



WEIGHT LOSS



CONTENTS

Introduction.....	1
What is Obesity?	3
How Do I know if I'm Overweight?	6
Common Causes of Obesity	9
Main Problems and Diseases Caused by Obesity.....	16
What to Do?	24
Conclusion.....	32

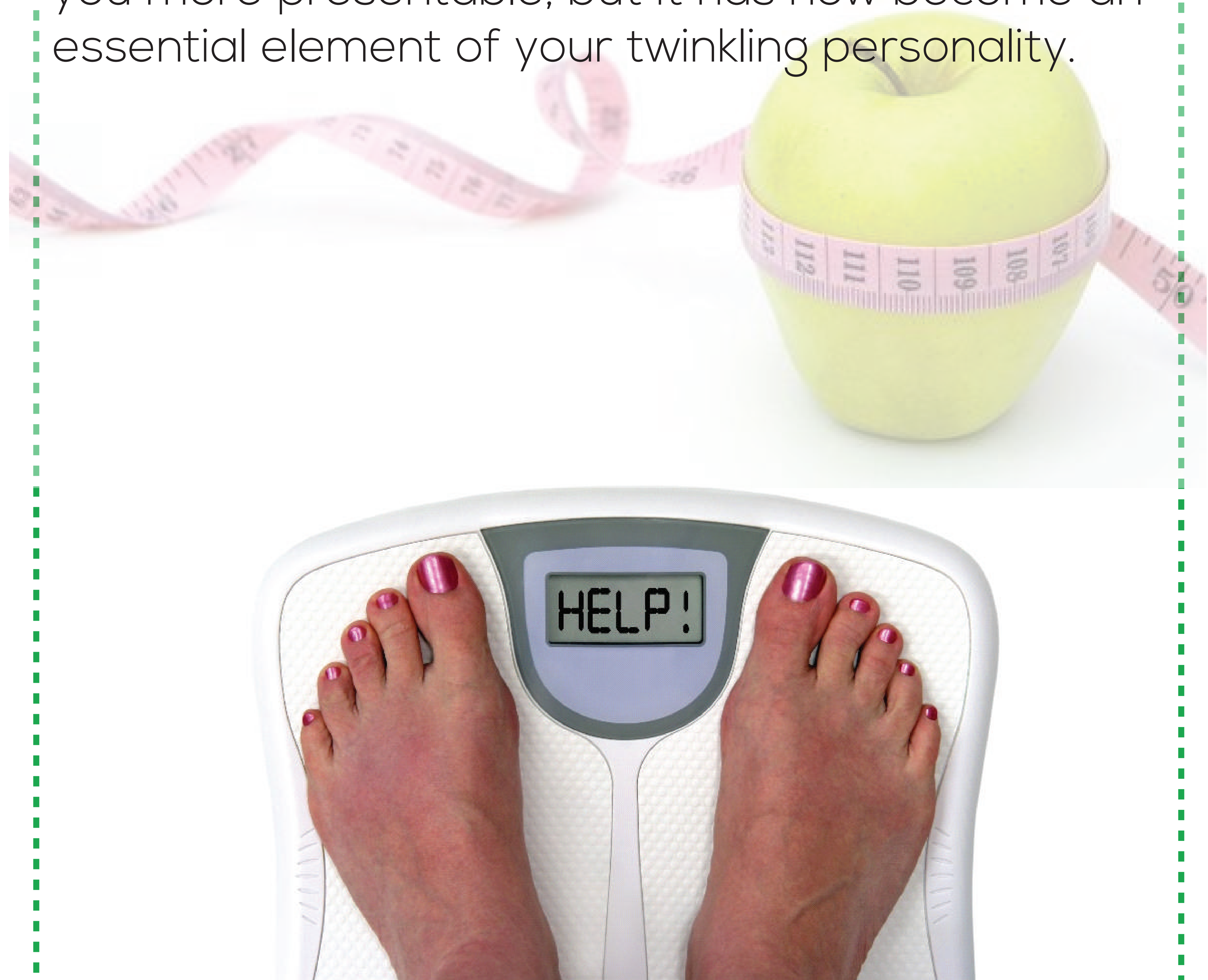


Introduction



Introduction

A few years back, people who used to be overwhelmed about their appearance were considered to be 'pampered'. As the thoughts have evolved, masses have realized the importance of being in a decent shape. Not only does this make you more presentable, but it has now become an essential element of your twinkling personality.



What is Obesity?



What is Obesity?

Obesity is not a way of life, nor does it boast your Richie-rich health status. It is now formally categorized as a disease, a chronic disease. It progresses with every hour of your life if you do not take it seriously and continue to munch more than your biological and physical requirement! Basically, you are labeled to be 'obese' depending upon the BMI value you possess, which is the ratio of your mass to height.

There is a slight confusion among the people in differentiating between being overweight and being obese. For now, it would be reasonable to assume that being overweight is just an indication



What is Obesity?

of progressing towards disastrous lifestyle. Once you cross the 'boundary' of being overweight and become obese, you should really be concerned about controlling your weight as the foremost priority.

The main culprit nutrient in making you obese is 'fat'. You fall into the category of obesity when the fat deposition in your body hikes. Although there is a substantial amount of fat required in order to carry out the regular processes of your body, but its excess results in obesity.

Typically, the fat is stored in the adipose tissues of your body which are present near your skin. As these tissues increase in size (due to an excessive deposition of fat), their size increases and ultimately, your appearance rather 'swells'.

How Do I know if I'm Overweight?



How Do I know if I'm Overweight?

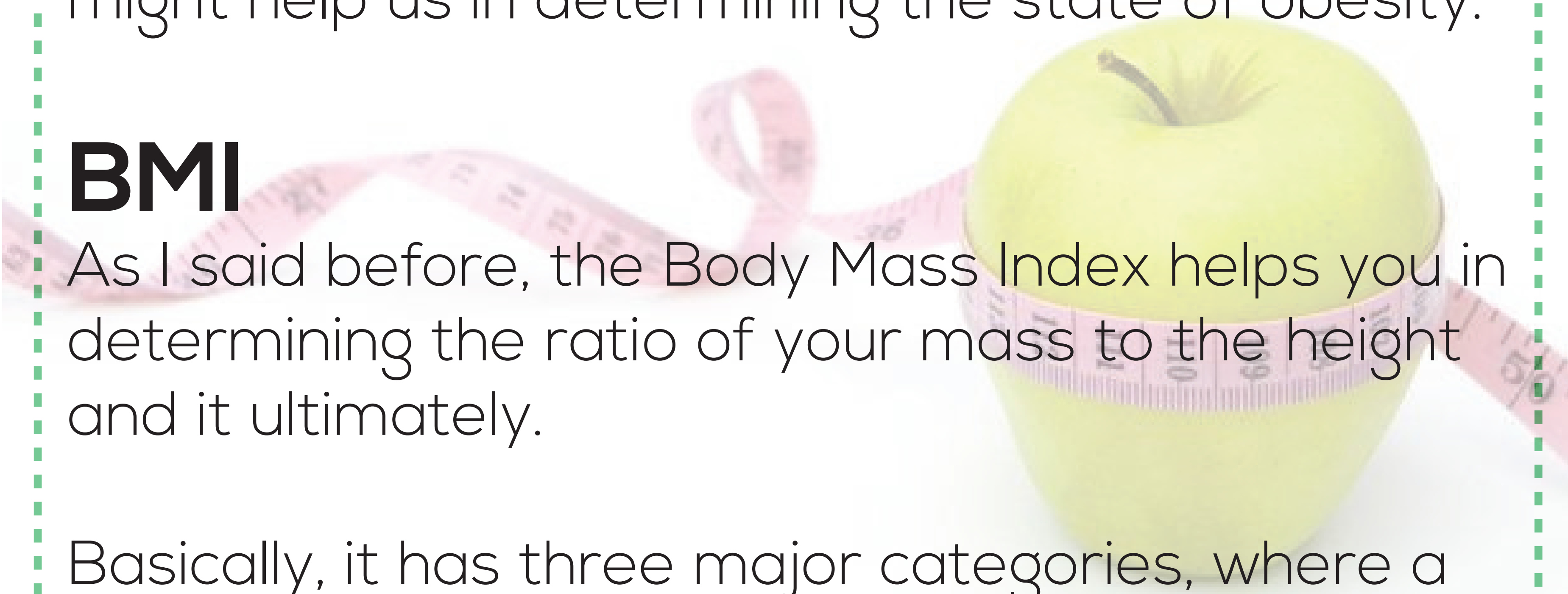
Oh Gosh! I weigh 5 pounds more than my younger brother. Am I obese? Am I overweight? What am I? Relax dude! Just because you 'appear' to be bulky does not confirm that you are obese or overweight. There are certain techniques which might help us in determining the state of obesity.

BMI

As I said before, the Body Mass Index helps you in determining the ratio of your mass to the height and it ultimately.

Basically, it has three major categories, where a BMI ratio of 18-25 reflects that you have a reasonably normal weight. An increase in the ratio (25-29) pushes you into the category of overweight people and for attaining the 'distinguished' rank of being obese; you need to have a BMI ratio of 30 or higher.

There are charts available in the market & online as well, where you could tally your statistics. As



How Do I know if I'm Overweight?

far as BMI is concerned, there is not any discrimination in the sex and both men and women could use the same chartfar as BMI is concerned, there is not any discrimination in the sex and both men and women could use the same chart.

Waist:

The handiest way is to use an inch tape and measure the circumference of your waist. It may vary depending on your age and 'overall' physique but typically, it is not healthy to have a waist size of 35+ for women and 40+ for men.



Common Causes of Obesity?



Common Causes of Obesity?

There could be a lot of culprits in making you obese, but all of them fall under two categories your lifestyle and your biology.

Mischievous Genes

Most of the people inherit monetary heirlooms from their parents but a few unfortunate ones might carry on the 'dudes' of obesity.

Sometimes, the obesity might run in families and typically, your chances of obesity are aggravated if both or even one of your parents is obese.

Furthermore, the genetic issues related to obesity might enhance the storage of fat within your body because it is usually seen that the families tend to follow some specific eating habits.



Common Causes of Obesity?

An Inactive Lifestyle

Our routines are very fast paced, no doubt in that. But what is the fault of your body? You should not overburden it by pursuing a lethargic lifestyle.

An active lifestyle helps your body to speed up the metabolism and it also uses up the fat reserves in your body. A constantly active lifestyle keeps you maintained and regular thorough sessions of physical activity make up your built. Once you get away from that, the fat deposition increases dramatically, and the result is couch potato!

Everything has become so incorporated into technology that we hardly ever bother to move our limbs, forget about exercising!

Overeating

Excess of anything is injurious to your health. Every individual requires a certain amount of calories

Common Causes of Obesity?

each day in order to provide him with vital energy. Overeating occurs when we do not eat balanced diet.

Junk is a huge reason to be blamed as it provides a huge amount of 'hidden' calories to the people and they never bother to shake their limbs in order to get the stuff going peacefully.

There must be a balance in everything. When you start eating something, always beware of the fact that if you take a huge lump of energy, it would charge your body by making it a 'giant chunk'.

Following is a small list of foods which may haunt your physical appearance:

- >Junk
- >Processed food
- >Sugar
- >Fizzy drinks
- >Fried food

Common Causes of Obesity?

Medical Issues

In some situations, you might have to take some medicines which might stimulate or suppress the hormonal activity within your body. Not only the medicines, but a medical condition might alter your hormonal activity as well.

If your thyroid glands become less active, they would not secrete the required amount of thyroids in your bloodstream. As a result, your metabolism will slow down and you would also feel tired and lazy. This 'amalgam' of consequences will make you go under nostalgic and lazy lifestyle and you will start gaining pounds.

Insulin is a hormone in your body which commands your tissues to store the fat. When the insulin level aggravates in your bloodstream (most commonly due to the junk food), your body tends to store the fat into the adipose layer without making it available for the vital body processes.

Common Causes of Obesity?

Emotional Influence

For some people, their appetite is directly proportional to the intensity of an emotion. There are a variety of emotions that propel our appetite like some people tend to eat a lot to overcome their sadness while the others eat a lot in order to celebrate the joy. Whatever be the logic, this insanity is injurious to your health.

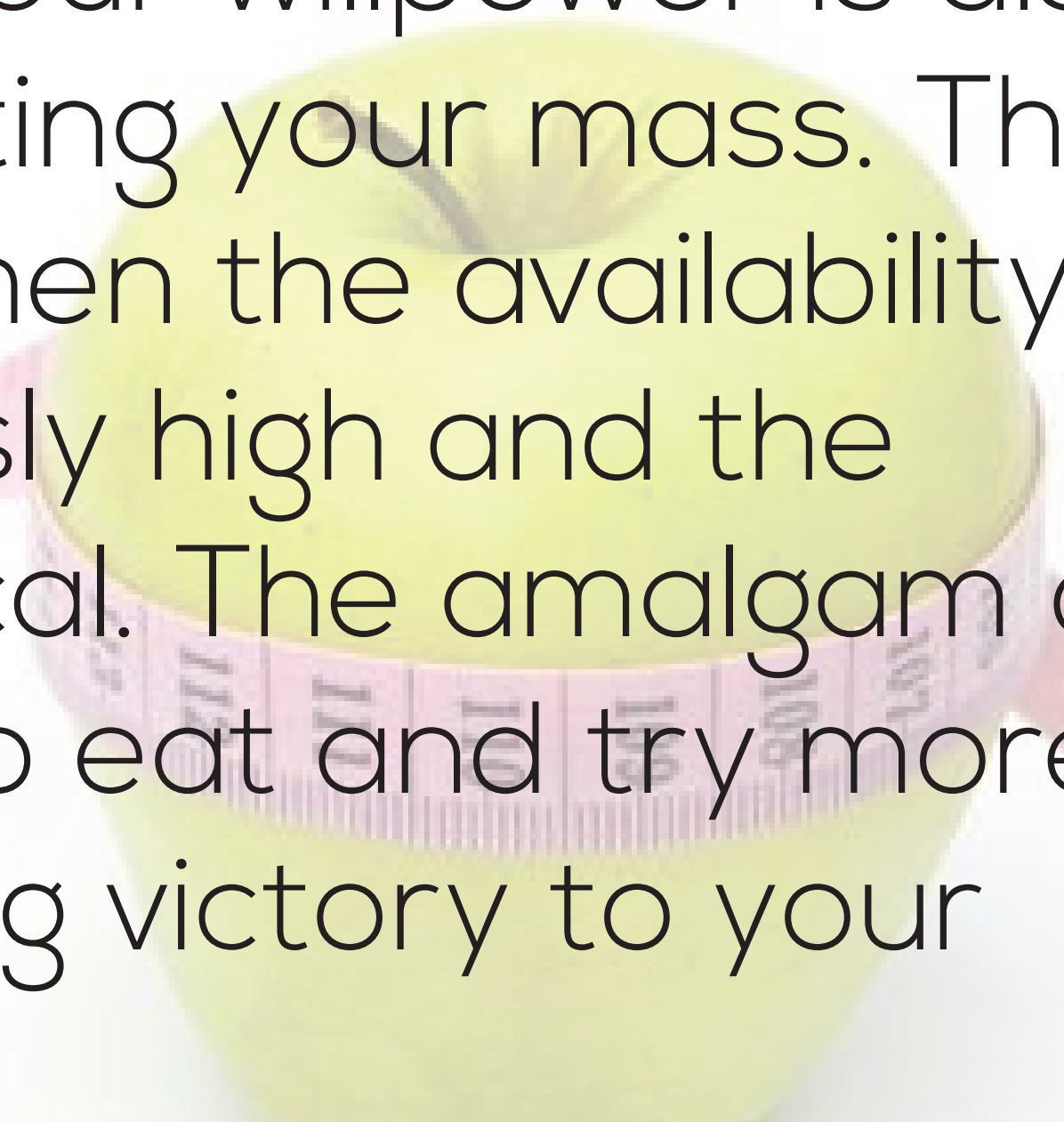
Let us take it a step further. One of the main withdrawal symptoms of smoking is that it makes you feel the actual and wonderful taste of everything. As a result, you tend to eat a lot while enjoying to such a level which was not possible when you used



Common Causes of Obesity?

to smoke. Talking about its composition, the nicotine increases the rate of metabolism, which means that if you quit smoking, your rate of metabolism drops and you start gaining pounds.

Apart from all these factors, your willpower is also one of the causes for aggravating your mass. The situation gets overwhelmed when the availability of food in your vicinity is ridiculously high and the prices are way more economical. The amalgam of these factors drives your will to eat and try more of the 'unique' foods, thus giving victory to your obesity over smartness!



Main Problems and Diseases Caused by Obesity



Main Problems and Diseases Caused by Obesity

The ratio of your mass to height must lie within a reasonable proportion. When it exaggerates, you are on the verge of catching some diseases, which might prevail throughout your life. Sounds scary, eh?

In this chapter, I shall discuss a few diseases and health issues which might intervene in the 'fluffiness' of your life, as a result of obesity. However, you should be aware that being obese does not guarantee any of the following health risks.

Heart Diseases and Stroke

By now, you must have understood that a higher intake and deposit of fat in your body ultimately leads to obesity. But what is frightening about this part is that it fosters the cholesterol and sodium concentration in your body which drives your body towards an impending heart attack or a stroke. A rise in high blood pressure is also caused by an aggravated mass and is also one of the mainstream causes of heart attack.

Main Problems and Diseases Caused by Obesity

Typically, a stroke is caused when obesity results in the deposition of fat on the inner lining of your arteries. This results in the formation of plaque. After some time, the area affected by plaque may rupture and it leads to the formation of a blood clot.

If this 'battle' occurs near your brain then a blood clot will hinder the supply of oxygen to your brain and it causes a stroke.



Main Problems and Diseases Caused by Obesity

Toxicity

Basically, there are two types of toxins in the body. The water soluble toxins are pretty easily flushed out of the body but the water soluble toxins are quite huge in size and their chemistry makes it difficult to get rid of them at once.

The amount of toxins in your body is directly proportional to your obesity because it promotes the deposition of fat and as I said before, fat cells store toxins.

Type 2 Diabetes

Your body checks and maintains a constant glucose level in your blood by the help of a hormone called insulin. In type 2 diabetes, your body does not make insulin properly and the body is deprived of turning deposits of glucose into energy.

Diabetes has jolted the medical industry as it has now become a leading cause of early deaths and

Main Problems and Diseases Caused by Obesity

several 'co-factors' that might eventually lead to the death.

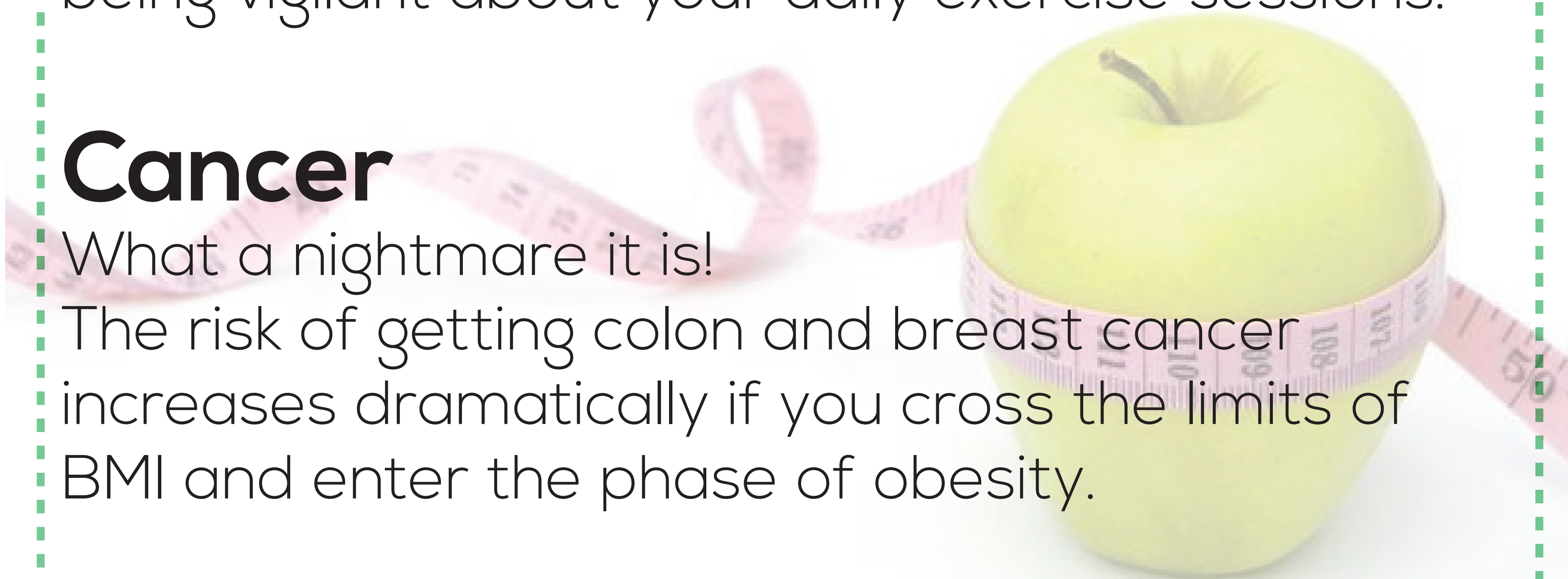
You can trim down the chances of getting type 2 diabetes by ensuring that eat a quality diet while being vigilant about your daily exercise sessions.

Cancer

What a nightmare it is!

The risk of getting colon and breast cancer increases dramatically if you cross the limits of BMI and enter the phase of obesity.

An excess of fat results in an increased secretion of sex hormones into your blood stream,estrogens



Main Problems and Diseases Caused by Obesity

to be particular. Estrogens nourish the growth of cancer cells in the breasts.

Typically, you become obese because you eat the unhealthy diet in a huge proportion. This means that the digestive process is slowed down. With a lazy digestion, the 'waste' tends to stay in your intestine for longer & it results in the development of toxins in your colon which are easily absorbed by the villi.

Osteoarthritis

You never put extra pressure on the things that you care about. Why? Because you do not want to harm them, it is that simple.

Same is the case here. When you are moving around with bulk tied to your waist, you exert a significant amount of pressure on the joints, especially on the hip, knee, and back. This pressure



Main Problems and Diseases Caused by Obesity

against any damage when they are rubbed against each other during movements.

Sleep Apnea

It is a breathing condition, closely related to being overweight. While sleeping, it causes the person to snore profoundly with strange noises. At the same time, it might cause a very brief spell of breathlessness. As a result, you tend to be lazy and rather sleepy throughout the day. Ultimately, the risks of heart attack and stroke are increased.

Reproductive Issues

With an increased mass, women are very much prone to infertility. Hold on guys! You are not going anywhere with a hanging 'belly' – you could be engulfed with erectile dysfunction.

Gallstones

Over the years, obesity has resulted in thousands of gallstones across the World.

Main Problems and Diseases Caused by Obesity

It is basically a stone like material that develops inside your gallbladder due to an excessive deposition of cholesterol.

It is mainly caused by being overweight or following an unhealthy and fat-rich diet. The condition is awfully painfully and mainly affects your back and stomach.

It is quite evident that obesity does not only make you look unpleasant. It battles with your body from all aspects, and at the end, your health loses the battle! You should not be posing such great risks to your life just for the sake of consuming timely delicacies.

Everything must be enjoyed, even the food. But the most important thing in your life is the health, which if you cannot maintain, you are the real loser.

What to Do?



What To Do?

Once you are trapped under the net of obesity, Indulge in physical activities quite often Is adventurous and likes excursions you cannot escape from it automatically. Whether your obesity is a result of inheritance or your own lifestyle, you have to take some rational steps that drive you out of this trap.

Tie Yourself To a Target

This is the key to achieving all kinds of goals. Before you set out to make a change in your lifestyle, you must have something in mind. Even if you do something just for the sake of curiosity, you visualize your destination. Same is the case when you wish to



What To Do?

Typically, you should set a target for losing a specific number of pounds in a certain period. Then, you should work sincerely (while ensuring your health) to hit the target.

For some people, it might be difficult to reach a single major goal. In such cases, it is advised to make a breakdown and strive to achieve your milestones as chunks.

Detoxify Yourself

When the process of absorption begins, your body absorbs the fats and all the toxins are sent back to the liver for further cleansing. In order to combat the toxicity here, you need to follow a sound cleansing system.

The following practices could be done to get rid of the toxins:

- › Eat bulks of fiber and organic fresh fruit!
- › Go for a very hot shower initially while allowing the

What To Do?

water to scrub your back. Then take a cold shower for 30 seconds. Repeat thrice and lay down in the bed for 30 minutes.

>Then try breathing and allow the oxygen to engulf your sacs!

Control Your Diet

Your health depends on your diet, more than any other factor. Basically, it defines the core of your lifestyle.

As a first step, you should get rid of all the junk food. These foods are developed to make you addictive, which is the reason why you tend to eat packets of junk without feeling 'full'.

Secondly, you should encourage the use of fiber in your diet. Fiber nourishes your digestion process by smoothing the bowel movement in intestines. The greatest perk of fiber in this context is that it enables you to meet the required energy threshold,

What To Do?

without providing any extra calorie.

Some people have an unintentional desire of eating throughout the day. In order to avoid this temptation, you should take a protein rich breakfast. It would diminish the temptation and as a result, you would consume a significantly less 'extra' amount of calories.

We often forget to follow the 'ethics' of eating. Firstly, there should be a reasonable gap between each successive meal and secondly, we should not drink anything during the meals.

At the same time, if you go for coffee, green tea or tea, they possess caffeine which enhances the rate of metabolism in your body.

Go Green!

Staying close to the natural food is very beneficial as it eliminates all kinds of preservatives and artificial flavors from your diet, hence making you

What To Do?

less prone to gaining fat around the hips!

Align Your Lifestyle

Your lifestyle is not only confined to visiting clubs, parties and stuff like that. On a broader canvas, you need to develop and align every single move of your life such that it propels you towards a goal.

In this case, the very first thing is to avoid going for extravagant meals after huge gaps. This deprives your digestive system of working in the most efficient manner. So, you should rather eat in chunks – try to go for 5-6 small meals a day. This maintains a decent metabolism while preventing your intestines and stomach from overburdening.



What To Do?

The very next thing is none other than the 'exercise'. Exercising exclusively burns your fat deposits and regulates the blood flow in your body. Collectively, these two properties of exercising do not only keep you healthy. But they also trim down the fat around you!

While enjoying your leisure time, you should try to stick with the physical activities and enjoy watching television series. Instead, you should go out and dance with your friends or start playing in a ground.

Your company plays a vital role in developing or eliminating your habits. It happens in every department of life. In this particular scenario, you should keep a company that:

- >Is not lazy
- >Does not eat a lot
- >Does not go for junk food all the time
- >Indulge in physical activities quite often
- >Is adventurous and likes excursions

What To Do?

Once you have made up your mind, you are different from the ordinary obese people and hence, you have to think differently and go on with such a company that boosts up your metabolism!

While doing all these activities, you should not forget to keep your statistics alive and maintain a record on a daily basis!



Conclusion



Conclusion

Being overweight or obese would not take your health nowhere, but on the bed! So why to take such a huge risk with your health?

Excessive fat does not only make you obese, it is indeed a toxin for your body. Although it is one of the essential nutrients that your body requires, but being extravagant with it could lead to a toxic environment within your body.

It is not the same World as it was 20 years ago. Even if you are hell-bound to your commitments that you cannot spare some minutes for a daily exercise, you could still do a lot from the comfort of your house. The only thing that you should have is the motivation to achieve your goal – not for anyone, but solely for yourself and your sparkling health.

