

Understand Obesity: Prevent and cure it by Natural solutions!!

“Knowledge gives us the power to conquer a problem, lack of knowledge makes us powerless.”

Introduction

Over the past 40– 50 years of Industrial and economic revolution, the world has seen an unprecedented change in the food and lifestyles of the population. That has brought in its wake a global epidemic of obesity and along with it the epidemic of other food and lifestyle diseases such as Type 2 diabetes, high blood pressure, heart disease, stroke, arthritis, cancers, acid reflux (heartburn), etc. The obesity and Type 2 diabetes are related epidemics to the extent that a new term “Diabesity” has been coined for these twin epidemics. About 80% of patients with Type 2 diabetes are overweight or obese, and 20% who are not, have larger abdominal girth or what is commonly called abdominal obesity (big belly). Merely gaining 10– 12 kg over ideal body weight doubles the risk of Type 2 diabetes.

Obesity was an uncommon problem before 1980. Interestingly, obesity was so rare globally, that it did not get listed as a disease by the medical profession. That is the reason obesity did not get into medical education, and no scientific research got done for its prevention and cure. When the obesity epidemic struck the world in the 1980 's, the doctors did not manage the problem of obesity. By default, the management of obesity ended up in the hands of nonmedical professionals - nutritionists, commercial low-calorie diet corporations, dieticians, gym instructors, and exercise trainers. All these experts managed the obesity problem by a failed methodology “Eat less, move more.” Also called methodology of “Fewer calories in, more calories out.” Billions of dollars and monies have been spent globally on this failed methodology. The epidemic of Obesity, however, keeps growing globally at an unprecedented rate.

The World Health organization labeled the obesity a disease only recently. The recent medical research has now shed new light on this significant modern epidemic of obesity. The scientific studies support beyond a reasonable doubt that obesity is not a disease of caloric imbalance but a disease of hormonal imbalance. Obesity, as well as its twin epidemic Type2 diabetes both, are the result of hormonal imbalance. The critical hormone which gets into imbalance is glucose utilization hormone insulin. The cause of the hormonal imbalance is a drastic change in the food and lifestyle of the global population. The prevention and cure, therefore, requires modification of food and lifestyle.