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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Solution to Healthy Weight Loss

By Marilyn Pokorney

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The overweight and obesity epidemic is a worldwide problem. There are no official statistics for spending on diet products, but estimates vary from \$40 to \$100 billion in the US alone, much of that on scams and fad diets that promise the impossible.

Research shows that 95% of people who have lost weight find that they regain it back when they return to their normal eating habits.

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According to the Center for Disease Control's Chronic Disease Center, in 1991 in the United States, only four states had an obesity prevalence of 15 percent to 19 percent. In 2003, 15 states had an obesity prevalence of 15 to 19 percent, 31 states had an obesity prevalence of 20 to 24 percent, and four states had a prevalence of 25 percent or more.

Major medical problems associated with obesity include gallbladder disease, high blood pressure, high blood cholesterol, diabetes, and osteoarthritis.

If that isn't incentive enough to lose that excess weight statistics show that overweight people are usually given lower paying jobs, get lower salaries, receive little in raises, and are, as a whole, looked down upon by 40 percent of fellow employees and employers.

In 2002 The American Heart Association reported that more than 10 percent of US children ages 2 to 5 are overweight. That is up from 7 percent in 1994. The situation is probably even worse now, said Dr. Robert H. Eckel, president-elect of the heart association and professor of medicine at the University of Colorado.

The obesity problem among children has increased with school-age children as well. Four million children ages 6 to 11 and 5.3 million in age group 12 to 19 have increased by 75 percent from 1991.

Food habits adopted in childhood can be hard to change. As a result hypertension and high cholesterol leading to heart disease, strokes, and diabetes are going to become the nations top health problem with people of all ages within 10 to 30 years. These are ailments that usually afflict the middle age to elderly population. More than a million new cases of diabetes are already being diagnosed each year, says the American Diabetic Association.

Nearly 30 percent of American adults are overweight and another 30 percent are obese, according to University of Minnesota researchers. Obesity is usually described as a weight 20 percent greater than the persons desirable weight.

A study by the Obstetrics and Gynecology department at the

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Fred Hutchinson Cancer Research Center in Seattle revealed that 60% of overweight women, and 70% of obese women, are likely to become pregnant while taking the pill. The researchers suggest that a higher metabolism is the reason, causing the medication to be effective for a shorter length of time. Or, that the drug interacts with the body's hormones in a way that the drug becomes trapped in the body fat instead of circulating in the bloodstream.

Studies with obese pregnant women show they are 50% more likely to die during pregnancy than those of normal weight. Complications such as miscarriage, gestational diabetes, hypertension, pre-eclampsia, pre-term labor, and stillbirth are also more common. Preliminary evidence shows that babies are also adversely affected, and are more likely to be obese themselves in later life.

Fast foods: Studies show that people who frequent fast food outlets twice a week or more gained 36 pounds over the course of 15 years compared to 26 pounds for those that frequented them once a week or less.

A major factor for the obesity crisis is a sedentary lifestyle, not enough exercise, and the eating of high calorie fast foods in place of nutritious natural food products.

Fast food is designed to promote consumption of the maximum number of calories in the minimum amount of time. This upsets the body's normal metabolism. One solution is to eat smaller, more nutritious, meals more frequently throughout the day.

Physical activity reduces the effects of being overweight, but healthy eating habits have to be followed to prevent disease associated with poor nutrition according to an expert of nutrition and epidemiology at the Harvard School of Public Health.

The new diet guidelines set by the Health and Human Services and the U.S. Department of Agriculture is basically a balanced diet and good old fashioned exercise. They stress more fruits, vegetables, whole grains and limit fats, sugar, alcohol, and salt.

Many supermarkets are open 24 hours a day making a choice of healthy food available at all times.

For more tips on how to lose weight safely see The Secret to Weight Loss at:

<http://www.apluswriting.net/diettips/diettips.htm>

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Weight Loss Supplement

By Rolf Rasmusson

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Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others.

Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss

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supplement is safe. Consult your doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to lose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

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