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Obesity Epidemic

By Boyd Martin

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Remember the New York teenagers, Ashley Pelman and Jazlyn Bradley, who sued McDonald's for making them obese? One of the plaintiffs included a 15-year-old Bronx boy who says he's been eating McDonald's food since the age of six. Gregory Rhymes—at 5 feet, 6 inches tall—says he now weighs 400 pounds and has been diagnosed with diabetes. Newsday reported that the children's parents say they never saw posters in McDonald's restaurants that explain the nutritional content of the food.

William Sears, the author of several books on children and nutrition, commented on this story saying, "The bottom line for the food industry is money. What motivates the food industry and health-minded mothers is worlds apart."

I say, What's wrong with this picture? What's wrong is the value of self-determinism that was obviously ignored or disagreed with by these teenagers' parents. Victimism may be the core issue surrounding obesity outside of a glandular birth defect. Wouldn't the American Founding Fathers be cringing in embarrassment to find citizens so radically oriented away from the principles of free choice and democratic self-restraint? Of course, children follow the examples of their parents, and eating habits along with moral values begin in the home.

That being said, once a heart-and-soul decision has been made to reverse obesity (now defined as overweight by 30 percent of the ideal body weight), as free-choosing citizens here is a list of proven protocols to help start out on that road to recovery and wellness.

Behaviors

Currently Dr. Phil seems to be the champion of the weight-control movement, and his approach is behavioral. One main point that hit home to me was that of support of the household. If those you are living with have a refrigerator full of sweet, high-calorie snack foods, and are indulging in them constantly, it makes the job of sticking to a regimen that much more difficult. On one show, Dr. Phil went so far as to say we should cut-off any relationships in our lives that oppose our weight loss intention. Ultimately, this would mean the entire family would have to be involved in your weight loss program, and respect it because it is your heart's desire.

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Exercise

Taking in fewer calories than you burn is the cornerstone of any weight loss strategy. On the average, for every 3,500 calories that we eat over what we need to maintain our weight (regardless of how many days it takes us to do it), we gain a pound. So if your maintenance level is 2,400 calories daily, and you are consuming 2,650 calories daily, you can expect to gain about a half pound or so per week (250 calories/day x 7 days/week divided by 3,500 calories/pound = 0.50 pounds/week). It also works in reverse; for every 3,500 calories under our maintenance requirement that we don't eat, we lose a pound.

Of course, the idea is to figure out ways to increase caloric output and decrease caloric input. So a combination of more than normal exercise coupled with below-maintenance calorie intake insures

weight loss. Since the goal is to maximize calorie use (while decreasing calorie intake), what is the most efficient exercise?

Experts agree that although aerobic exercise is good for you, it is not the most efficient calorie-burning activity. Muscles burn the most calories of any body system. Therefore, working as many muscles as possible during a workout is the most efficient way to more rapid weight loss. Weight training, martial arts, or yoga are the obvious choices here. But whatever the choice is, it has to be enjoyable and has to produce results, making it much easier to remain on the program.

Nutritional Support

The following are the latest products designed to help the body use calories (increase metabolism), and to use stored fat.

Herbal Accelerator and LypoZyme: These enzyme/herbal formulas target the body's fat utilization strategies. The enzyme lipase is what the body uses to digest fat in the liver, and is the main ingredient in these formulas.

Carnitine: It is the "forklift" that carries fat to the mitochondria in cells to be burned. It is an energy facilitating ingredient. In a recent study, Carnitine caused an 11-fold increase in weight loss over a 12-week period. Carnitine also raises HDL (good cholesterol) and lowers triglycerides (precursors to artery blockages)

CLA (conjugated linoleic acid): Helps block fat cells from filling up, and increases muscle metabolism creating leaner muscles.

Grapefruit: Actively inhibits enzymes in the intestinal tract responsible for converting carbohydrates to fat. It is an excellent source of Vitamin C, potassium and folic acid as well.

GRAPHICS/LINKS: <http://www.subtleenergysolutions.com/newsletter-obesity.html>

Boyd is the webmaster of www.subtleenergysolutions.com and the newsletter writer for that site. He enjoys a wide range of experience both in the ways of the internet, alternative health, environmental issues, and in freelance writing. An active, professional drummer, Boyd performs in the Portland area

with several area blues and R&B bands. Boyd is also an avid, daily practicing Bikram Yoga student.

The Role of Obesity

By The Icon Diet Reader

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By: The Icon Diet Reader

You would have to be a hermit not to know about the dramatic rise of obesity levels in North America. Health issues have been plastered around the media non stop for the better part of the last five years. The problem is that for the most part the message has been falling short of its mark. There are more obese people in 2004 than there were in 2003. The number of diet related health complications is growing and children are ballooning at a rate comparable to their adult counterparts. On the flip side, the health industry has been showing strong signs of growth, with one in four women and one in five men on a diet at any given time. While times have been tight financially, people have been opening up their wallets in record numbers to by fitness products and gym memberships.

So the bottom line is that while people are actively aware of health and fitness concerns, and are spending more than ever before on products and services to battle poor fitness, North America as a whole is getting fatter. It seems like a contradiction but it is the truth none the less. For one thing, the most people try to fix their health and then give up because it is too challenging. Often they lack the support from friends and family or even the proper skill set to be successful.

However, that being said, North America is in a bad way when it comes to health. We are a society that allows itself to binge to a point where obesity is considered an epidemic. Historically epidemics are things that rage outside of the ready control of human kind. When we typically think about epidemics we think about cholera, typhus or even 'the plague' - bubonic fever. In North America we have allowed our own poor habits to become an epidemic. It is really a shameful situation. We are simply eating ourselves to death. It is so serious that we have declared a war on fat. A war, on fat. Somehow by drawing on images of fighting, of military might, of violence, we will be able to battle obesity.

Are we that soft (no pun intended)? Can we not take responsibility for our own actions, including what we put into our bodies? Recently there have been lawsuits filed against fast food establishments that charge them with knowingly selling harmful goods. The lawsuit does not surprise me, after all it's the American way, it does surprise me that we are willing to acknowledge that we cannot feed ourselves safely. That is, by assuming the position of a victim we allow someone else to be responsible.

In North America, the sad truth of the matter is that we have managed to take the normal daily necessity of eating and pervert it into a national killer of epidemic proportions. We are, as a society,

beginning to ask why this as happened. Fingers are being pointed at corporations who used processed foods to enlarge their bottom lines at the expense of health, at the creation of 'big box' food companies

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who saturate the media with their products inciting us to eat, at the government for being so passive and allowing obesity to become such an issue, at budget cuts that see physical education programs taken out of schools. Everywhere you look you can find a guilty party.

While all this seems to make sense – after all you can start healing after you find the culprit– this mode of reasoning deprives us of our individuality and our integrity. If we allow others to be responsible over such base matters as our eating, then what we are really doing labeling ourselves as incapable.

Yes, obesity is an epidemic. Yes, drastic measures should be taken to stem the growth our waist lines. However, the only one to really blame for this is ourselves. Accept in a very few cases, nobody forces you to eat anything. What you eat is predicated on choice alone. Make a choice and choose to be healthy. Take responsibility for what goes into your body. Be capable of guiding your own health and well being.

The Icon Diet offers a step by step weight loss program to help people

quickly, naturally

and effectively. Visit the site by going to...<http://www.zizzoo.com/guides/loseweight/index.php>



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