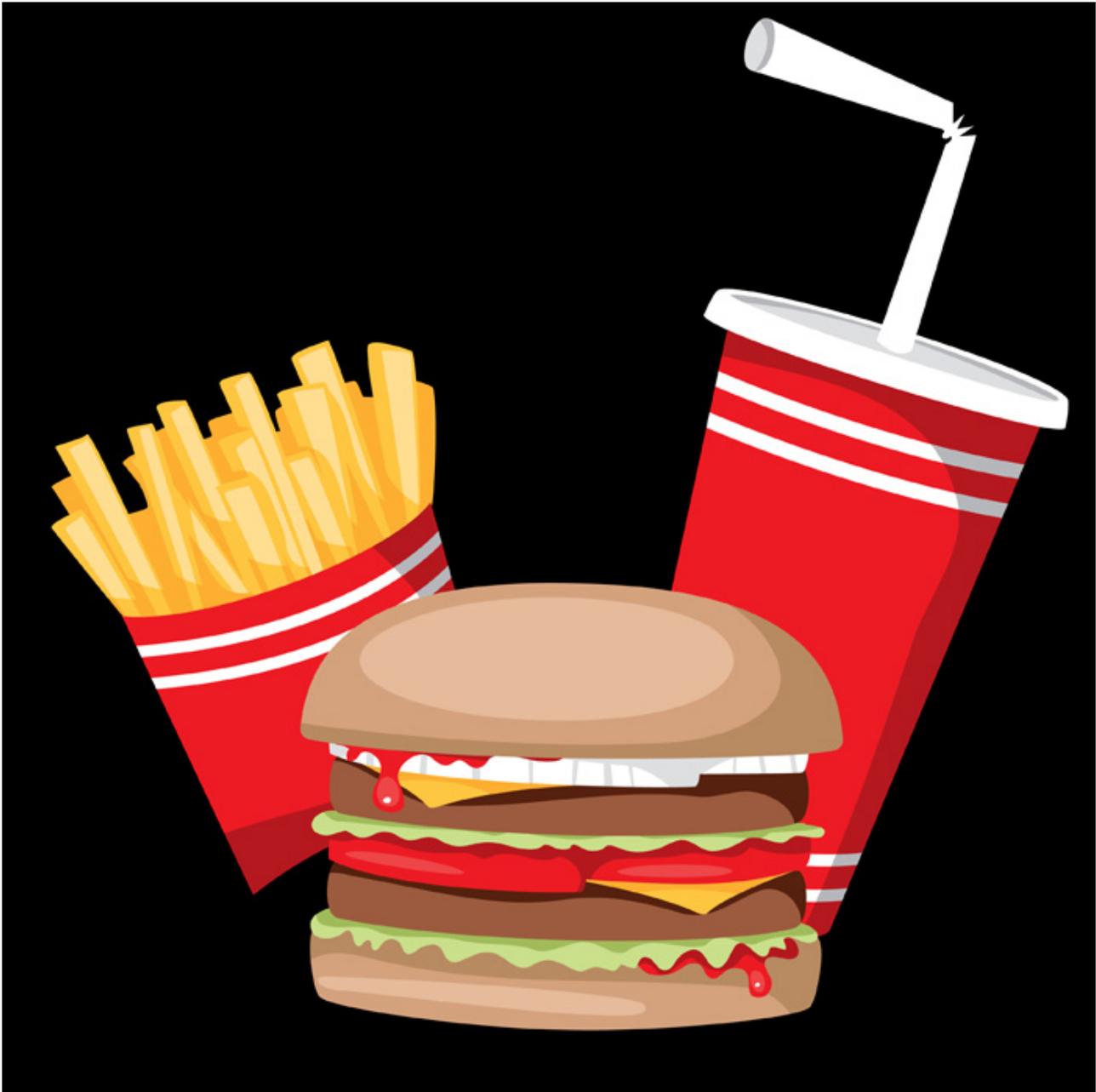


TogetheriCan

8
December

FOOD AS DRUGS



- Warning -

The Side Effects associated with being overweight or obese

Would you knowingly take this drug?

Benefits: *NONE*

Side Effects may include: *Death from:*

- Coronary Heart Disease
- Type 2 Diabetes
 - Poor circulation (gangrene – amputation)
 - Blindness
- Cancers
- Hypertension (High Blood Pressure)
- Cancers (endometrial, breast, and colon)
- Stroke
- Dyslipidemia (high total cholesterol or high levels of triglycerides)

Other Known disorders that are associated with this drug:

- IBS
- Acid Reflux
- Gas and Bloating
- Osteoarthritis (knees and hips)
- Gynecological problems (abnormal periods, infertility)
- Gout
- Insulin Resistance
- Sleep Apnea and breathing problems
- Liver and Gallbladder disease

Most individuals take this drug every day under the illusion that they are doing nothing wrong.

THE DRUG:

Processed foods and drinks containing an over-abundance of simple carbohydrates.

The Health Effects of Overweight and Obesity

From the Centers for Disease Control and Prevention.

Research has shown that as people become "overweight" and "obese,"** their risk for developing the following conditions increases:

- Coronary Heart Disease
- Type 2 Diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease

- Sleep apnea and breathing problems
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Gynecological problems (abnormal periods, infertility)

*** Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.*

Join us every Tuesday night to discuss these topics!

For more information read our other articles or contact us today!

Michael McCright

Free Health Coaching – provided by the "Together i Can Group"

Togetherican.com

December 8, 2014