

Beat Obesity by Living a Healthy Lifestyle

Although we all hoped that the nation's health would continue improving over time, the population of the United States has become less healthy and more obese over the past 40 years. In 2000, the Center for Disease Control (CDC) set a goal to attain a 10% reduction in obesity over the following decade. In 2010, the data revealed a slight increase in obesity, and currently 25-30% of Americans are obese (over 20% above their ideal body weight) and another 30% are overweight. Aside from effecting one's outward physical appearance and self esteem, there are health issues to consider.

Obesity related illness is the most significant health issue today facing adults, adolescents and even children. It is the most important cause of hypertension, heart disease, diabetes, high cholesterol, reflux, sleep apnea, arthritis and low back pain. However, there are many more health issues that are much more prevalent with obesity including strokes, gallbladder disease, elevated triglycerides, and higher incidence of colon, breast and prostate cancer.

There is food available 24 hours a day. Fast foods and commercial food products are made to taste good, but to achieve that they are laden with the three elements that trigger overeating: salt, fat and sugar. These same elements are significant causes of hypertension, diabetes and obesity. Learning how to limit and avoid foods high in salt, sugar and fat can get you on a healthier road and perhaps reverse diseases that already exist.

Unfortunately, there is no weight loss fairy, and no short cut to changing your lifestyle. You must be motivated to do so. Changes that are necessary are comprised of eating mindfully (portion control) and incorporating physical activity into your daily routine. Most people who are 40, 60 or 100 or more pounds overweight have problems getting started on their own. Many are already on medications for the diseases mentioned above and will need to have frequent follow up with a physician to help to reduce some of the medications being taken that will no longer be needed

as they restrict salt, sugar and fat on a daily basis, and as they continue to lose weight.

Living a healthy lifestyle doesn't mean only consuming lettuce leaves and carrot sticks. It isn't difficult to maintain a well-balanced, healthy diet regimen; most products can be purchased at your local supermarket. Foods such as rice, fruits, vegetables, fish, chicken, lean meats, eggs, tofu, whole grains and more can be included in the diet, in moderate amounts. You can even learn how to eat out healthy in restaurants in a manner that won't at all conflict with your diet regimen. It's easy once you know how. What you have to keep in mind is this: you and only you can enable yourself to get healthy, and you must assert yourself with the server to have your meal prepared the way you need to eat it. Ask them to not add any salt and put all sauces and dressings on the side, or skip it altogether. It's not a difficult thing to do, and most restaurants are happy to comply. If not, find another restaurant.

Getting healthy is the object, to enable you to truly derive enjoyment in life for as long as possible. Get healthy for yourself, your loved ones, and to see your grandchildren grow up. Get healthy so that you have energy. You want to be able to walk up a flight of stairs and not be out of breath and be able to bend over to touch your toes without straining.

There is no quick fix. Pills, surgery and injections are not the answer for most people. You are required to be motivated for a diet to be effective. A good support system is essential, and sometimes medical supervision is required, especially if you are already taking medications.

Increasing muscle mass and decreasing fat is the basic goal, and exercise and diet is the answer. Make a promise to yourself to get in better shape and keep to your word. Above all, you must first get motivated to change your ways and get on the road to a new and healthier you. Strive to avoid all the obesity related health ailments by living a healthy lifestyle. Lose weight, get healthy and be happy. Do it now!

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Dr. Sprung is a board certified Internist and Gastroenterologist who graduated Duke Medical School in 1980 and completed his residency in internal medicine at Duke University Medical Center in 1983. In 1985, Dr. Sprung moved to central Florida and began his private gastroenterology practice. After witnessing the life changing results of the Rice Diet, Dr. Sprung resolved to share the program and help others achieve the health and happiness they seek. To find out more about how the Rice Diet can change your life visit www.ricedietcf.com

