- 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!

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