

THE REAL CAUSE OF OBESITY

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The Real Causes of the Obesity Epidemic

The 13 REAL causes of the obesity crisis. Forget sugar as the sole villain. Don't blame fat alone for the flab. Forget carbs as the culprit. There is.

And if our genes cause us to be fat, why has the search for "obesity genes" failed ? For me, the quest to answer these questions began when I.

Doctors understand obesity as a social disease, even if most other people don't.

The Real Causes of the Obesity Epidemic Becoming What We Hate: Corpulence in America Contrary to the many vested interests wishing to profit from obese.

Related books: [Winter](#), [Das Pestkind: Roman \(German Edition\)](#), [The Birds and the Bees](#), [American Pilgrim: A Post-September 11th Bus Trip and Other Tales of the Road](#), [Seven Different Kinds Of Smoke](#).

Being resistant to its effects, termed insulin resistance, is a leading driver of many health... A diet high in unprocessed carbohydrates will lead to more weight gain independent of calories. It is produced by fat cells and its blood levels increase with higher fat mass.

This usually leads to an automatic reduction in calorie intake and effortless. Most processed foods today don't resemble whole foods at all. After all, food has become a recreational pastime. Having no money to join an exercise group, no public recreation programs and the problem is no one is demanding a cure that works, that comes from fair objective research.