



# OBESITY

CREEPING FAT



# Obesity Statistics

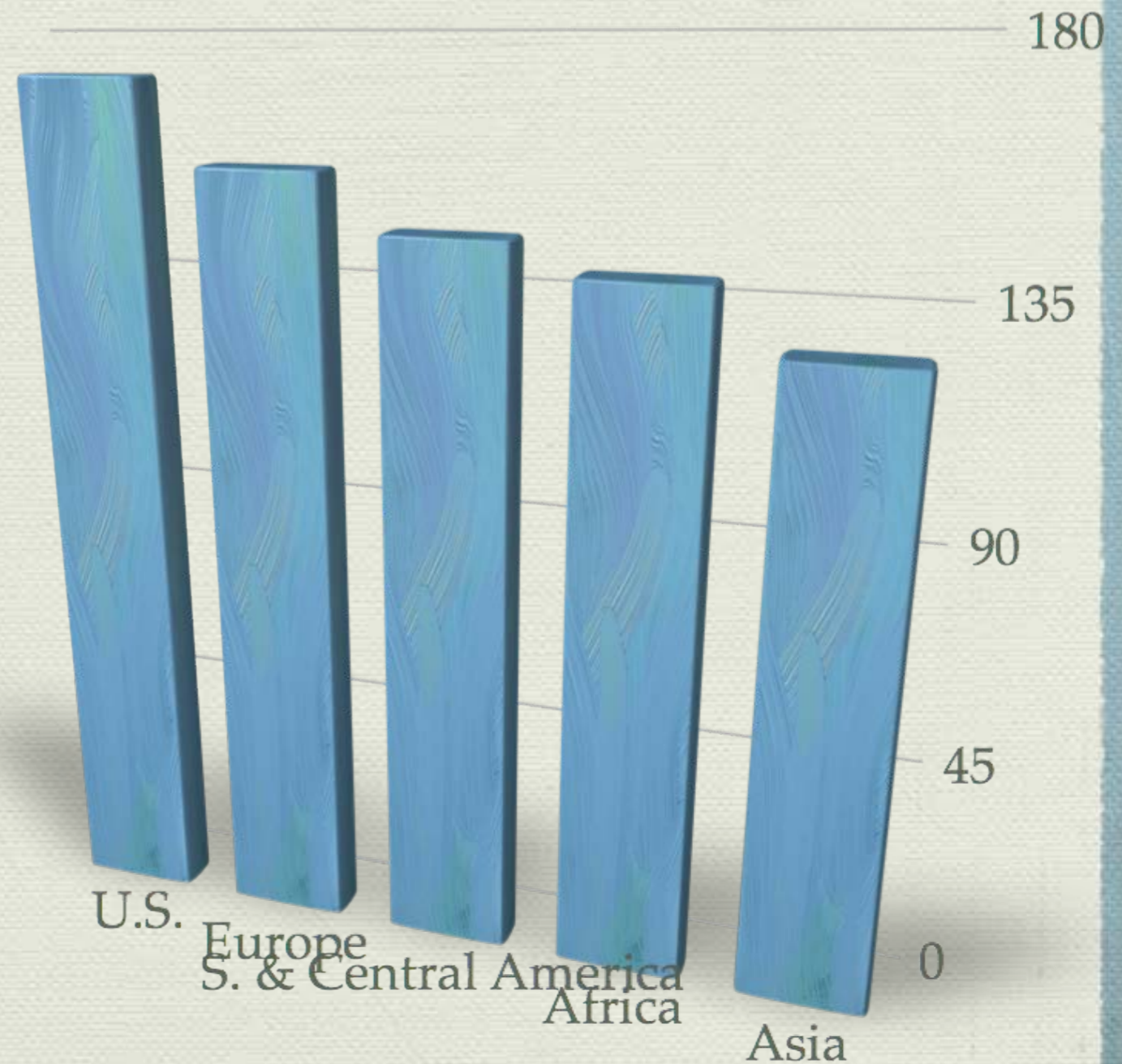


- ◆ 2 out of 3 Americans are overweight or obese
- ◆ 90% of dieters regain their lost weight

# Obesity Statistics

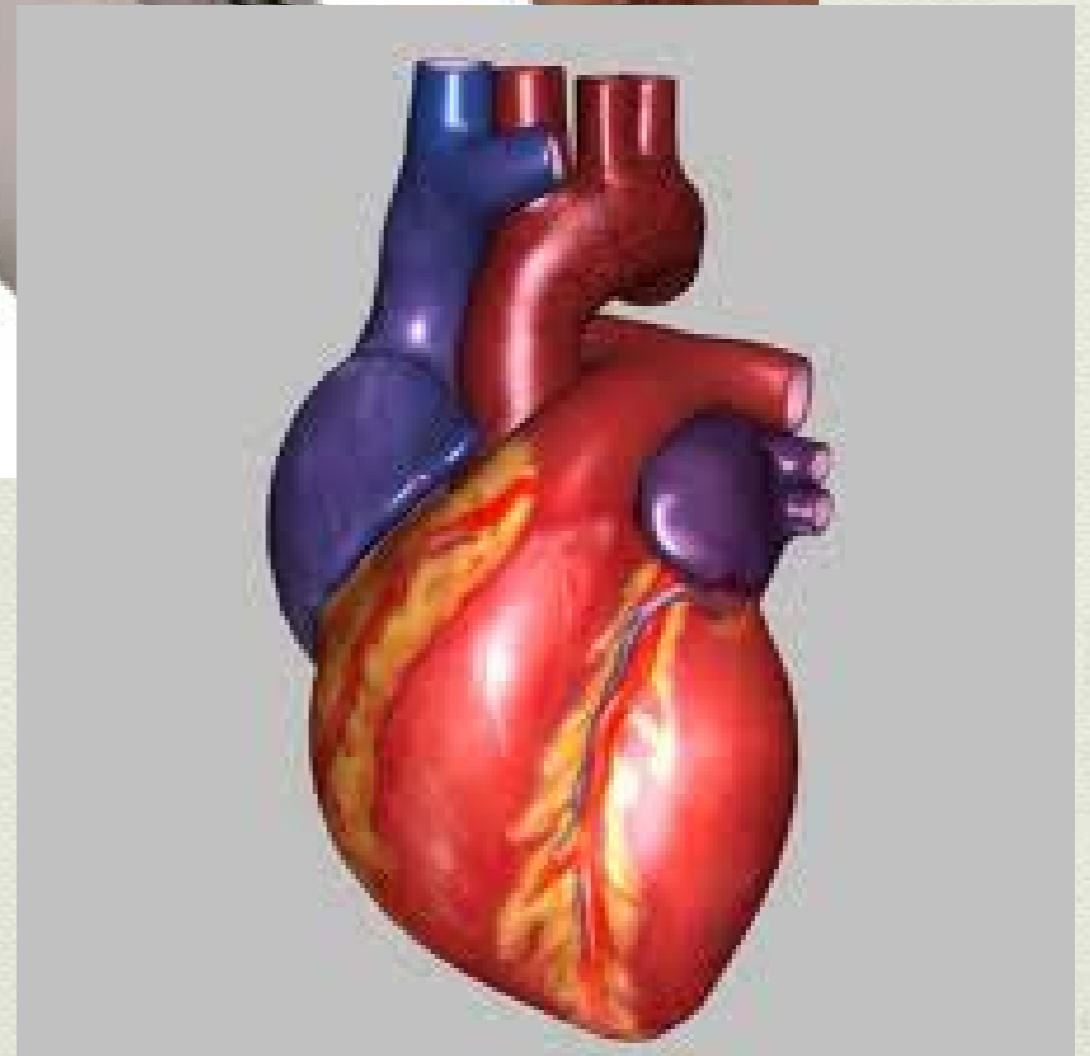
Average weight of men and women at 5'4"

- ◆ US -- 172 lbs
- ◆ Europe -- 156 lbs
- ◆ S. & Central America -- 146 lbs
- ◆ Africa -- 139 lbs
- ◆ Asia -- 127 lbs

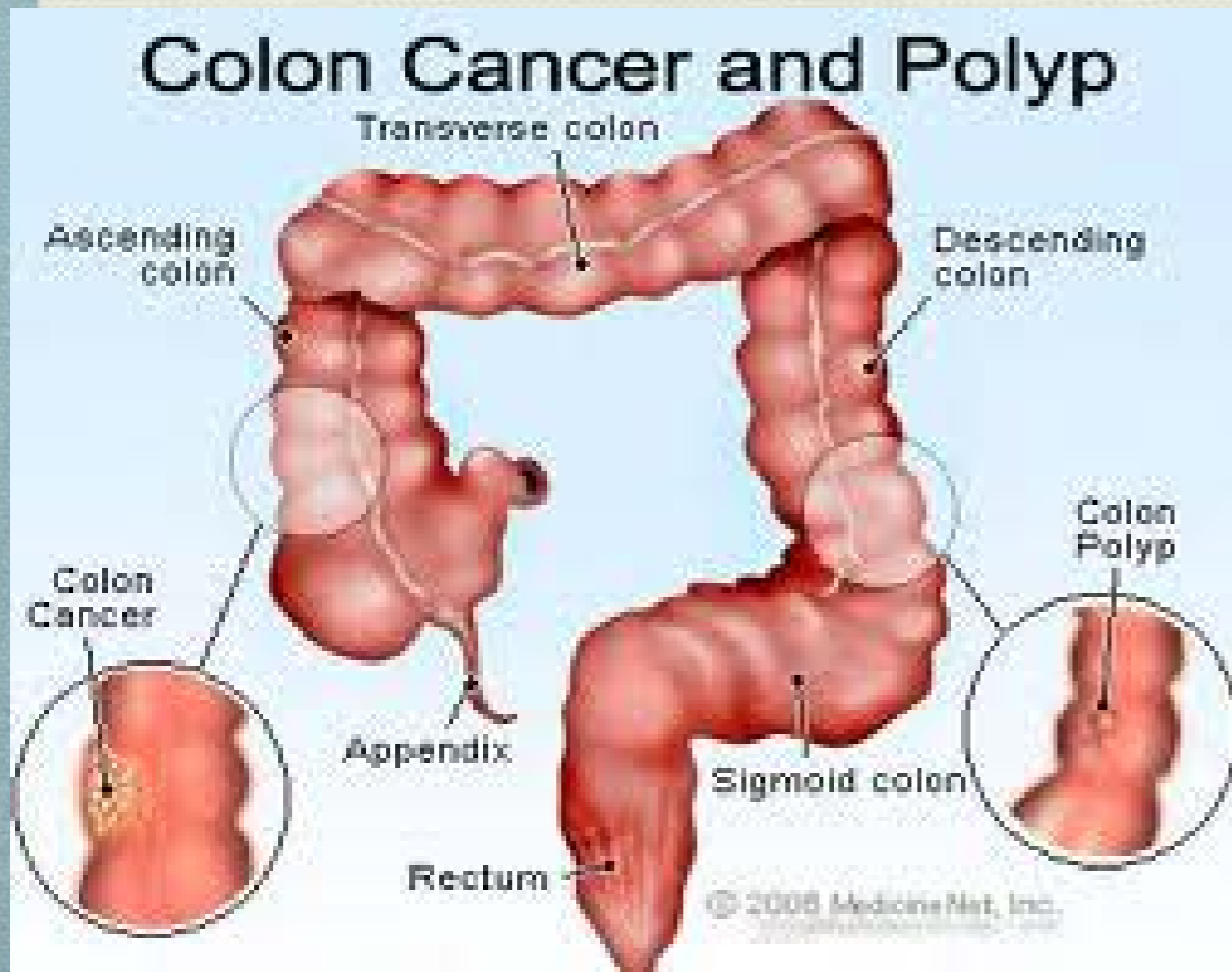


# Obesity Risks/Problems

- ◆ 3 times more likely to suffer heart disease with obesity
- ◆ 4 times more likely to suffer high blood pressure with obesity
- ◆ 5 times more likely to develop diabetes with obesity



# Obesity Risks/Problems



- ◆ Those with obesity are at a higher risk for developing cancer of the colon, rectum, prostate, breast, cervix, uterus, ovaries, and to suffer osteoarthritis and low back pain.
- ◆ Obesity is the jumping board to all diseases

# What causes obesity?

- ◆ Improper lifestyle
- ◆ Skipping breakfast
- ◆ Metabolic rate is highest in the morning
- ◆ Those who are breakfast skippers will put on more pounds
- ◆ Food eaten at night takes twice as long to digest
- ◆ The same food that caused the obesity at night may help you lose weight if eaten earlier in the day



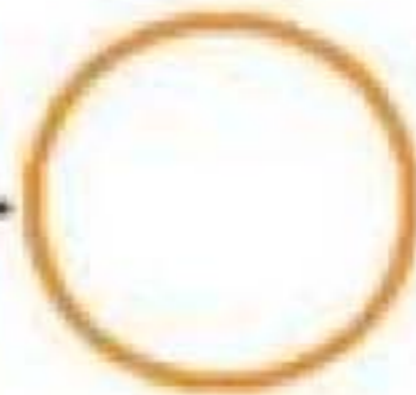
# What causes obesity?

- ◆ Eating too much
- ◆ Eating too often
- ◆ Two meals are better than three
- ◆ A heavy third meal will cause unwanted pounds



# Fat Cells

*a fat cell  
becomes bigger  
with weight  
gain*



*normal  
size fat cell*



*fat cell  
becoming  
smaller  
with  
weight loss*



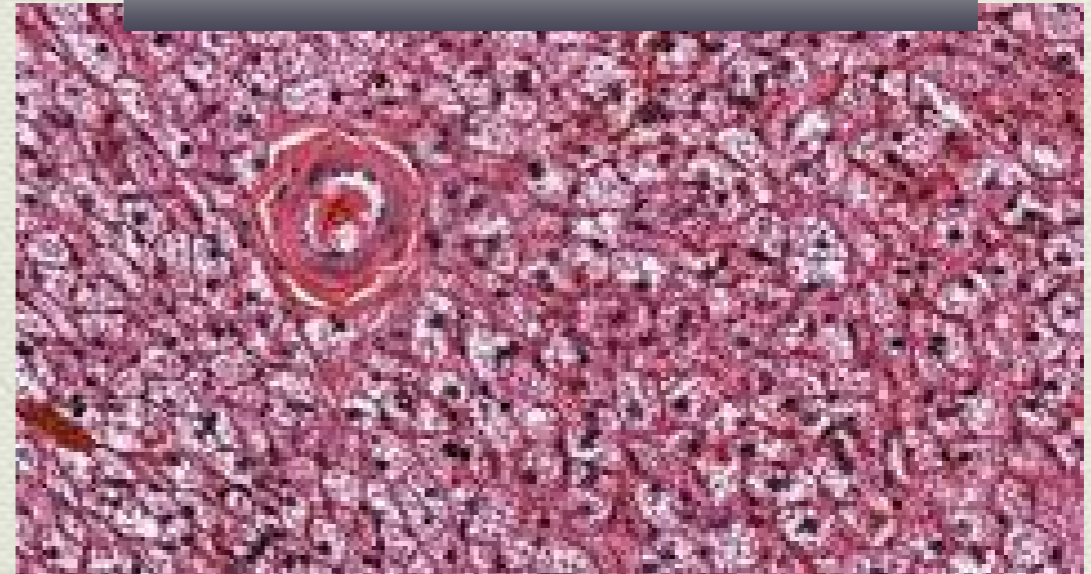
# Fat Cells

- ❖ Fat cells (also called adipose cells) become enlarged
- ❖ # of fat cells increase
- ❖ If a person consumes more calories than needed, the excess is stored in the fat cells.



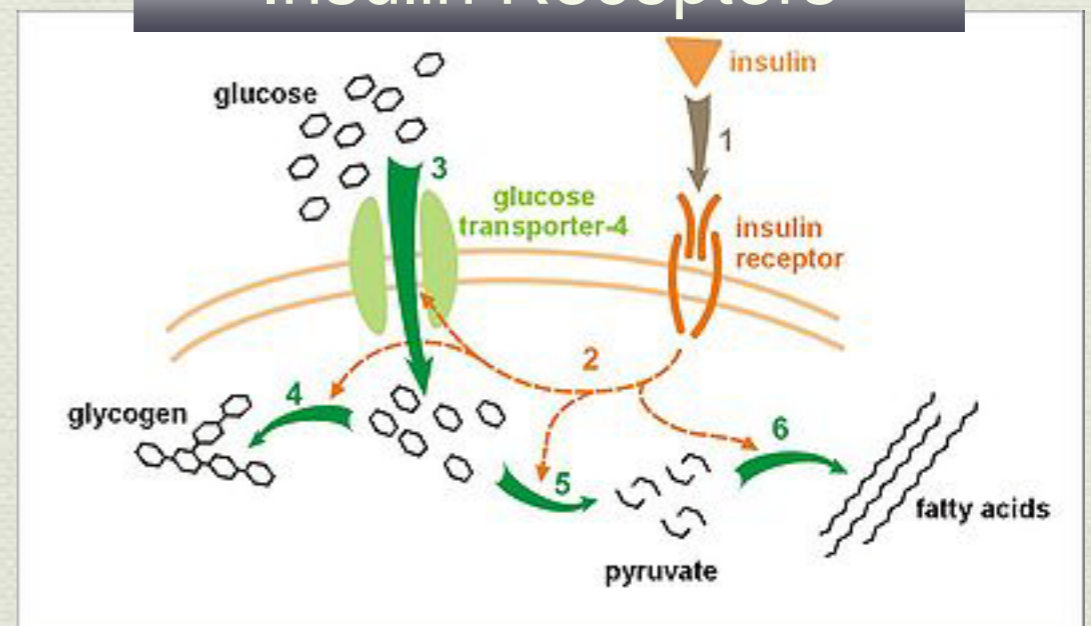
# Fat Cells

Fat cells



- ◆ Fat cells migrate to muscle tissue
- ◆ It requires exercise to rid the body of the excessive fat that's in the muscle tissue.
- ◆ Insulin receptors in the cells are clogged with fat.
- ◆ The body makes more insulin, which makes the fat cells larger.

Insulin Receptors



# What causes obesity?



◆ EXCESS of any of the major food categories beyond the body's energy and reserve energy will be stored as fat

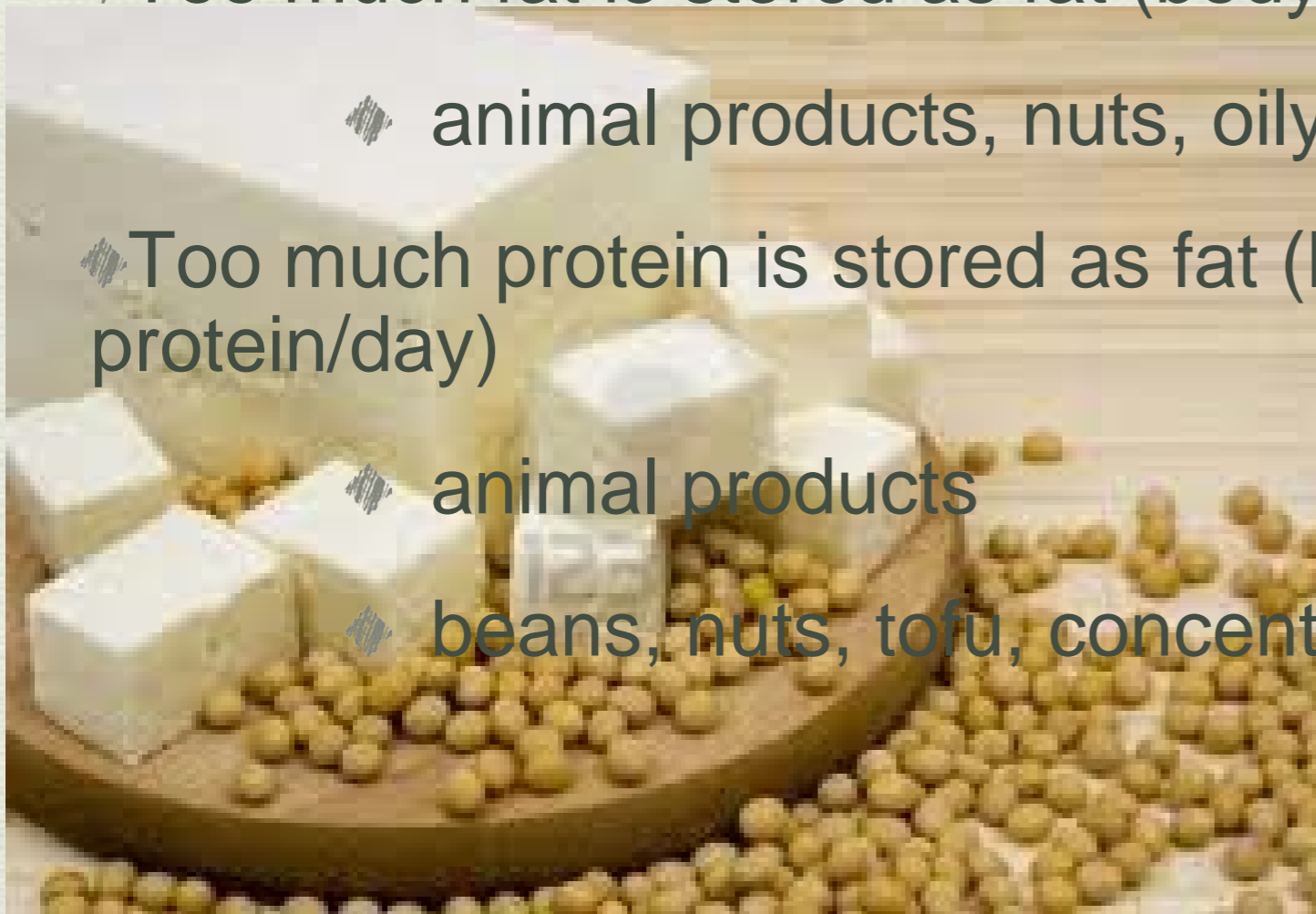
◆ Too much fat is stored as fat (body needs 20% good fat)

◆ animal products, nuts, oily or fried foods

◆ Too much protein is stored as fat (Body needs 10% protein/day)

◆ animal products

◆ beans, nuts, tofu, concentrated vegetable protein



# Obesity Facts:

- - ❖ Too much carbohydrate is stored as fat



- ❖ white sugar, white rice and white flour
- ❖ refined carbohydrates increase insulin production
- ❖ refined carbohydrates make your fat cells larger

- ❖ It takes more nutrition to burn fat than to store fat.

Elicia

# What is true food?

- ❖ Carbohydrates
- ❖ Protein
- ❖ Fats
- ❖ Fiber
- ❖ Vitamins and Minerals
- ❖ Water

- Without these characteristics in the food, it would be considered junk food



# Carbohydrates



- ◆ Provide heat and energy to our bodies
- ◆ We are talking about Complex carbohydrates from plant based foods, not refined or simple carbs
- ◆ 70% of diet should be carbohydrates

# PROTEIN

- ◆ Protein builds and repairs tissues.
- ◆ Plant based protein has amino acid called arginine and glycine that help detoxify urea which is the end bi-product of protein.



## Danger of animal protein

- ◆ animal protein does not have arginine to help breakdown the urea and therefore increases acidity in body. Making one prone to gout and joint pain and so on.
- ◆ Causes increase in cholesterol. There is no other way to obtain bad cholesterol, except from animal protein
- ◆ there's no fiber in animal protein
- ◆ It's a difficult type of protein to digest and takes hour to breakdown in our digestive tract



# Fats

- ◆ 20% of our diet should be from fats.
- ◆ Brain is made mostly from fat.
- ◆ Good fats support cell growth and decrease bad cholesterol.
- ◆ Good fats aid in the absorption of Vitamin A, D, E and K.



# Junk

## ◆ Potatoes:

- ◆ Whole potato: 1% fat
- ◆ French fries: 51% fat
- ◆ Pringles potato chips: 70% fat

## ◆ Candy bars don't make blood.

- ◆ They cause injury
- ◆ It's not a food

## ◆ Cheese: Even cheese is junk food.



# Fiber



- ◆ NO FIBER IN MEAT!!
- ◆ Soluable - works like a sponge
  - ◆ delays gastric emptying
  - ◆ enhances vitamin and mineral absorption
  - ◆ decreases sugar spikes
  - ◆ binds with bad cholesterol so it will decrease your cholesterol
  - ◆ One of the best foods to lower cholesterol is beans

# Fiber

## ◆ Insoluble fiber



- ◆ Decreases the colon pH therefore decreasing colon cancer
- ◆ Increases iron and calcium binding capacity so our body can utilize it.

- ⑩ Plant based vitamins are superior to vitamin supplements because they have a synergistic effect. They work in relationship with one another.
- ⑩ Minerals regulate the intricate chemical reactions in our body.



# Water



- ◆ 75% of our body is water

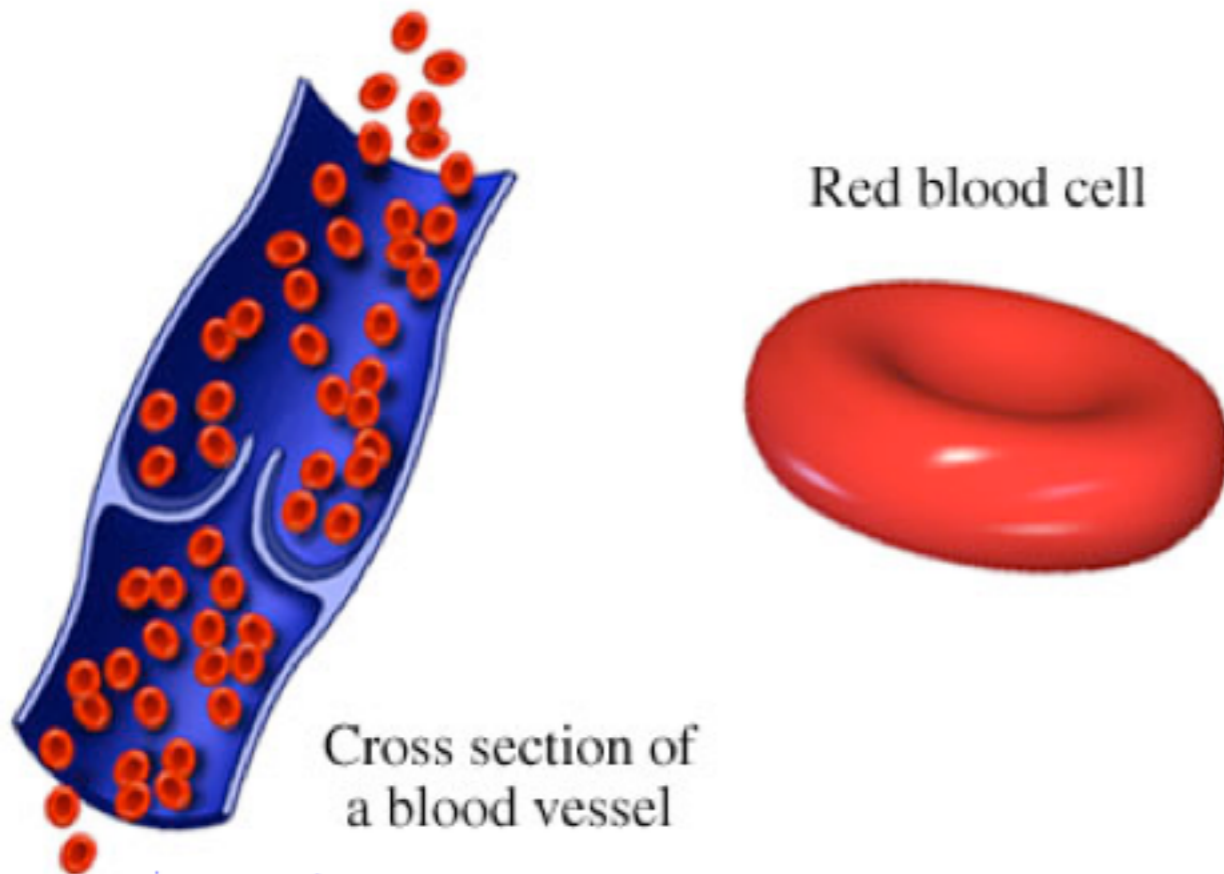
- ◆ Amt to drink: 1/2 body wt in oz

- Thirst and hunger are often confused. Therefore, when you are wanting to snack, try drinking water. It may be that you were just thirsty.

# True characteristics of food

- ◆ The life is in the blood. If we have good blood we will have good health
- ◆ Food is what makes our blood.

- ◆ It's what helps us to have a clear mind to hear the Holy Spirit's presence within us.
- ◆ A good rule of thumb is to remember to eat the foods closest to the root.



# Basic Plant diet for 1 day

- ◆ 3-4 servings of fruit (2 for diabetics)
- ◆ 4-6 servings of vegetables (including a good source of calcium)
- ◆ 3-4 servings of legumes (soy products, beans, nuts)
- ◆ 5-8 servings of grains (potato, rice, corn, pasta)





# Tips:



- ◆ Chew: Chew food 30 x before taking the next bite
- ◆ If still hungry: After eating, if still hungry, wait 10 minutes. Go find something else to do. Hunger will go away.
- ◆ If too early: If too early to eat, drink water and find something to do: computer, clean, read, and craving will go away.
- ◆ Fiber: Eat fiber or salad first. It will naturally help you to lose weight.