

References

- Alkhatib, A., & Atcheson, R. (2017). Yerba maté (*Ilex paraguariensis*) metabolic, satiety, and mood state effects at rest and during prolonged exercise. *Nutrients*, *9*(8), 882–896.
<https://doi.org/10.3390/nu9080882>
- Bray, G. A., & Ryan, D. H. (2018). The role of medications in weight management. In T. A. Wadden & G. A. Bray (Eds.), *Handbook of obesity treatment* (2nd ed.). Guilford Publications.
- Hales, C. M., Carroll, M. D., Fryar, C. D., & Ogden, C. L. (2020, February). Prevalence of obesity and severe obesity among adults: United States, 2017–2018 (NCHS Data Brief, no. 360). U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics.
<https://www.cdc.gov/nchs/data/databriefs/db360-h.pdf>
- Haycock, B., & Sunderman, A. (2016). *Dietary supplements*. Momentum Press.
<http://portal.igpublish.com/iglibrary/search/MPB0000180.html>
- Roehling, M. V., & Jayasinghe, M. (2019). One size does *not* fit all: Accommodating obesity-related disabilities in the workplace. *Employee Responsibilities & Rights Journal*, *31*(1), 1–27. <https://doi.org/10.1007/s10672-018-9326-8>
- Smolak, L., & Thompson, J. (2009). *Body image, eating disorders, and obesity in youth: Assessment, prevention, and treatment* (2nd ed.). American Psychological Association.
- Sperry, L., & Smith Kelsey, E. (2016). Obesity. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being*. Greenwood.
- World Health Organization. (2019). *International statistical manual of mental disorders* (5th ed.).
<https://doi.org/10.1176/appi.books.9780890425596>