

Causes and solutions of obesity

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Causes and Solutions of Obesity Unknown Unknown Unknown Causes and Solutions of Obesity If you can prolong your life, and make yourself feel better about who you are then why not overcome this overweight issue. In today's world we are facing an epidemic that seems to be affecting even are young at an early age. We all know that obesity can have adverse effects on health, well-being, and relationship, and can be solved by eating organic food, exercising, and discipline. We are here to find out the different causes of obesity, and find out what we can do to overcome this fast growing epidemic. " Although people in the Unites States might not be eating more, they are gaining weight. According to the U. S Department of Agriculture, fat consumption by people in the United States has declined during past decades, but calorie expenditure has gone down as well. Adults are not burning the calories they are consuming, and as a result, obesity rates increased by 214 percent between 1950 and 2000. Two out of every three people in the U. S. were obese or overweight in 2010". (Bird, 2011, March 26, p. 1). They are several solutions that can be implemented to these causes, and some are individual, community, and government solutions. I feel it is everyone's own responsibility to make they maintain their own health. Obesity could occur in all humans, obesity does not care what race you are or even the time you have lived in. " Ancient Egyptians are said to consider obesity as a disease, having been drawn in a wall of depicted illnesses". " The Aztecs believed that obesity was supernatural, an affliction of the gods". (Miles, 2006, p. 1). Obesity begins in a membrane enclosed organelle known as mitochondria. Mitochondria can be defined as the part of the cell that is responsible for energy production. According to research mitochondria is

believed to be the source where obesity begins. “ My clinical work and research with patients with immune disorders, chronic fatigue, chemical sensitivity and obesity have led me to the conclusion that the primary site of catabolic maladaptation, and the obesity that it causes, is in the mitochondria. ” (Where Does Obesity Begin, p. 1). There are many speculations that obesity has been around for a long period time, but does anyone really know when obesity really started. There are many causes of obesity, and genes play a small role in how it can affect a person in the future. “ Science shows that genetics plays a role in obesity. Genes can directly cause obesity in disorders such as Bardet-Biedl syndrome and Prader-Willi syndrome". (Etiology, n. d. p. 1). Even though genes play a role other factors come into play like the behavior of the individual. It can also depend on incidence of obesity in the family . “ It is now well established that overweight and the different forms of obesity are conditions tending to concentrate within a family. Obesity risk is two to eight times higher for a person with a family history as opposed to a person with no family history of obesity, and an even higher risk is observed in cases of severe obesity". Furthermore the way are genes have been sequenced can be linked to obesity. “ Sequence variations within a pool of 56 different genes have been reported as being related to obesity phenotypes, however, only ten of those genes showed positive results in at least five different studies". (Etiology, n. d. p. 1). Even though genes play a part in cases of obesity they can still be overcome with different solutions. For example, I come from a family that is generally overweight, but I have chosen to change my lifestyle. I learned to exercise more frequently and not consume more than I need to at times. “

Since there is only a small population of obese people who have been affected by the genetics of their family tree, it suggests that genes are not necessarily a fate that cannot be outdone. Obesity and the prevention of obesity can be aided with lifestyle changes and behaviors that include a healthy diet, increased physical activity, as well as medication". (What Role Does Genetics, para. 1). We are all born with genes, and it is normal to inherit these genes from your parents which can influence obesity. We as people enjoy tasty food which makes us devour unhealthy foods. This is where the fast food industry takes an immense toll on our country. There are certain items placed in these foods that can make people feel the need to eat these foods on a regular basis. " Almost all items on fast food menus are deep fried or packed with sugar, and many even contain chemicals or preservatives that further their addictive capabilities". Just the other day I was affected by these hormones as I craved a ultimate cheeseburger from Jack in the Box. There are also factors which consist of what are fed to the sources of these treats. The animals are given certain hormones that are returned to us since we are consuming them in the process. " Many chains add hormones to the feed that they give to their livestock, which in turn ends up on a burger or in a wrap. These hormones are mainly used to increase the size or productivity of the animals being used, and some are both addicting and harmful to humans". (Brad, 2009, p. 1). Furthermore, convenience of these places makes it stress-free for societies to continue to purchase foods at these establishments. For instance, for people who are always in a rush are not able to make lunches for them, so they turn to the most convenient way to fill their hunger. " If you're trying to manage a busy career, start a

side business, have community responsibilities, and have a spouse and children at home (a situation that sounds awfully familiar to me), convenience can be an enormously important factor". There is another issue of money if you are low on funds are looking for something to your taste you are able to purchase items off the dollar menu. Fast food industries can be found in almost every corner so it can be defined as a major role in our struggle. Even if they are numerous causes for obesity there are still many solutions that can be implemented to reduce or even cease this issue. There are plenty of forms of exercise that can be performed to lose weight, and exercise plans can be made to keep the pounds off once lost. " Obesity exercise solutions can help obese people lose weight and body fat safely. An exercise plan that is designed for obese people who have a limited range of motion can be an effective obesity treatment when combined with a nutritious diet plan". (Obesity Exercise, 2009, p. 1) Even if you do not have time to spare there is always other things like parking further away at the parking lot. There other benefits that comes hand in hand with physical training, and these are the health benefits. " Reducing your risk of dying from heart disease or stroke, lowering your risk of heart disease, stroke, high blood pressure, colon cancer, and diabetes" (Arthur, 2009, p. 1). According to surveys conducted the leading cause of death in the United States come from cardiovascular disease. Physical health has been implemented for ages now, and it can be performed in certain jobs that require manual labor. In conclusion it might be the best way to reduce the chance of becoming obese or cure obesity. " Experts agree that regular exercise is one of the most effective ways to prevent obesity. " (Arthur, 2009, p. 1). If you require

motivation to help you hit the gym or apply a certain exercise routine to your life do it with a buddy. You can also join groups like the zumba classes, or you can make a goal for yourself to make it like a game. A diet of healthy eating can be ministered to help overcome obesity. Have you ever wanted a fresher taste to compliment your taste buds? Well organic foods are the way to go. Organic foods can be defined to encourage a healthier way of life, and even start to show positives outcomes to your body. “ Organic food promotes healthy patterns of cell division and differentiation, and lays the groundwork for normal endocrine system regulation of blood sugars, lipids, energy intake, and immune system functions”. (Organic Pathways, para. 1). I know some people are very limited when it comes to spending money on expensive food, but organic foods can even be grown to save money. Furthermore you are able to buy organic foods at wholesale prices at your convenience. Also adding small portions to your healthy diet plan can help reduce weight in the long run. “ When you eat a large portion of food, glucose levels rise quickly. When your bloodstream is flooded with glucose, your pancreas releases insulin to move that glucose into your cells for use. But the faster glucose levels rise, the more likely it is that your pancreas will produce too much insulin, leading to low blood sugar, called hypoglycemia. Your brain is tricked into thinking you need more glucose and you start to feel hungry”. (Maura, 2011, p. 1). Adding this to your daily regimen can help control over eating, and it can also stabilize your hunger. Talk to a nutritionist to see what would be best for your current situation. In conclusion, they are numerous causes and solutions that are associated with obesity, and it is up to you to decide which choices would best to make. If we

do not do anything about it now obesity will continue to rise and overtake us in a very young age. According to statistics if we maintain this rise in obesity by 2030 eighty five percent of the United States will be obese. Implementing these solutions we can succeed in creating a better way of life for all people.

We do not need to be like the society in the movie Wall E where all the

people are obese! References Arthur S. (2009) Obesity and Exercise

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