



I wish above all things that you may prosper and be in good health. I have no greater joy than to hear that my children walk in truth.

3 John 2, 4



# Empower your Body, Mind & Soul

# OBESITY ★

## What is Obesity?

Obesity is simply an excess of body fat. Usually, anyone who is 20% over the normal weight for their sex, build and height is considered obese. Physicians are more interested in a person's percentage of fat in the body rather than weight. As fat accumulates, it crowds the space occupied by the internal organs. Obesity – even moderately – puts undue stress on the back, legs and internal organs and this can eventually exacerbate many physical problems and compromise health. Obesity increases the body's resistance to insulin and susceptibility to infection and puts one at a higher risk for developing coronary artery disease, diabetes, gallbladder disease, high blood pressure, kidney disease, stroke and other problems that can result in premature death.

*Overeating or overtaxing the stomach is a common sin, and when too much food is consumed, the entire system is burdened. Life and vitality, instead of being increased, are decreased. Counsel on Diet and Foods by Ellen G. White.*

## What are the causes and symptoms of obesity?

The most common causes of obesity are poor diet and/or eating habits and a lack of exercise. Other factors that can lead to obesity include glandular malfunctions, diabetes, hypoglycemia, emotional tension, boredom and a simple love for food. Occasionally, it can be linked to food allergies and sensitivities. Water retention can result if food is not used and begins to poison the system while stored in the tissues. Poor nutrition is also an important factor in obesity since inadequate intake of essential nutrients permits improper absorption or adequate burning of fat in the body.

*The righteous eateth to the satisfying of his soul: but the belly of the wicked shall want. Proverbs 13:25*

## Statistical Updates for Obesity

### *The Prevalence of Overweight in the United States*

Total number of overweight adults: (20 thru 74 years old) approximately one-third or 58 million Americans (numbers derived from NHANES III, 1988-91, which defines overweight as a BMI value of 27.3% or more for women and 27.8% or more for men).

Overweight adult females (20-74 years old): 32 million (1990).  
Overweight adult males (20-74 years old): 26 million (1990).  
Total number of overweight youths: 6 thru 17 years old approximately 11 percent or 4.7 million children in this age group. (numbers derived from NHES II and III, which defines overweight by the 95th percentile of BMI)

### *Other Overweight/Obesity-related Statistics*

- 1) The percentage of dietary fat American adults eat = 34%
- 2) The percentage of saturated fat American adults eat = 12 %
- 3) The number of extra calories a person must eat to gain a pound or burn to lose a pound = 3,500 calories
- 4) The percentage of adult American women trying to lose weight at any given time = 33 to 40 %
- 5) The percentage of adult American men trying to lose weight at any given time = 20 to 24 %
- 6) The average number of calories a person burns eating = .023 kcal per min/per kg of body weight
- 7) The annual number of deaths attributable to poor diet and inactivity = 300,000 deaths

### *Economic costs of chronic conditions linked to overweight/obesity*

Obesity accounts for \$22.2 billion, or 19 percent, of the total cost of heart disease.

Obesity more than doubles one's chances of developing high blood pressure, which affects approximately 26 percent of obese American men and women.

The annual cost of obesity-related high blood pressure is close to \$1.5 billion dollars.

Americans spend an additional \$33 billion dollars annually on weight-reduction products and services, including diet foods, products, and programs.

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## Drug

## Therapy

Redux

Xenical

Bontril

Meridia

# Treatments - Diet, Drugs & Herbs

## HOW DOES ONE TREAT AND/OR PREVENT OBESITY?

Traditionally, there are three basic approaches to weight management through nutritional supplements. The first is the use of diuretic herbs and nutrients to reduce water retention. The second is the use of lipotropic vitamins which have the ability to reduce cholesterol and fat. The third is the use of natural appetite suppressants. Permanent weight loss requires a lifetime commitment to a healthier lifestyle by maintaining a stable weight and getting regular exercise. However, long-term studies are needed to determine if weight loss from weight-loss medications can improve health. There are potential risks and concerns for long term medication use which are as follows: potential for abuse or dependence, development of tolerance, reluctance to view obesity as a chronic disease and side effects.

*The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character. The continual transgression of man for six thousand years has brought sickness, pain and death as its fruits. And as we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.*

**Counsel on Diet and Foods by Ellen G White.**

## RECIPES for Obesity

### SUPER EIGHT STRESS RELIEVER

1 kale leaf, 1 collard leaf, small handful parsley, 1 stalk celery, 1 carrot with greens removed, ½ red pepper, 1 tomato, 1 broccoli floweret.

Method: Bunch up leaves and parsley and push through juicer with celery and carrot. Follow with red pepper, tomato and broccoli.

### WARM APPLE PIE

1 tart apple without seeds, water, apple pie spice, cinnamon stick.

Method: Juice apple. In a small pan bring 2oz juice and 4oz water to boil. Season with liberal amount of spice. Serve in teacup and garnish with cinnamon stick.

### CUCUMBER COOLER

1 tomato, 1 cucumber, 2 stalks celery, parsley sprig

Method: Juice tomato, pour juice into ice cube tray and freeze. Juice cucumber and celery. Pour juice into tall glass and add tomato cubes and garnish with parsley.

### MINERAL TONIC

Parsley, 2 turnip leaves, 1 kale leaf, 4-5 carrots with greens removed.

Method: Roll up parsley in turnip and kale leaves and push through juicer with carrots.

## HEALTH RECOMMENDATIONS



1. MAINTAIN A HEALTHY DIET, WEIGHT AND GET REGULAR MODERATE EXERCISE.
2. Eat more complex carbohydrates that also offer protein. Poultry and fish should be broiled and baked never fried.
3. Eat fresh fruits and an abundance of raw vegetables. Have one meal a day that consists entirely of fruits and vegetables. Recommended choices are broccoli, cabbage, carrots, cauliflower, celery, cucumbers, green beans, kale, lettuce, onions, radishes, spinach, turnips, apples, cantaloupe, grapefruit, strawberries and watermelon.
4. Avoid fried or greasy foods. Raw foods are preferred but baked, broiled, steamed and boiled can be acceptable.
5. Drink six to eight glasses of water daily. Herbal teas and unsweetened fruit juice can also be added to your diet.
6. Eat healthy snacks like celery and carrot sticks, sugar free whole grain muffins and unsalted popcorn.
7. Avoid white flour products, all forms of refined sugar, salt, white rice and processed foods. Also limit your intake from Fast Food restaurants.
8. Include a spirulina tablet into the diet daily for a quick energy boost. Wheatgrass is also recommended to calm the appetite.

*It is the intemperance in eating that causes so much invalidism and robs the Lord of the glory due to Him. Because of a failure to deny self, many of God's people are unable to reach the high standard of spirituality He has set for them, and though they repent and are converted, all eternity will testify to the loss they have sustained by yielding to selfishness.*

**Counsel on Diet and Foods by Ellen G White.**

## HELP IS HERE FOR YOU.....



In our effort to empower your health via your body, mind and soul, a nutrition consultant can answer your questions and/or concerns and make health recommendations that can last you and your family members a lifetime. For additional information, please give Shelly a call at (410) 872-0872. She would be delighted to serve you.



## Herbal

## Therapy

Alfalfa

Aloe Vera

Astragalus

Cayenne

Dandelion

Horsetail

Hyssop

Parsley

Thyme

Uva Ursi