

# OBESITY

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Obesity is excessive body weight which impairs movement and may lead to serious health disorders.

Obesity is now a worldwide problem. Since 1940 obesity increased five folds and experts believe that we are facing an obesity epidemic.

Obesity can cause serious health problems. These include cardiovascular disease, high blood pressure, Type 2 diabetes, sleep apnea, osteoarthritis, psychological problems and reproductive problems for women. In addition to physical health problems, being overweight can cause several psychological problems, such as poor self esteem and depression.

The old saying “The longer the belt, the shorter the life” is accurate. Obesity is a severe threat to health and longevity.

## Obesity is often due to:

- Genetic factors (Obese people, genetically, have a lower basal metabolism)
- Endocrine and Hypothalamus problem (Obesity can be caused by endocrine disorders, hypothalamus dysfunction),
- Overeating or eating incorrect food (Excess sugar refined carbohydrates, excess saturated fats)
- Acid/alkaline imbalance can make you gain weight
- Excess Toxins in the gut
- Lack of exercise. It is not possible to reduce weight without decreasing calorie intake, and exercise.

## The things we should do to help lose weight:

### 1. **Water:**

Drink 6 – 8 glasses of filtered water daily. Drinking water actually helps your body use fat for energy. Burning fat is one of your liver’s many jobs but if you don’t get enough water, your liver has to help your kidneys do their job too. This means your liver is often “working overtime” to efficiently metabolize fat. The result is getting stuck with fat that is difficult to burn.

### 2. **Diet:**

Follow a healthy balanced diet that includes cucumber, pumpkin, radish, tomatoes, seaweed, celery, ginger, onion, peppers, mushroom, pears, and beans. Avoid, fatty foods, sweets, alcohol. Do not forget Fish, they contain polyunsaturated fatty acids which are essentials for our health; they help us burn more fat. Do not eat heavy meals at night.

#### 1. **Eat food rich in Fiber.**

**Fiber** helps flush excess fluids from your body, which helps to eliminate “false fat,” bloating, and water weight. Fiber is in helping control your appetite; it also helps to reduce absorption of calories from food that you have already consumed. This is called the Fiber Flush Effect. ***Simply put, for every gram of fiber you eat, you eliminate 7 calories***

Include in your diet a lot of fruits, vegetables, grains, legumes, flaxseeds, and psyllium husk.

#### 1. **Toxins:**

**Help your body to eliminate the toxins.** The saying “We are what we eat” is correct, but also our health depends on how well our food is assimilated and eliminated. Not all food that is eaten is absorbed. The body also produces a lot of metabolic waste products that has to be eliminated. The condition of the bowel and the state of their content will affect the rest of the body. Water and Fiber will help the bowel to get rid of toxins. Also some herbal remedies as Dandelion root, Aloe Vera juice, Ginger tea, Slippery Elm will help the bowel.

5. **Keep your body system alkine.**

In cases of drinking nothing but lemon juice and water first thing in the morning cleans the system and helps overcome the biliousness. Lemon water daily on an empty stomach first thing in the morning eliminates water retention and helps with weight reduction and keeps the system alkaline.

6. **Supplements:**

A high quality multivitamin/multimineral supplements provides some of the basic vitamins and minerals for weight loss. Diets that are low in total calories may not contain adequate amounts of various vitamins and minerals. For that reason, taking a multiple vitamin-mineral supplement is recommended.

1. **Spices:**

Include cayenne pepper, black pepper, and turmeric. Turns out they can help you burn body fat through the process of heat.

1. **Herbs:**

-**Green tea** (may support a weight-loss program by increasing energy expenditure or by inhibiting the digestion of fat in the intestine);

- **Bladderwrack** supports thyroid function to regulate metabolism, may support a weight-loss program by increasing energy expenditure or by inhibiting the digestion of fat in the intestine;

-**Fennel** was traditionally known as the slimming herb as it has a stimulating effect on the metabolism. Chew seeds as a snack for hunger pangs, to depress the appetite and desire for sweets, chocolates and rich cakes. Eat the leaves, stems and seeds, or make a leaf or seed tea for weight loss. Fennel helps the liver and pancreas in the metabolism of fats and sugars;

- **Licorice root** is an herb that can have marked effect upon the endocrine system, it helps the body to cope better in stressful conditions. In a human study, licorice was found to reduce body fat. Fifteen normal-weight subjects consumed licorice for 2 months (3.5g per day). Body fat mass was measured before and after treatment. Licorice was able to reduce body fat mass and to suppress the levels of aldosterone, the hormone responsible for retention of salt and water in the body. Another study found that a topical preparation of glycyrrhetic acid was able to reduce the thickness of fat on the thigh in human subjects.

**A caution about using licorice.** There is some concern about Licorice raising blood pressure so if you have high blood pressure seek medical advice before using Licorice, and use it cautiously. Also licorice should be avoided in cases of cardiac or kidney insufficiency, pregnancy, fluid retention, or myasthenia gravis sufferers (rare muscle disease).

9. **Exercise:**

The lack of exercise causes the body to naturally deposit fat throughout the body. Try to walk, bike ride, and swim at least 3 times a week. The effect of exercise alone without

restriction diet on weight is small. The body stores more energy when energy is not exerted. The lack of exercise causes the body to naturally deposit fat throughout the body.

The keys to permanent weight loss are a low-calorie, low- fat, high- fiber diet and regular exercise.

It is not possible to reduce weight without decreasing calorie intake, and exercise.

Combine exercise with healthy eating will help you to lose weight and reduce the risk of many serious diseases.

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For education only, consult a healthcare practitioner for any health problems.