

# **Super Size Me Please ~ Obesity What's Making America FAT?**



**"Discover the Causes and Preventive  
Measures You Can Take to Slow Down  
This Disease"...**

***by Terry Clark***

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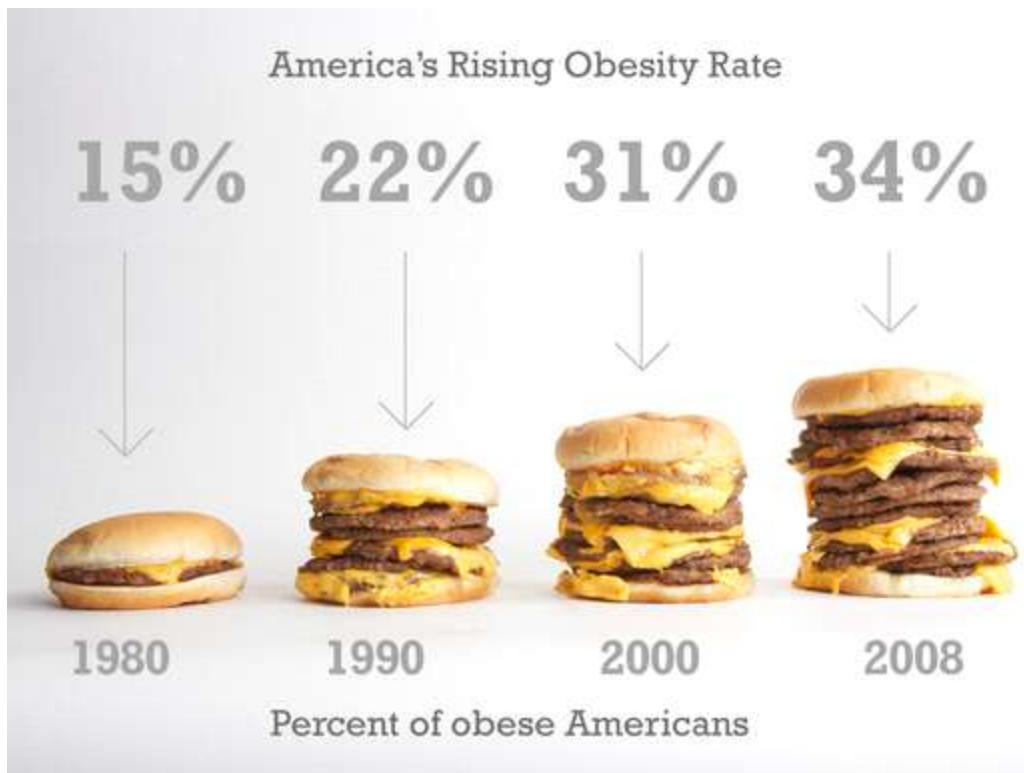
## Obesity

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2008 was at 34% -- It's now 2014, what do you think the hamburgers would look like now? Yeah! Enough said.

## #1. Why Women Are Most Affected by Obesity

What is the percentage of obese women compared to the percentage of obese men? Generally, this percentage is slightly higher. This is because the body of a woman is different compared to the body of a man. Under normal circumstances, women have 25% more fat compared to men. On the other hand, the fact is that women do most of the household chores from washing clothes to cooking and shopping. This helps them remain more active. Their fat breaks down faster than the fat in men and this contributes toward a leaner body.

However, women still remain at the same level of risk, when it comes to obesity. After childbirth women tend to gain more fat and become fatter than men. This is quite natural because even after the baby is born, a woman's food intake is not reduced immediately. Still, with the baby being born, the woman is once again on her feet attending to the daily chores, like before.

Despite this, with no further medical attention being given to the woman in the prime of her life, she slowly starts accumulating fat all over her body. However, unless there is a serious problem, women do not tend to become naturally obese with the passing of time. Female hormones from time to time tend to play a role in weight gain, but it is insignificant, unless the hormonal imbalance is serious.

Distorted estrogen levels and the regulation of other hormones may be significant contributors to obesity too. Other important weight gain contributors are the

consumption of alcohol and smoking of cigarette. These are significant obesity contributors and can have a serious negative effect on the overall health of women.

Given their specific anatomy, there has to be a specific comprehensive weight loss program for women. Yoga provides an excellent method for preventing the fat accumulation in the body. Aerobic exercises and swimming are also considered equally good fat busters. As long as working out is done at regular time intervals it will have a superb effect on the overall health of the woman.

What is needed to prevent obesity is a massive campaign that can spread the word around effectively. One must understand that consuming plenty of fried foods at one point in time can have disastrous results in the future. Oil, irrespective of the state and the form it comes in, is still oil. If such facts can be kept in mind, a significant step can be taken in eradicating obesity.

## #2. Why Diets often do not Work

Obesity is the leading health concern in the world. Regrettably, people are trying in vain to lay their hands on a perfect diet plan that will work in helping them shed the extra body weight. Each day a new diet plan emerges on the market, but it doesn't end up working for all.

Each individual is different and has different requirements, so it is best that we follow a customized diet plan that is designed based on our age, gender and health problems. This is the only way in which we can adopt a

perfect diet plan that matches our individual needs.

The real problem is that all diet plans do not work for all. Usually diet plans fail because when people follow a diet plan, they actually eat in way that is not natural for them in general. This creates physiological and psychological problems.

Research shows that when people diet, they end up gaining more weight. Diets usually fail because they make the obese person feel hungry and depressed. When your calorie count is cut, you are sure to feel hungry. This results in hunger pangs and cravings. You may be trying to avoid foods that are high in sugar and fat, but you feel like you cannot resist these. The human mind reacts badly to restricted food intake and to forbidden foods and so you end up eating more and healthier foods. Your metabolism also gets damaged due to continuous dieting. The slowing of metabolism may result in weight gain and even in more serious health issues.

At times the diets don't work because obesity may be a result from the intake of certain medications that you may be using for treatment pattern. Some people suffer from obesity due to a medical problem. That is why it's best for you to get a medical examination that can show what the actual cause of your obesity is. Finding the causes is the best way to deal with the problem. You will be able to follow a specifically designed healthy diet plan, only after understanding the root cause of your obesity.

Some people turn obese because they are emotional eaters. Once they feel depressed, they end up overeating and thus gain weight. As diets don't address the emotional factors that lead to overeating, they fail to produce results. Another reason why diets often fail is because they are standardized. They do not meet the individual's nutritional

needs that can help for the balancing of their emotional state.

In general, diets fail because they are not designed to suit the specific individual. This is in fact the issue that affects dieters all over the globe. Their diet plans don't work for reducing their body weight. Even though they think they are losing weight by eating less and following strenuous exercises, all is in vain.

All diets are standardized and they don't consider your individual physiology and metabolism. They actually adopt a cookie cutter approach, which may not be suitable for you. If this is the case, the diet plan fails to help you lose weight.

The dieters never stop dieting and this helps the dieting industry make huge profits. They try to make people believe that being thin is equal to success, but this is definitely not the case. At times, the average dieter is not overweight, but still needs to reduce a little weight, so he/she always keep dieting.

If you really want to lose weight, it is essential that you follow the experts' advice. These professionals are educated enough to guide you to a perfect diet plan that will work for your particular body physiology and will help you maintain your body weight all the time.

It is important for you to choose a specific diet plan that is right for you. Research all your options and compare them to one another. In this way, you can get the best diet plan that will work for reducing your obesity, as you get the chance to compare the different features of the different



options. You can readily look at the foods that you should eat and how often you should eat to make up your mind. In this way, you will end up with a perfect diet plan that suits your individual needs and works in your favor to help you lose weight.

### #3. When to See the Doctor about Weight Gain

It is not typical for doctors to suggest contacting them in case a weight problem arises. If it were, this would have caused a general sense of fear among the population since the majority of people do not have the perfect body weight, to say the least. Of course it takes a pinch of common sense to decide if you need to see your GP. Still, just in case, here are some of the cases when it is necessary to visit your doctor:

- The first reason for seeing your doctor is when you mysteriously gain weight, given that your eating habits or routine training have not changed drastically. There may be other symptoms including exhaustion and weakness. If this is the case, you should probably arrange to visit your GP.

- In case you are quite above the average body weight (over 30 BMI, for example) it is a must for you to visit your doctor. He will most likely prescribe you a change of lifestyle, usually a special eating regime and exercise. You may also be referred to a weight control specialist or a local fitness club. It is a common practice for obese patients to be prescribed a daily sports agenda at some of the local swimming pools or sport halls.

- Obese people are more prone to health problems. This is the main reason why they should consider visiting their GP. Many of us have tried to solve the problem by ourselves, but this usually leads nowhere or backfires. So, visiting your general practitioner may assist you in coping with this issue.

- It is also possible for you to have an eating disorder. In this case, it is mandatory that you visit your doctor.

- If you are planning to become a mom in near future, visiting you doctor is a must, if you are prone to weight gain.

Many general practitioners are not as compassionate as they should be with obese people. Yet a few minutes of informative consultation with an overweight patient may produce amazing results. At the same time, this short lecture can provide people with motivation to have a healthier lifestyle. There is also a possibility that you need no physician at all and that your problem might get fixed with a few visits to a weight loss club to shed a few pounds or so. Give it a try you have to lose but weight!



#### #4. What Causes Obesity

Obesity is a condition in which the body weight exceeds the maximum normal weight for a given age and height. It is associated with other challenges, such as social stigma and weight related illnesses, such as hypertension, heart disease or gout.

Here are some causes of obesity and information to aid in preventing it. There are strategies for achieving weight loss in a relatively short period of time. First and foremost, we need to understand that obesity can either develop because of lifestyle factors or hereditary factors. In the case of the latter cause, the ability to control the condition may be limited. This is often the case where you find a family of overweight individuals.

There could be a gene that makes them able to efficiently convert food substrate into glucose, but makes their metabolism poor. This leads to excess glucose storage and,

therefore, an increase in body fat. The good thing about having knowledge of such family factors is that you can do something to control them. It is often said we only need to fear that which we do not know. Once you know that your family is exposed to the risk of obesity then you need to choose a lifestyle that will minimize weight gain.

Lifestyle factors that cause obesity are largely related to food or eating habits. Food nutrients are categorized as carbohydrates, fats, protein, minerals and vitamins. Carbohydrates and fats are important sources of energy. However, if they are taken in excess to what the body needs, this will result in excessive storage of the extra glucose in the adipose tissues.

These tissues are the linings that surround body organs such as the skin, heart, liver, kidneys and so forth. Foods that are rich in processed fats, such as French fries and foods rich in simple sugars (presented in already digestible forms) such as chocolate are even worse. These are foods that you must avoid.

Therefore, strategies for weight loss should be based on the factors discussed above. Find out if you are predisposed to obesity because of genetic composition. Next is to avoid foods that are likely to give you more calories than you are able to burn. It is important that you avoid a sedentary lifestyle.

Take the stairs instead of the lift. Spare some time to jog at least twice a week. Also, avoid stress by taking breaks from work and taking only tasks that you can manage.

## #5. Understanding Obesity and Weight Loss

A clear study of statistics from The National Health and Nutrition Examination Survey in the US shows that out of the total population in the country today close to 73% of people fall under the category "obese" in one way or the other. Obesity is defined as being grossly overweight with a body mass index greater than the overall mass.

That said, it is now necessary to understand the causes of the massive obesity that the US is burdened with. What is actually happening is this - with more and more machines and electronics coming in to rule the lives of human beings, there is less need to be physically active and to do the manual work on your own. For instance, a person living on the 64th floor of an apartment building would never even think of using the stairs, since there are speedy plush elevators to do the job effortlessly for him. Machines are making people lazier and lethargic by the day and the end result is devastating.

If these figures are to be further examined, you will get some of the most startling facts found so far. It cannot be easily believed that one out of every three children in the US is overweight. The reduction in the outdoor games and the welcoming of the internet, the video games and the high tech gadgets are all factors responsible for the urge to stay on the sofa and be a couch potato right from the early years of one's life. This coupled with unhealthy eating habits and the consumption of junk foods and soft drinks has been taking a massive toll in health. Children are no longer attracted to running outdoors. Still, a ninety-minute game of soccer once a week would help set everything right and the children would be able to see for themselves the beneficial change in their bodies.

While obesity is being currently measured through the BMI (Body Mass Index), it is now an accepted fact that the BMI calculator is not wholly accurate. The BMI of a person with height more than 6' may not give the true percentile, unless you try to measure him physically. Honestly, that would be quite unnecessary. With BMI or without BMI, the fact remains that the country is in danger of an obesity epidemic. This is a serious condition and unless immediately treated, it would have widespread ramifications on the entire population and the economy of the country.

#### #6. The Surgical Solution to Obesity

For those who are looking for a way out of the pot belly situation, there is a ray of hope from the medical field. There is one surgery that can be performed now and that can actually help you in reducing your food intake. In this way, your unhealthy eating habits can be immediately curtailed. What the surgeon does while you are under complete body anesthesia, is to open the stomach, snip the end off and tie it up, so that the stomach size is reduced. In turn, the craving for food will be less.

This has proved to work for many obese people around the world. That is why this surgery is being highly sought after. Various hospitals are specializing in this sort of surgery and are admitting patients by the numbers, so that each of them can have a better chance to live longer without health complications related to obesity.

While this is all right from the weight loss standpoint, it must be clearly understood that surgery is in no way the

ultimate solution. You will have to stick to a regular routine of exercise as well. If early morning exercise is impossible for you due to your hours of work, you can always plan your workouts in the evening and at the weekend. The fact is that you will have to exercise a lot to stay fit after the surgery.

Human body muscles are designed in such a specific manner. If they remain idle for a certain amount of time, they are likely to get lethargic and create a number of problems for you. Obesity is one of them. Obesity is nothing that comes from the outside. It is very much created by the person who has it.

Food intake is also to blame for obesity. The faster you swallow your food without chewing it, the bigger the risk of getting obese is. This is because the food will undergo only a small breaking up in the stomach. This is the beginning of weight gain and obesity.

If you have obesity, you will find numerous shops selling you weigh loss pills as well. Similarly, there are a lot of weight loss centers. You may find one of those facilities that will actually guide you to get leaner, but again, do not go in for any program that promises you weight loss in no time. Surgery combined with the age old custom of exercising is just about enough to keep obesity at bay and weight under control.

## #7. Technology and Weight Loss Management

Obesity and weight loss are the main topics on many of the

most visited websites. This is because these are problems not only in developed countries, but in the quickly developing countries as well. Given that obesity is a problem that is not easy to fix, it has stretched the imagination of scientists to try and find more advanced solutions. These are solutions that are designed to reduce obesity and to produce success in weight loss. However, technological advances have played a double edged sword role in both advancing and limiting obesity and weight loss programs.

There are instances when technology has increased the probability of becoming obese due to promotion of lifestyle that is sedentary and associated with poor eating habits. Take the cell phone, for example. While it is a technology that is revolutionizing communication, it has improved efficiency in communication to the extent of reducing the need to travel. One can now order goods and foods, perform banking transactions, send letters and have a video conferencing without leaving the room or even the desk. All these encourage sedentary lifestyle, which promotes being weight gain and obesity.

The same internet-based technology that enables all of the above functions to occur has worked in favor of management of obesity and weight loss. A good example is the Childhood Overweight Bio-Repository Center in Australia. It has begun collecting data on children, both anthropometric and clinical.

This information is used to predict the probability of a child developing obesity allowing early prevention or adequate management measures to be taken. Parents post the data online using internet technology. Epigenetic information, posted on internet after blood tests are done, also helps in predicting the probability of a child developing obesity. It also gives an ideal about the



nutritional management required.

Internet technology has also been used by the emerging 'behavioral economics' to leverage consumer psychology and make it easier to eat less. For example, major restaurants can place a discussion on healthy foods at forum on Facebook or Twitter. In this way, they are encouraging people to order certain foods. Healthier food items placed on feature pages of major newspapers almost immediately increase the chances of such foods being ordered in restaurants.

If it were not for the internet, it would have been impossible for such information to reach huge audiences and change perceptions on good eating habits in a short period of time.

Generally, the fact that it is easier to get information on better obesity management and weight loss is one great benefit of advancing technology. This should be embraced and made more easily available to those seeking to manage obesity.

## ##8. Taking the Doctor's Advice on Obesity and Weight Loss

As the malady and the remedy for the malady, obesity and weight loss are related. Obesity means excessive weight gain. Thankfully, there are innumerable ways to lose weight through various weight loss programs. These days there are several weight loss professional services available from diet centers and cosmetic cure centers that are advertised to be effective. These centers go the extra mile in showcasing their clients who have begun to fight obesity

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