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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!**

**Why is America Overweight?**

**By Renee Kennedy**

**Why is America Overweight? by Renee Kennedy**

We know that being overweight causes many health problems. It increases the risk of fatal diseases like diabetes, heart disease, and cancer. But what is at the root of the obesity problem in America?

There are two basic causes for becoming overweight or obese: too much food and too little exercise. It sounds like an issue based on an individual person's willpower. However, when you realize that today 65% of Americans are overweight, you may begin to understand that this is a real problem that all Americans need to be aware of.

**Problem #1 – Food:**

From fast food restaurants to processed white bread, we are ingesting foods that make us fat. Research is beginning to show that it's not just a willpower issue, it's an issue that must be addressed by food manufacturers and possibly stricter government regulations.

While writing this article, Kraft announced a new campaign to reduce portion sizes and to cut back on sugar and fat in their processed foods. Why? Because processed foods are contributing to obesity in America. There are three reasons why this is so:

## Why is America Overweight?

1. Over the past 30 years, Americans have increased consumption of high-fructose corn syrup (found in processed food - cookies, cakes, cereal, soda, etc.) from 5.5 pounds per person per year to 62.4 pounds per person per year. Recent studies have proven that while regular table sugar raises blood insulin levels that will lead to a sense of feeling full, fructose corn syrup does not.

2. We are also consuming more fat than we were 30 years ago. Again, processed foods (snack foods, baked goods, etc.) contain a high percentage of fats. Harmful partially hydrogenated oils (chemically altered

oils or trans-fatty acids) are also found in practically every snack food and baked good on the market (including white bread). If you need more information on fat, read What Kind of Fat Can You Eat? at <http://www.nutricounter.com/articles/fat.htm>

3. We are consuming about half the amount of fiber recommended by the American Dietetic association. If you are filling yourself with processed food, you are not getting the needed fiber in your diet.

### Problem #2 – Exercise:

To complicate the issue further, 30 years ago people were getting exercise just in their daily routines. Today, technology has made our lives easier, but it's also made us lazier. Practically every American household has washers, dryers, TV's with remotes, vacuum cleaners, dishwashers, and cars. To put it simply, the more technology you have to make your life easier, the less exercise you are going to get. Getting the proper amount of exercise now costs us money and time that we feel we don't have.

How can we each do our part to combat obesity?

1. Examine your diet. Are there ways you can eat healthier? Use your NutriCounter to help you determine eating patterns.

2. Choose unprocessed foods, lean meats, fish, vegetables, fruits, eggs, whole grains.

## Why is America Overweight?

3. If you must buy processed foods, learn to read the backs of packages and food labels. Sometimes, if a package says "low-fat" that doesn't necessarily mean healthy. Know what you are putting into your body by educating yourself.

4. Get exercise every day. Examine your schedule and make the time for it.

Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

Please use this article on your site or in your ezine. email [renee@napuda.com](mailto:renee@napuda.com) if you use it. Thanks!

### **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 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 over-weight 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

## Why is America Overweight?

Jasdeep : for

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 targeting various health issues at

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