vomiting and anemia. Doctors say tapeworms are a no-no, and hopefully no one still tries this.

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4._____

When you sleep you don't eat so it must be a good way to lose weight, right? That's the idea behind this diet, which was popularized in the 1960s. In this diet people take a lot of sleeping pills and then sleep for days.

5._____



The colour blue is supposed to suppress appetite. So if you want to eat less, wear blue glasses. Everywhere. Just think of your life as one long 3D movie.

6. ._____

Celebrities like Beyoncé make this diet more and more fashionable. In this diet you take laxatives in the morning and evening, and drink a mix of lemon juice, maple syrup and pepper in water whenever you are hungry. Experts say this cleanse is harmful to the body and very unhealthy.



7._____

This diet requires you to give up everything. You live on air alone. Breatharians believe that humans find the purest sense of harmony with the world, when they don't eat or drink and don't sleep. An Australian woman named Jasmuheen claimed to be a Breatharian, and tried to prove it but the test was called off after four days when Jasmuheen's speech slowed down, her pupils dilated and she became severely dehydrated and fainted.

8._____

People who have this diet don't money on food. Those people use second-hand products and foods and they have a vegan diet (no animal products) and only eat food they can find for free. They "Dumpster dive" to find food in the trash, eat people's leftovers and eat wild plants. Doctors say there's nothing unhealthy about this lifestyle–it's just kind of gross.

9._____

This diet, also popularly referred to as the caveman diet or Stone Age diet is a modern nutritional diet designed to copy the diet of wild plants and animals eaten by humans during the Paleolithic era. When you are on this diet you avoid any foods that were not available to humans at that time: milk products, grains, legumes, oils, and sugar.



10._____

In the 1920s, people who were hungry were encouraged to grab a cigarette instead. Doctors prescribed it. Supposedly when you smoke a cigarette you eat at the same time. Plus smoking was rumored to decrease appetite. Too much food kills you, but cigarettes will only give you lung cancer.

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