

Weight Loss Or The Tricky Game To Get You Obese

By Gunter Ullisperger, M.Sc.

Overweight and obesity are an increasing epidemic problem worldwide with the food industry as the originator of this development. You ask for the reason? It increases the profits of many industries and multinational companies.

First, they feed you and you gain weight. Then you lose your health and become a candidate for medical care and drugs. Once they got you so far, you are a lifetime customer to both, the food and the healthcare companies.

According to the World Health Organization (WHO), there are globally more than 1 billion overweight adults. At least 30 percent or still more of them are obese. Still missing in this are overweight and obese children.

Reduced physical activity plays a minor role in this development. The main reason is nutrition. One element is the calorie consumption, the other one the kind of food.

Adults have a basis metabolic rate of about 1,800 calories. To get overweight and obese is simple: Eat more calories per day than you need. That is easy to achieve by eating a lot of industrially manufactured, energy-dense food high in fat and sugar. Products that fulfill this requirement are cream cheese, potato chips, ice cream, cookies, pizza, hamburgers, fast food in general and ready to serve meals, to mention only a few. Pasta and bread are energy dense as well and cakes additionally high in fat and sugar.

Let us look at **how fast you collect half of your daily calories** with only one meal.

If you are hungry, a portion of pasta for lunch big enough to be full has some 700 calories. The sauce adds another 100 calories or more. A big enough Pizza supplies 800 calories easily. A dessert like ice cream fits always and adds another 200 to 400 calories.

You see it takes only one single meal to get already over 50 percent of your daily calories; and there are still breakfast and dinner. Without eating anything but these three meals you can easily get much, more calories than you need.

But wait! A cinnamon roll with your coffee at your favorite coffee shop in the afternoon has some 600 calories. You get even 6-packs of them at shopping centers. Hot and sweet, they taste great but imagine the calories they have. Watching TV is a proper occasion for a bag of chips, pack of cookies or chocolate. As you see it is easy to stuff yourself with 3,000 calories per day and more; overweight is guaranteed.

Weight Loss Or The Tricky Game To Get You Obese

Oh, we are not yet at the end of the story how you are manipulated to overeat. Drinking 0 calories soft drinks is another trap. They contain no sugar but artificial sweeteners like saccharine. Apparently, you reduce your caloric intake. However, did you know that they use this substance, saccharine, in pig fattening? It boosts their appetite and they overeat. This works with people as good.

The equation of it looks for instance like this then:

0 calories from soft drinks = **500 calories** from additional food (and even more)!

Such Information as about saccharine is kept more and more behind closed doors because nobody wants you to know how tricky they are. However, I believe as many others do that all artificial sweeteners have this very same effect. So be careful with what you drink. Of course, they are in food as well.

Conclusion: If there would be less industrially produced food containing huge quantities of fat, sugar and artificial food additives like flavor enhancers, sweeteners etc., overweight and obesity would be less a problem.

However, this market segment promises huge profits why nobody can expect the food industry to offer less of these products. Sometimes it looks as if, but that is all sham. In reality, they create more and new products every day to seduce you to eat more.

Consider this: There are many diseases but only one health. Who else but you would **be really interested in your health** and losing pounds? Sounds both logic, doesn't it?

If you want to **protect yourself** and escape all the traps out there, you have one huge chance: Take on the responsibility for your body and your health and decide to eat different from now on. There are two steps to achieve this:

- **R E D U C E** junk and industry food = reducing calories
- **EAT MORE NATURAL FOOD!**

Once you start with it, you are going to **rediscover how excellent natural food tastes.**

Some say: Well, I will start after Thanks Giving, the family meeting, after the wedding, in the near future; but this near future will never come because it remains in the future.

Weight Loss Or The Tricky Game To Get You Obese

You can only act in the present, in the here and now. Decide NOW to change your eating habits, and START NOW eating different, for your own and your health's sake.

IMPORTANT NOTICE

Effective, healthy weight loss is a healing process of the organism. That means it exists interdependence between health improvement and weight loss. So when we talk about either topic it refers to the other one automatically.