

## Part 3, Chapter 19: Obesity, Malnutrition, and Over Eating

Before I get into shopping at your local grocery store, I wanted to talk about a truly serious problem in the United States, and increasingly so over the whole world: Obesity. I find one of the saddest shows on television to be “My 600 Pound Life” which airs on TLC, The Learning Channel. I cannot even imagine how the people on this show got into the situations they are in. Even more astounding to me is that their weight hasn’t killed them. I salute the doctor on this show trying to help these desperate people.



So how did they get this way? The answer is ridiculously simple: One bite at a time. The irony of many obese and severely obese people is not only the tragedy of their excess weight but the fact that they tend to be grossly malnourished. Science Daily published an article titled “Malnutrition and Obesity Increasingly Coexist in [the] Global Community”<sup>{2}</sup> They make the following observation:

An increase in availability of more high fat and sugar-laden foods has led to a surge of nutrition-related chronic diseases around the world. At the same time that diets have changed, physical activity has decreased. The highest rates of overweight and obesity are now often found in low-income groups. Many populations have been left in the midst of an obesity crisis that exists with food insecurity and under-nutrition,” [Eileen] Kennedy [DSc, RD] summarizes. “Chronic diseases can no longer be labeled as ‘diseases of affluence.’ Unfortunately, the message that the global nutrition profile is changing hasn’t reached policy makers, and they need to be aware that it is occurring.”<sup>{3}</sup>

I made the statement earlier: “The fundamental issue that the government fails to recognize when it comes to so called affordable health insurance is that health insurance is primarily about damage control.” This is certainly true when it comes to preventing obesity, too—it’s typically about damage control and not getting to the essence of the problem which is simply that people eat huge numbers of empty, and often toxic, calories.

How is it that we can live in a country where obesity is such a serious problem? At the same time, how can so many people be so desperately starved for nutrients? The Standard American Diet is not a healthy one, especially when it is laced with processed and fast food intentionally designed to be addictive. Normal appetite control, in some people, doesn’t even exist because they are so chemically imbalanced with poisons.



(Dr. Joel Fuhrman, who has written many excellent books on nutrition, wrote one specifically related to dieting and losing weight. It’s titled “The End of Dieting: How to Live for Life”. His program is based not on dieting, but rather on heavily nutrifying the body with

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fresh fruits, vegetables, beans and sprouts as a means of rebalancing the body so that weight is naturally shed. His program is along the same lines of what my book suggest but is focused specifically on the subject of healthy and safe weight loss while, at the same time, achieving incredible health. Amazon.com has this to say of Dr. Fuhrman's book:

In "The End of Dieting", Joel Fuhrman M.D., a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods, and #1 New York Times bestselling author of "Eat to Live", "Super Immunity" and "The End of Diabetes", delivers a powerful paradigm-shifting book that shows us how and why we never need to diet again.

Fuhrman writes, "By reading this book, you will understand the key principles of the science of health, nutrition and weight loss. It will give you a simple and effective strategy to achieve—and maintain—an optimal weight without dieting for the rest of your life. This new approach will free you forever from a merry-go-round of diets and endless, tedious discussions about dieting strategies. This is the end of dieting."<sup>{4}</sup>

I highly recommend this book for individuals so focused on weight loss.)



In a discussion titled "Overeating is a Vicious, Dangerous Habit" Dr. Bragg, in my opinion, hits the nail on the head.

Most people also over-fuel with the wrong foods! They have been told they must have regular meals at regular hours, and they believe this nonsense! They hardly have one meal down before they are beginning another. They think that with this constant stuffing they are "keeping up their strength"—but they are doing just the opposite! They are weakening their precious vital force! How? By overeating they are burdening the machinery of their entire body! This continual eating also never gives their machinery time to repair or rest. That's the reason we stress a 24 hour weekly cleansing fast as essential! This is vital to unclogging and cleansing your system!<sup>{5}</sup>

Using the protocols discussed in this book, restrictive eating is critically important. Juicing, especially when made from fruits and vegetables fresh from the garden, provides a wealth of nutrients. At the same time, every effort needs to be made to avoid filling the stomach with food-like substances that are harmful—or at least that do no good. A pizza with everything on it and a cold beer may be superficially satisfying but it's neither going to help your waste line or your health in general. There's a saying that you become what you eat, which isn't strictly true, but it is true that you become what you digest. Constantly overloading your body with empty calorie foods is tantamount to slow suicide. It's rather like trying to build a house with rotten construction materials.

At the very least, wait 5-6 hours between meals. Too, and this seems like a self-evident truth, make every effort to eat only when truly hungry. Moreover, on a diet heavy in fresh fruit and vegetable juices you'll be amazed at how little you'll want to eat. Your body only craves nutrients when it's not getting any.

Of obesity, following the protocols in this book, and especially living on restricted diet though with highly nutritious foods, will go a long way toward rebalancing the body and returning it to an ideal weight. It's not about dieting. It's about being truly healthy.