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https://www.100test.com/kao_ti2020/502/2021_2022_2008_E5_B9_B4_E8_81_8C_c91_502537.htm 阅读理解例题解析：The best way to reduce your weight You hear this：“No Wonder you are fat . An you ever do is eat .” You feel sad：“I skip my breakfast and supper . I run every morning and evening . What else can I do?” Basically you can do nothing . Your genes , not your life habits , determine your weight and your body constantly tries to maintain it . Albert Stunkard of the University of Pennsylvania found from experiments that , “ 80 percent of the Children of two obese parents become obese , as compared with no more than 14 percent of the offspring of two parents of normal weight . ” How can obese people become normal or even thin through dieting? Well , dieting can be effective . but the health costs are tremendous . Jules Hirsch , a research physician at Rockefeller University, did a study of eight fat people . They were given a liquid formula providing 600 calories a day¹.After more than 10 weeks , the subjects lost 45kg on average . But after leaving the hospital , they all regained . The results were surprising : by metabolic measurement , fat people who lost large amounts of weight seemed like they were starving . They had psychiatric problems. They dreamed of food or breaking their diet².They were anxious and depressed ; some were suicidal . They hid food in their rooms . Researchers warn that it is possible that weight reduction doesn ’ t result in normal weight , but in an abnormal state resembling that of starved non-obese people . Thin

people , however, suffer from the opposite : They have to make a great effort to gain weight . Ethan Sims , of the University of Vermont , got prisoners to volunteer to gain weight . In four to six months , they ate as much as they could . They succeeded in increasing their weight by 20 to 25 percent. But months after the study ended , they were back to normal weight and stayed there. This did not mean that people are completely without hope in controlling their weight . It means that those who tend to be fat will have to constantly battle their genetic inheritance if they want to significantly lower their weight . The findings also provide evidence for something scientists thought was true-each person has a comfortable weight range³.The range might be as much as 9kg . Someone might weigh 60-69 kg without too much effort But going above of below the natural weight range is difficult . The body resists by feeling hungry or full and changing the metabolism to push the weight back to the range it seeks . 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com