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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Obesity Takes A Toll On Women

By Carl Hampton

The World Health Organization says, "more than 1 billion adults [this means one in six of the world's population] are overweight of which 300 million are now classed as obese." If these numbers are correct, this would mean that the overweight population now out numbers the under-nourished population of the world by some 800 million people.

"Does this make me look fat?" Unfortunately for many women that question may have become more and more relevant. Research has shown women have a much higher chance of suffering from obesity than men. The most obvious difference and main reason for higher obesity levels in women is the female metabolism which is much slower than their male counterparts.

Recent studies have also indicated that obese women seem to face a lot more job discrimination and earned less than women of normal weight with a similar education and job. Socially, obesity can create a lot of personal discomfort for women sufferers. Family members along with teachers and healthcare professionals seem to be more biased against obese girls and women than boys and men. Shopping for clothes becomes a real hassle. Not being able to participate in activities such as sports or amusements parks because you cannot fit on the rides means always having to miss out on the fun. After time, all these social situations begin to take a toll at a mental level, creating very low self-esteem.

Obesity has now become an economic problem – a pandemic problem that effects the whole of our medical system. From a healthwise point of view, obesity increases the risk of type 2 diabetes in women by twice the rate in men, as well as heart problems (which is the number one killer amongst women), high blood pressure, stroke, and possibly cancer. In addition, the constant need for doctor's visit, testing and medication can lead to many thousands of dollars in bills that healthcare plans barely cover, if at all.

Professor Donald Laymen, whose 2005 study was published by the Journal of Nutrition, reported that higher protein diets, when combined with exercise, meant dieters tended to lose fat rather than muscle. But how much can a study really influence our personal life? Can these studies serve as a motivational platform for us to start on that long road to a better life?

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With what seems like thousands of weight loss programs out there, picking which one is best for you is a job in itself. Most doctors agree that the real secret to a successful long term program is to cut down the size of the meals we eat. Stay away from "Super Size" meals, eat early in the evening before 7:00 pm, exercise at least 4 to 5 times a week for 30 minutes and so forth and so on. Real weight loss is a lifestyle change. Something many of us find too hard to stay with for any amount of time. The facts are all there, we choose to ignore them at our peril.

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Obesity in America

By Gary R. Hess

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Obesity in America has been blamed on many different things; increased technology such as video games is one, as well as more fast food restaurants. However I do not believe that these are the only causes of such a large amount of obesity within the USA.

The cause that gets mostly overlooked is the portrayal of men and women in society. Not video games or more fast food restaurants, but the way women and men are portrayed by the media, movies and television shows over the past decade.

There are a few exceptions such as "The Parkers" or "Rosanne" but for the most part there is not an obese person on television who is in touch with the youth.

When you walk outside and see a billboard of a sexy model in lingerie or turn on the television and see another underweight woman or go to the movies yet again to see a woman with large breasts and a small waist has to be a large contributor.

Young men and women are forced to look like these models. The ones who can't do it end up getting depressed, which is a large factor in causing obesity.

Forty percent of all Americans have been depressed sometime within their life. That is the most world wide, so it is easy to see why over a third of all Americans are overweight. This is not just a fluke. Depression and obesity have been proven to be linked.

Perhaps not all of the cases are caused by these fashion symbols, but it should not be dismissed as being a large contributor. This is the age of plastic surgery and breast enhancements, if a woman did not feel that she had to have these two things in order to be beautiful they would not be so popular. So what causes her to want this? Men and of course societies portrayal of women.

This is not just a woman's problem however. Men are put under just as much scrutiny as women. A

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man must be strong, well in shape, and not too fat or too skinny. They have to act a certain way, be tough and able to take charge. Some men just aren't this way and again end up with long term depression.

Society must change as a whole in order for our children of this country to feel wanted and feel beautiful again.

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