

America's Obesity Crisis

1 Mar 2017

250-2017-06

Why are Americans so FAT? Here are the Facts and Statistics:

Obesity effects more than a third (33.8%) of all adult Americans. That's about 83 million people. More than two-thirds (69%) of adult Americans are either obese or overweight. That's about 169 million people. These figures are based on a total U.S. population of 324 million people with 245 million of these people being adults (18 or over). As you can see, that's a lot of FAT people!!

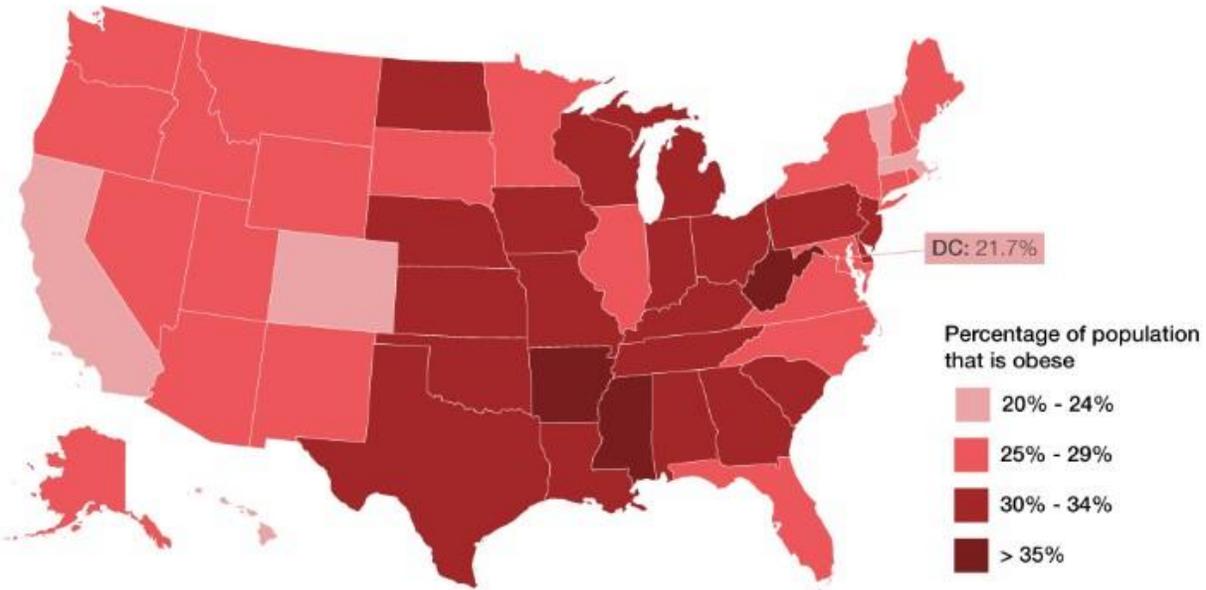
The annual medical costs for obesity in the United States is well over \$150 million annually. The groups with the highest rate of obesity are non-Hispanic blacks (48%), Hispanics (43%), and non-Hispanic whites (33%). The group with the lowest rate of obesity is Asians (11%).

Childhood obesity is also a serious problem in the United States putting kids at risk for poor health in later years. The obesity rate of 17% affects about 14 million children and adolescents.

The CDC estimates that about 115,000 deaths are associated with obesity each year.

In 2014, no state had an obesity rate below 20%. In Arkansas, Mississippi, and West Virginia, 35% or more of the population is obese.

2014 ADULT OBESITY RATES BY STATE



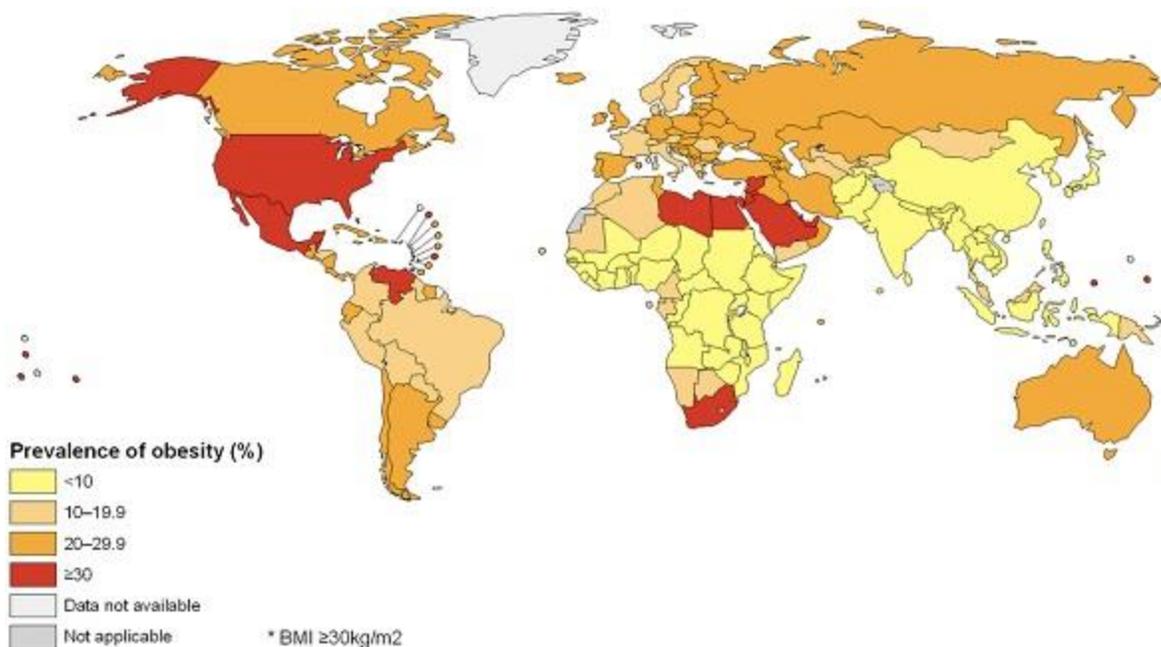
SOURCE: Centers for Disease Control and Prevention

The states with the lowest obesity rates include Colorado (just over 20%), Massachusetts, New Hampshire, Hawaii, California, and Montana (joined the list in 2016).

Around the world there are seven countries with higher obese rates than the United States. Strangely enough, most of them are located in the Middle East. I would have never guessed this fact. Most of the Middle East people I see are terrorists and they are not FAT. Here is the list of the top ten:

- | | |
|------------------------|-------------------------------|
| 10. Venezuela 32.0% | 5. United Arab Emirates 34.7% |
| 9. Syria 32.9% | 4. Jordan 35.3% |
| 8. United States 33.8% | 3. Egypt 36.0% |
| 7. Mexico 34.0% | 2. Saudi Arabia 36.2% |
| 6. South Africa 34.5% | 1. Kuwait 42.0% |

As you can see, being obese is not only a U.S. problem – It is a world-wide problem. See map and pictures on the next two pages.



United States



South Africa



Mexico



Venezuela



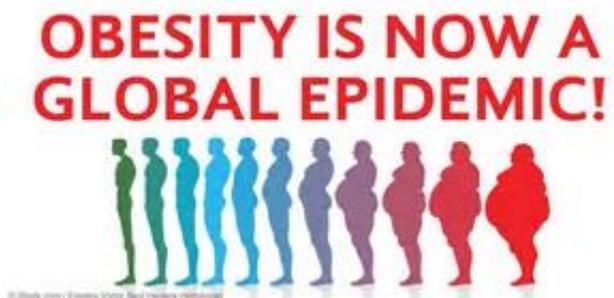
United Arab Emirates



Kuwait



Saudi Arabia



How is the obesity rate measured?

Obesity is defined as an excessively high amount of body fat in relation to lean body mass. Overweight refers to increased body weight in relation to height, which is then compared to a standard of acceptable weight. Body Mass Index (BMI) is a common measure expressing the relationship (or ratio) of weight to height. The equation is:

$$\text{BMI} = \left(\frac{\text{Weight in pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

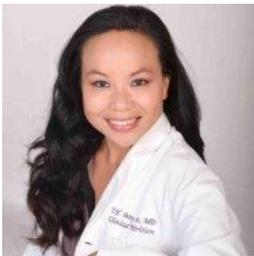
Adults with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese. Adults with a BMI of 40 or higher are considered severely obese. Okay, let's see if I'm obese.

BMI = (230 divided by (76 x 76)) x 703
Oh no, my BMI is 28 – I'm FAT but not obese

I need to lose 10 to 20 pounds but I'm not giving up my beer and nightly ice cream and I refuse to go on a diet. Now that I have set the ground rules, I have been searching the Internet for a way to accomplish my goal. Impossible, you say!!

I think I have found the solution and all you FAT people should listen or read closely. I come across this video the other day that was presented by Dr. Amy Lee and what she had to say about weight gain and weight loss made a lot of sense to me. It does not require a diet and I can still have my beer and ice cream. The website address is below but be warned, towards the end of the presentation, she is trying to sell a product called BIO-X4 which is a supplement for faster weight loss and better digestive health. It costs \$49 dollars for a 30-day supply but I don't plan on buying it. I do plan to try some of her recommendations and I will buy just what I need.

<http://nucific.com/3harmfulfoods/m-videoa.php>



Dr. Amy Lee

Dr. Amy Lee is a certified Bariatric Physician whose lifetime work specializes in internal medicine and physical nutrition. She is the founder and director at the Integrated Wellness Center in Los Angeles, CA and has prestigious degrees from the American Board of Internal Medicine, National Board of Physician Nutrition Specialists (NBPNS) and American Board of Obesity Medicine.

Please watch the video in its entirety (which I strongly recommend – it has been viewed well over 1,000,000 times). You will find her healthy weight management approach is rooted on avoiding five harmful foods (she states that there are three harmful foods but she talks about five) that we should all stop consuming along with adding her 4 natural weight loss boosters and digestion helpers.

- 1. Her first major harmful food is soda especially diet soda.**
- 2. Her second harmful food is Olestra/Olean found in fat-free potato chips and other products.**
- 3. Her third major harmful health food is sugar-laden yogurt.**
- 4. Her fourth major harmful health food is wheat bread that contains High Fructose Corn Syrup (HFCS).**
- 5. Her fifth major harmful health food is sugar and HFCS in cereal bars.**

Diet Soda – What Exactly is it?

Diet sodas are carbonated beverages. Instead of sugar, they are sweetened with artificial sweeteners like aspartame, cyclamate, saccharin, acesulfame-k or sucralose. Almost every popular sugar-sweetened beverage on the market has a “light” or a “diet” version — Diet Coke, Pepsi Max, Sprite Zero, etc. These drinks are calorie free, which technically should help people lose weight and prevent sugar-related diseases like metabolic syndrome and diabetes. However, the evidence for these beverages having any use at all is completely nonexistent.



In fact, recent studies have shown that diet soda actually makes you fatter. It also increases the risk of you getting metabolic syndrome which is a group of risk factors for disease that often occur together and raise your risk of diabetes, stroke and heart disease. It is defined as having at least three of the following:

- Abdominal obesity (belly fat)
- High fasting glucose
- High triglycerides
- Low HDL cholesterol
- Elevated blood pressure

Wait a minute, how can drinking diet soda make you FAT and cause all these other problems? Although it contains zero calories, it does contain fake sugar, preservatives, chemicals, and other additives. Some of these things trick your brain into thinking you are hungry and you end up eating more.

Dr. Lee recommends that you don't drink either regular or diet soda.

(Okay, this is no problem for me – I prefer drinking water, milk, juice, and beer)

Olestra/Olean

She also stated that her number one carbohydrate to avoid is Olestra/Olean which is banned in Canada, China and most of Europe. Olestra (also known by its brand name **Olean**) is a fat substitute that adds no fat, calories, or cholesterol to products. The manufacturer markets this product as **Olean** to make people think it will make them “lean”. It is used in the preparation of otherwise high-fat foods such as potato chips, thereby lowering or eliminating their fat content. The Food and Drug Administration (FDA) originally approved Olestra for use as a replacement for fats and oils in prepackaged ready-to-eat snacks in 1996 but a couple of years later Olestra lost its popularity due to several bad side effects such as abdominal cramping and loose stools (anal leakage). Olestra also inhibits the absorption of some vitamins (A, D, E, and K) and other nutrients. Olestra/Olean is still found in several products in the U.S. If the chips or crackers you are eating says, “Fat Free” on the package, you are most likely eating Olestra/Olean which can really mess up your digestive system.



Dr. Lee was quick to point out that other carbs, gluten, and sweets are okay to eat in moderation.

(Okay, this should not be a problem for me – I prefer salty chips with the natural amount of fat)

Sugar-laden Yogurt

Buying yogurt seems like a relatively straightforward activity. Choosing a healthful one, however, is not quite so simple, considering the seemingly limitless options available at your average supermarket, from fruit-on-the-

bottom and blended to squeezable, whipped, and drinkable—and in dozens of flavors. Most are laden with sugar and other ingredients you might not expect in one of humanity’s original “health foods.”

Manufacturers often mislead consumers into thinking that all yogurts are created equal, though many commercial ones “are essentially junk food masquerading as health food.” That’s why checking container labels, front and back, is a must.



CHOBANI Greek Yogurt

The front label on the pictured CHOBANI Greek Yogurt say “0%”. Many consumers think that means “no fat”, “no calories”, and “no sugar”. It actually means “no fat”. Period! This yogurt marketed as a health food product contains more sugar than an ice cream bar or a Twinkie. Many flavored yogurts, like Chobani’s Blackberry, contain 15 to 18 grams of sugar.

So, the main thing to watch out for as you compare yogurt options: Is it loaded with sugar? Yogurt naturally contains the milk sugar lactose. But a lot of sugar (often high fructose corn syrup) is typically added to make it more palatable for people who don’t like its natural tanginess. If the yogurt is labeled “fruit on the bottom” or “fruit flavored,” has elaborate-sounding flavors (like Boston Cream Pie, Berry Blue Blast, Caramel Macchiato, or Dulce de Leche), or contains toppings like cookie bits, it’s pretty much guaranteed to contain excess sugar and a lot more calories. A single 6-ounce serving of a sweetened yogurt has about 18 grams of added sugar—more than 4 teaspoons.

(Okay, this should not be a problem for me since I don't like yogurt)

Wheat bread that contains High Fructose Corn Syrup (HFCS)

High fructose corn syrup is a processed sweetener and food preservative made from cornstarch. Unlike other sugar additives, HFCS delays the expiration date of most foods for a low price, while still maintaining a great taste. Unfortunately, the tastier food is, the more likely you are to overeat it, which is one reason why the "American Journal of Clinical Nutrition" links foods containing HFCS to obesity. Therefore, beware of HFCS-containing foods, as they can be damaging to your health and diet. A list of foods and drinks that contain High Fructose Corn Syrup can be found at the following website:

http://www.celestialhealing.net/Food_contain_HFCS.htm



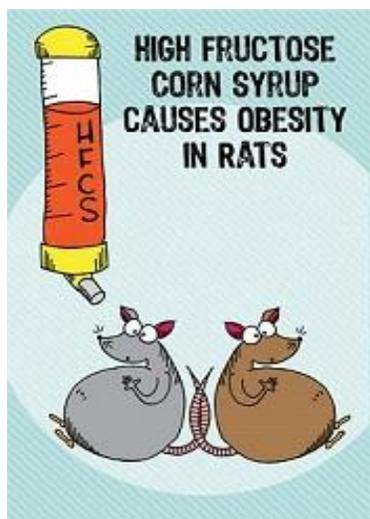
Yes, high-fructose corn syrup is in everything from soups to ice cream to wheat bread. It's received a lot of negative press over the past few years for good reason. It has absolutely no redeeming qualities when it comes to your health. If you're looking for a quick way to gain weight, get diabetes or bring on a host of other ailments, high-fructose corn syrup is just what the doctor ordered. Don't take my word for it though. Check out this list of the 10 worst health effects of high-fructose corn syrup.

1. **Diabetes** - The way that high-fructose corn syrup is processed by the body leads to insulin resistance, which can adversely affect the way the pancreas converts glucose into energy.

- 2. Heart disease - High-fructose corn syrup is also connected with heart disease, which can begin as early as adolescence or even childhood.**
- 3. Obesity - Is it any coincidence that obesity levels are rising along with the widespread use of high-fructose corn syrup? The body processes high-fructose corn syrup in a way that limits the secretion of leptin, which is a hormone that normally tells your body when you've had enough to eat. As a result, you end up eating more than necessary because your body never gets the signal to stop.**
- 4. High blood pressure - A research team out of the University of Colorado found in an analysis that people who consumed more than 74 grams of fructose per day had a much higher risk of having high blood pressure.**
- 5. Impaired mental function - With so many harmful effects, it's easy to joke that you'd have to be stupid to eat foods that contain high-fructose corn syrup. Nevertheless, eating the substance could impair your mental function.**
- 6. Mercury exposure - The news just keeps getting worse when it comes to high-fructose corn syrup. It turns out that the production of high-fructose corn syrup entails using mercury-grade caustic soda.**
- 7. Increased belly fat - We've already addressed the link between high fructose corn syrup and obesity, but it also causes another problem that warrants specific attention: an increase in belly fat.**
- 8. Alzheimer's disease - Consuming high-fructose corn syrup regularly is also linked to an increased risk for various neurodegenerative diseases, including Alzheimer's disease and dementia.**
- 9. Increased uric acid - High-fructose corn syrup has been tied to higher levels of uric acid. Excessive amounts of uric acid are associated with gout, a painful condition that affects the joints and can be very difficult to treat.**
- 10_Liver damage - Even if you somehow manage not to become obese from consuming high-fructose corn syrup, your liver could still suffer greatly.**

Are you a sugar addict? Scientists say high fructose corn syrup is as addictive as cocaine - but you may not even know you're eating it. A new study by Canadian researchers has found that high-fructose corn syrup can cause reactions similar to those to cocaine. The study measured rat's reactions to higher and higher levels of high-fructose corn syrup. This

study and many others suggest that high-fructose corn syrup could explain the current obesity epidemic.



(Okay, maybe I'm a sugar addict but I plan to kick the habit by not consuming HFCS. This could be a problem for me since I like my sweets. I need to start checking the labels on everything I eat. Yes, I'm convinced that high fructose corn syrup (HFCS) is bad for my body. Natural sugar is not that bad (in moderation) but we all need to stay away from high fructose corn syrup)

Another so-called health food that contains high-fructose corn syrup and a lot of sugar are cereal bars.



Many of us grab a cereal bar for breakfast in the morning in the belief that the snacks provide a healthy start to the day. Research reveals, however, that the bars could be just as unhealthy as a croissant or a chocolate bar. Some cereal bars – including those aimed at children – contain more than 40 per cent sugar. Some of the highest levels of sugar were found in bars which advertise themselves as healthy, due to their high wholegrain or vitamin and mineral content.

(Okay, this should not be a problem for me since I don't eat that many cereal bars)

**Did you notice that these harmful foods are marketed as Health Foods?
Did you know that 80% of U.S. adults suffer from a poor digestive system?**

How did Native Americans get food for their families in the days before supermarkets? There were four basic ways for people in ancient societies to find food: hunting and fishing, gathering, farming, and raising domesticated animals. Native Americans did all these things, but the first three were much more common. There were not many domesticated animals in North America before Europeans arrived-- only turkeys, ducks, and dogs, and most tribes did not eat dog meat. There were very few FAT Indians back in those days.



Hunting



Gathering and Farming

The human body digestive system

From the beginning of time the human body digestive system was designed to recognize the food we eat and convert it to energy so that our bodies can function correctly. If a person ate too much, this excess would be converted to FAT.

Yes, the human body digestive system either converts the food we eat to energy or FAT. Unknown foods are turned directly into FAT!! Many of the processed food we buy today at the supermarket and fast food restaurants contain fake sugar, preservatives, chemicals, and other additives that are completely unknown to our digestive system and are converted to FAT.



Foods to Avoid (Soda, Fast Food, and those discussed in this Article)

Unknown foods are not only turned into FAT but can cause serious and uncomfortable health issues such as:

- **Stomach Acid (Bad Bacteria)**
- **Bloating**
- **Constipation**
- **Diarrhea**
- **Brain Fog**
- **Lack of Energy**
- **Bad Mood**

Dr. Amy Lee had a quote worth remembering in saying, “your digestive system can either make you energy or it can make you fat, but it cannot make you both.”

Okay, I think we get the point!! Some of the food we are eating daily is bad for our health and is making us FAT and sometimes obese.

What can we do to help the situation without completely changing our eating habits?

What is Dr. Lee’s proactive digestion solution?

Dr. Lee does not recommend diets or cleansing programs. She states that, “The yo-yo effect of rapid weight loss – than weight gain – another diet with weight loss – than another weight gain, etc. is bad for your body.” She also states that, “Most cleansing programs offer some short-term benefits but can also remove good bacteria, digestive enzymes, etc. that help your digestive system.”

Here are the four main ingredients (supplements) that are proven nutrients for supporting your digestive system and resulting in effective weight loss management:

1. The following three **Digestive Enzymes** will maximize the amount of nutrients you absorb out of everything you eat:

Lipase is a digestive enzyme that is found in many plants, animals, bacteria, and molds. People use lipase for indigestion, heartburn, allergy to gluten in wheat products (celiac disease), Crohn's disease, and cystic fibrosis. How does it work? Lipase works by breaking down fat into smaller pieces, making digestion easier.

Amylase is an enzyme that breaks the bonds between each sugar subunit in a starch chain. The resulting simple sugar subunits are then absorbed into our blood stream and used by the cells in our body for energy. The serum amylase lowers blood sugar levels, detoxifies the body, corrects nervous system imbalances that might lead to impaired general health and supports the natural immune processes.

Bromelain is a mixture of enzymes found in pineapples that helps digest proteins. Pineapple has been used for centuries in Central and South America to treat indigestion and reduce inflammation. Bromelain has also been approved to treat swelling and inflammation after surgery.

2. **Treat Candida**

Candida is the most common type of yeast infection found in the mouth, intestinal tract and vagina, and it may affect skin and other mucous membranes. If the immune system is functioning optimally, this type of yeast infection is rarely serious. However, if the immune system is not functioning properly, the candida infection can migrate to other areas of the body, including the blood and membranes around the heart or brain.

Candida is a fungus that aids with nutrient absorption and digestion, when in proper levels in the body. When it overproduces, the typical candida

symptoms may appear. In the digestive tract, left unchecked, it breaks down the walls of the intestinal lining and penetrates into the bloodstream. This releases by-product toxins and other toxins from your system, causing leaky gut syndrome. When your body's natural pH balance is upset, the candida can grow out of control, creating a systemic problem. Good healthy bacteria and a properly functioning immune system are essential when fighting this stubborn infection.

What Causes Candida Infections? There are many possible causes of candida including a diet high in sugar, refined carbohydrates and alcohol that help yeast to grow.

In a Nutshell, Candida results in an excess of bad bacteria in your digestive system. Dr. Lee said that some bad bacteria is good for you so the best ratio should be 75% good bacteria and 25% bad bacteria.

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy. They can help balance your "good" and "bad" bacteria to keep your body working like it should. Probiotics promotes regular bowel movements and immune health.

- 3. Caralluma Fimbriata** has been making plenty of headlines on health websites because it's been called one of the best weight loss tools ever. It is a powerful appetite suppressant, and it helps dieters eat less without experiencing hunger pangs or mood swings.

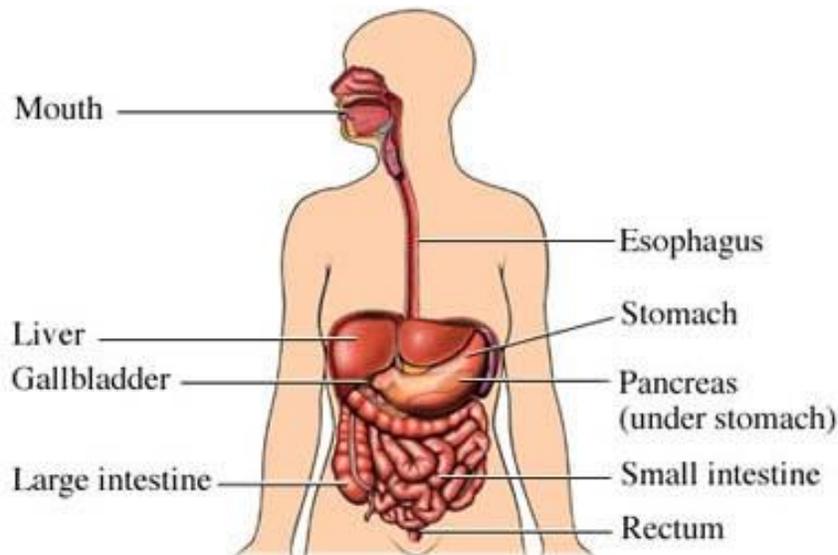
What Is Caralluma Fimbriata?

Caralluma fimbriata is a cactus-like plant that grows naturally in India, the Middle East, and North Africa. For centuries, civilizations have used Caralluma fimbriata as a powerful appetite suppressant. In ancient India, tribesmen would often pack a few sprigs of Caralluma fimbriata to sustain themselves on a multi-day hunt. They called this plant "famine food" due to its powerful ability to suppress hunger while enhancing stamina.

4. **EGCG (Green Tea Extract)** - Archeological evidence suggests that tea leaves steeped in boiling water were consumed as many as 5,000 years ago. Botanical evidence indicates that India and China were among the first countries to cultivate tea. Although the English are known for their love of tea, Americans invented the tea bag and began the practice of drinking iced tea in the early 1900s. Today, hundreds of millions of people drink tea around the world, and studies are now suggesting that one variety of tea in particular—green tea (*Camellia sinensis*)—has many health benefits.

Most of the studies on green tea have focused on the cancer protective aspects. Green tea polyphenols are potent antioxidant compounds that have demonstrated greater antioxidant protection than vitamins C and E in experimental studies. However, recent studies suggest that EGCG will boost metabolism, reduce appetite, and help burn fat.

There you have it – Dr. Amy Lee’s prescription for a healthy digestive system. She also recommends daily exercise.



Human Digestive System

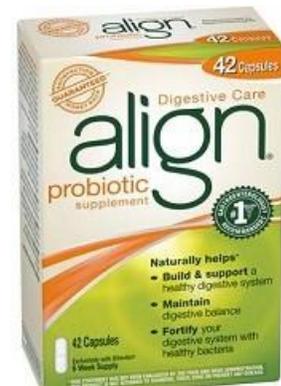
Remember she is trying to sell a product called BIO-X4 made by Nucific that claims to contain the four proven main ingredients (in the proper proportions) for supporting your digestive system.

Summary list of the unhealthy (BAD) foods that are marketed as Health Foods:

- **Olestra/Olean** – This is the number one carbohydrate to avoid – It is so dangerous to your health that it is banned in Canada, China and most of Europe. However, you will find it in the United States in most products marketed as “Fat Free”.
- **High Fructose Corn Syrup (HFCS)** – This is a processed sweetener and food preservative made from cornstarch that can be more addictive than cocaine. HFCS can cause serious health problems.
- **Diet Soda** - It may contain zero calories, but it does contain fake sugar, preservatives, chemicals, and other additives. Some of these ingredients can trick you brain into thinking you are hungry and you end up eating more food.
- **High levels of sugar in some Yogurts and Cereal Bars.** Eating too much sugar can cause weight gain, abdominal obesity, decreased HDL and increased LDL, elevated blood sugar, elevated triglycerides, high blood pressure, and increased levels of uric acid in the stomach.

Here is my plan to lose 10 to 20 pounds in the next year:

- No diet soda.
- Don't eat any food products (mostly potato chips) that are labeled “Fat Free”.
- Check food content labels and try not to eat products containing High Fructose Corn Syrup.
- Start taking a Probiotics pill daily to help my digestive system.



Let me know if you found this article interesting or especially if it helped you lose some weight or if it helped your digestive system.

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