

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!

Ten Ways to Prevent Obesity in Our Families

By Heidi Zator

Ten Ways to Prevent Obesity in Our Families by Heidi Zator

Ten Ways to Prevent Obesity in Our Families
© 2003 Heidi Zator

Children are our future and we as parents need to help them attain their highest potential. If we want to have a strong and healthy future.

Today's diet is high in the simple carbohydrates, sugar and fat. Soft drinks, cakes, candy, and junk food are constantly bombarding our families, it seems to be their daily diet.

Statistics show that heart disease is showing up at a younger age. Diabetes is reaching epidemic proportions, asthma is becoming a common occurrence. People are beginning to look at these as normal. Well it is far from normal!

A major contributing factor in these diseases is obesity. So what is a parent to do: the first thing we must do is to educate ourselves.

Here are 10 ways to Prevent Obesity

1/ Be an example

Children learn from their parents, the first thing you as a parent must do is to show your children that you are willing to change.

2/ Do a Kitchen Clean-up

Get rid of all foods that have refined flour, or sugar in them

Ten Ways to Prevent Obesity in Our Families

and replace with whole foods such as whole grains, whole sugars for example raw sugar, honey, or stevia, and foods with as little chemical additives as possible

3/ Replace soft drinks, and highly sugared snacks, with healthy alternatives. Be creative. Limit sugar intake to 10% of your daily diet.

4/ Limit your dietary fat intake to less than 30% of your total calories, saturated fat should be less than 10%. Avoid all trans fatty acids, such as hydrogenated fats.

5/ Exercise, exercise. It doesn't matter what you do. Be it team sports, walking, running, hiking, or tennis. Just get your body moving.

6/ Consume at least five daily servings of fresh raw fruits and vegetables, especially dark orange or green vegetables and citrus fruits. Six servings of wholegrains and a least 3–4 calcium-rich foods, and make sure you get plenty of dietary fibre.

7/ Try to have 6 small nutrient-dense meals a day, rather than 3 large meals. Do not eat after 8pm. Avoid repeated unsuccessful attempts at weight loss (crash dieting).

8/ Include a food supplement, high in vitamins and minerals.

9/ Consume at least 2000 calories of high-nutrient foods. Select low-nutrient foods periodically, maybe once a week, as a Sunday. But your daily diet should consist of high quality foods.

10/ Drink at least 6 8oz. glasses of pure, filtered water a day. Water is the best cleanser.

If you follow this advice, you will not only be preventing obesity but will also: improve resistance to colds and infection. reduce risk of developing heart disease, cancer, diabetes, high blood pressure and osteoporosis, increased resistance to stress maintain a feeling of wellbeing, help prevent premature aging increase energy to enjoy life and improve emotional and mental health.

Heidi Zator is dedicated to helping people become educated on family health.

Heidi Zator, a mother of 5 with bsc in holistic nutrition.

Gastric Bypass – Solution To Weight Loss?

By Alfred J. James

The most common surgery for obesity is gastric bypass. The gastric bypass results in an effective resolution of major illnesses that accompany obesity. Most gastric bypass surgery candidates have already tried more conventional diet and exercise plans with little success. With few options, doctors and patients are increasingly turning to gastric bypass surgery as a lifesaver and often as a last resort.

Laparoscopic gastric bypass surgery is a treatment for obesity. Obesity risks add to complications of gastric bypass. Today, gastric bypass surgery is being marketed and promoted to obese patients as a panacea for obesity. According to the report, "Gastric bypass is now established as an effective and safe therapy for morbid obesity and its associated health problems.

Research investigators followed 20 women who underwent gastric bypass for treatment of morbid obesity to compare the safety and effectiveness of RNY and MGB in the treatment of morbid obesity. It was found that Laparoscopic gastric bypass is simple, effective and safe.

Patients who have a BMI over 50 tend to lose about 50 percent of their excess weight with a gastric bypass. With the gastric bypass, patients with a BMI under 50 seem to lose 70 percent of their excess weight or more.

Undergoing a gastric bypass requires patients to commit to a new lifestyle. The amount of calories and nutrients absorbed by the body are significantly decreased after gastric bypass surgery.

People who have gastric bypass operations usually lose two-thirds of their excess weight within two years after the operation. It is no miracle that patients of the gastric bypass lose weight rapidly.

However, weight reduction surgery known as gastric bypass is merely the first step. After a gastric bypass, it is recommended that you follow a certain diet in order to maintain proper weight balance and nutrient intake. The gastric bypass diet helps you maintain good nutrition while losing weight. People who regain weight after gastric bypass surgery usually are consuming too many high-calorie foods and beverages and do not exercise enough. About 1 in 20 people who have gastric bypasses fail to lose sufficient weight or regain weight and the operation has to be repeated.

Kyle Potts is a general surgeon who specialize in performing Roux-en-Y gastric bypass surgery for people with severe obesity. He performs laparoscopic obesity surgery since 1994 and is experienced in gastric banding, gastric bypass, intragastric stimulation and intragastric balloon procedures. He specializes in laparoscopic redo surgery where he converts failed previous obesity surgery to gastric bypass laparoscopically.

Before you consider going for such a surgery, it is always wise to read up everything on this subject, and subsequently meet your doctor to discuss the possibilities of the surgery.

Ten Ways to Prevent Obesity in Our Families

The most common surgery for obesity is Gastric Bypass. Find out more about Gastric Bypass at



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!