

This Free E-Book is brought to you by Natural-Aging.com.

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

Overweight Kids

By Margaret Paul, Ph.D.

When I was growing up there was rarely an overweight child. Occasionally someone would be

plump, but I can't remember anyone in my class being fat. However, TV wasn't around until I was eight years old and the streets were a safe place to play. We had plenty of P.E. in school and played hard after school. Even as we grew older and had more homework, physical activity was a major part of our lives. And there wasn't as much junk food around yet.

Today, the combination of processed junk food and the lack of physical activity is a deadly combination regarding weight. This is quite obvious to everyone. What is not so obvious is the underlying factor that causes children to use food addictively.

The underlying cause of all addictive behavior is the avoidance of pain. Unfortunately, many children have a lot of pain to avoid. While this has always been true, what is also true is that the junk food, TV and video games, and the variety of drugs on the streets were not available when I was growing up. Children today can easily turn to processed food, drugs, and TV to avoid their pain.

The problem is they don't know any other way of managing their pain. This is because their parents don't know of healthy ways of managing their pain. The chances are that the parents of overweight children are not role modeling healthy ways of dealing with pain.

Let's take 10 year old Brittany as an example. Brittany is overweight and addicted to sweets and refined carbohydrates. Brittany's father, Samson, is very overweight. He doesn't exercise at all and sits in front of the TV all evening drinking beer. While Brittany's mother, Paula, does not use food addictively and does some exercise, she is addicted to yelling as her way of handling her pain. And her yelling is mostly directed at her only child, Brittany. In addition, Paula's life is totally focused around Brittany. Having no real life of her own, her eyes are always on her daughter. In her eyes, Brittany is a reflection of her and so she has to be perfect. Her imperfections trigger Paula's anger, which creates much stress for Brittany.

Brittany feels invaded and controlled by her mother and resists Paula's control in a way that drives Paula crazy - she overeats. Thinness is important to Paula and she desperately wants Brittany to look

Overweight Kids

the way she "should" look. But there is nothing Paula can do to control Brittany's eating, and the more she tries, the worse it gets.

Brittany has learned to use food to avoid the pain of feeling inadequate, unloved and controlled. She has learned to use food to fill the emptiness she feels when her mother yells at her and expects her to be perfect. Food is the friend she can count on to soothe and comfort her. Paula has tried to restrict the amount of food available in the house, but Samson just goes out and buys more to fulfill his food addiction. And there is always food available at Brittany's friend's houses. There is just no way that Paula can control Brittany's eating.

What Paula can do is take her eyes off Brittany and put them squarely on herself. If Paula wants to help Brittany, she first needs to help herself. She needs to learn healthy ways of handling her own feelings of inadequacy and stress so that she doesn't take her pain out on Brittany.

Paula needs to become a healthy role model for Brittany regarding taking personal responsibility for her own feeling and behavior. Rather than trying to control Brittany, Paula needs to show Brittany, by her own actions, how to take care of her pain in healthy ways. A good place for Paula to start helping herself and her daughter is to download our free course at

www.innerbonding.com

. By learning and

practicing the Six Steps of Inner Bonding, Paula can gradually become the loving parent that Brittany needs.

Margaret Paul, Ph.D., best-selling author of eight books, including "Do I Have To Give Up Me To Be Loved By You" and co-creator of the powerful Inner Bonding healing process. Learn Inner Bonding now! Visit her web site for a FREE Inner Bonding course:

<http://www.innerbonding.com>

or email her at

<mailto:margaret@innerbonding.com>. Phone Sessions.

Obese Mothers make Obese kids!

By Jasdeep

A study published in American Journal of Clinical Nutrition claims that the doctors start giving attention to the children of overweight parents very early— by the age of 4 at the latest. "We found dramatic increase in body fat between ages three and six", said Dr Robert Berkowitz, who led the study. He was also quoted saying " We should be doing prevention and treatment programs at a much

Overweight Kids

earlier age. Everyone knows how difficult it is to take weight off once you are overweight." As per the US researchers, children of overweight mothers are 15 times more likely to be obese by the age of 6 than the children of lean mothers.

His team is now working on the eating and exercise habits of the families they studied but said genes undoubtedly play an important role as per other studies which can't be ignored and the biggest evidence is the dramatic spike in weight between ages 3 and 6." this suggests that some genes controlling body weight may become active during this period", added Berkowitz. According to his study, one-third of the children of overweight women gained weight quickly after turning 3. Of the 37 children of healthy weight women, only one became overweight. Now, all those overweight women, you have one great reason to lose weight and be healthy!

Berkowitz said certain children must carry a combination of genes that make them much more vulnerable to what he calls the 'toxic' western environment, where it is difficult to exercise and food abounds. He doesn't blame diet to be the only factor for obesity. "It doesn't appear to be the factor entirely because we know there are plenty of lean people who eat hamburgers.", he said. "The lean group stays lean but this high risk group really takes off."

Results and studies at US Centre for Disease Control and Prevention says 15% of U.S. children are overweight and more than 60% of adults are overweight or obese. Now that's a tummy full statistics for you! Reuters

Know more about childhood obesity and learn smart eating at

<http://www.weightloss-health.com/Articles2.htm>

Jasdeep : for

<http://weightloss-health.com/>

your complete and most comprehensive family guide on

Health.

Also get free tips and tricks on weight loss and a chance to go through other informative articles targetting various health issues at

<http://weightloss-health.com/Articles.htm>

If you wish to reproduce the above article you are welcome to do so, provided the article is reproduced in its entirety, including this resource box and LIVE link to our website.



This Free E-Book has been brought to you by Natural-Aging.com.

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